

**With over one-third of Pennsylvania's births paid for by Medicaid<sup>1</sup>, expanding and enhancing access to high-quality care up to one year after birth is a key strategy for mitigating maternal mortality and morbidity.**



### **Expanding access to health care while pregnant and the first year following birth**

Each year in PA approximately 10,000 moms who use Medicaid for their health insurance during pregnancy lose coverage 60 days after their baby is born. Research shows that lack of consistent and comprehensive health insurance during the postpartum period can negatively impact the health of a mother and her baby.<sup>2</sup>



### **Increasing depression and anxiety screenings during the perinatal period & improve coordination of services**

Perinatal mood and anxiety disorders are the leading complication of pregnancy and childbirth<sup>3</sup> and mental health conditions (e.g., depression, anxiety, affective disorders with psychotic episodes and psychosis, and substance use disorder) are a leading cause of pregnancy related death<sup>4</sup>. Identifying perinatal depression and anxiety is the first step in ensuring accessing to treatment.



### **Supporting access to doula services**

The support of a doula—a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth<sup>5</sup>—is proven to promote positive birth outcomes for mom & baby.<sup>6</sup>



**Invest in Pennsylvania's mothers. Invest in the health and prosperity of families. Invest in a stronger and more effective health care system.**

**Will you join us in advancing equitable perinatal health in PA?**

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To learn more about Thriving PA, please visit <https://thrivingpa.org/>.

<sup>1</sup> [www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/Pregnancy%20Associated%20Deaths%202013-2018%20FINAL.pdf](http://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/Pregnancy%20Associated%20Deaths%202013-2018%20FINAL.pdf)

<sup>2</sup> [www.urban.org/sites/default/files/publication/102296/uninsured-new-mothers-health-and-health-care-challenges-highlight-the-benefits-of-increasing-postpartum-medicaid-coverage.pdf](http://www.urban.org/sites/default/files/publication/102296/uninsured-new-mothers-health-and-health-care-challenges-highlight-the-benefits-of-increasing-postpartum-medicaid-coverage.pdf)

<sup>3</sup> [www.acog.org/-/media/project/acog/acogorg/clinical/files/committee-opinion/articles/2018/11/screening-for-perinatal-depression.pdf](http://www.acog.org/-/media/project/acog/acogorg/clinical/files/committee-opinion/articles/2018/11/screening-for-perinatal-depression.pdf)

<sup>4</sup> [www.cdcfoundation.org/sites/default/files/files/ReportfromNineMMRCs.pdf](http://www.cdcfoundation.org/sites/default/files/files/ReportfromNineMMRCs.pdf)

<sup>5</sup> [www.dona.org/what-is-a-doula/](http://www.dona.org/what-is-a-doula/)

<sup>6</sup> [www.ncbi.nlm.nih.gov/pmc/articles/PMC3647727/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3647727/)