

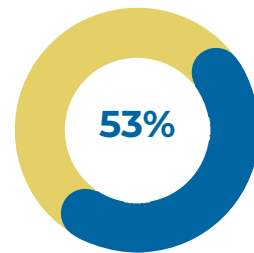


Mission Spotlight: The Fourth Trimester

A trimester refers to a period of three months.

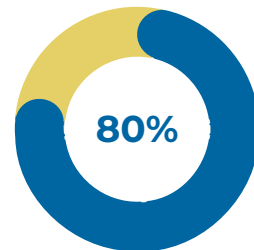
In pregnancy, we identify the changes mom and baby experience during the first three trimesters, but there is also an important **fourth trimester** in maternal care.

These three months following childbirth are critical for healthy transitions for both infants and mothers alike. Postpartum care is an important extension of prenatal care and it is imperative women continue attending their medical appointments.



Did You Know?

Fifty-two percent of maternal deaths occur in the postpartum period. Eighty percent of pregnancy-related deaths were determined to be preventable.



Why This Happens

Leading causes include mental health disorders, heavy bleeding, heart problems, infections, blood clots, and heart failure.

How We Are Helping

HMHB is making a focused effort to increase postpartum support across all our programs to ensure new mothers are receiving the life-saving care they deserve.



**Healthy Mothers,
Healthy Babies**

Coalition of Palm Beach County

Postpartum checkups can help catch warning signs of serious health problems, which can cause long-term health issues and even death.

40%

of new mothers miss their postpartum check up.

Missed appointments can be due to mental health challenges, financial or insurance issues, lack of childcare or transportation, or believing they feel fine so an appointment is not necessary.

By expanding our programming to include more education and support on the fourth trimester and increasing our presence in pediatric offices, our goal is to ensure moms are getting care.

Where Fourth Trimester is Growing at HMHB

Circle of Moms offers support groups for postpartum women to help combat mental health challenges. This is especially important with the CDC finding 8.4% of pregnancy related deaths to be from suicide.

Stronger Together Doula Support connects HMHB clients with a doula who will stay with them through their postpartum journey to help moms adjust to life with a newborn and continue care.

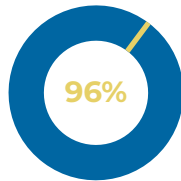
Education offered through HMHB includes classes on childbirth, breastfeeding, and how to care for a newborn. We expanded content to include a class on the fourth trimester so expecting families can prepare for life after birth.

Postpartum Care Coordination was created to connect new moms and infants to a primary health care provider. Families can also get connected to breastfeeding support, learn about eligibility for resources like Medicaid and nutrition benefits, and get health education.

In our last fiscal year,



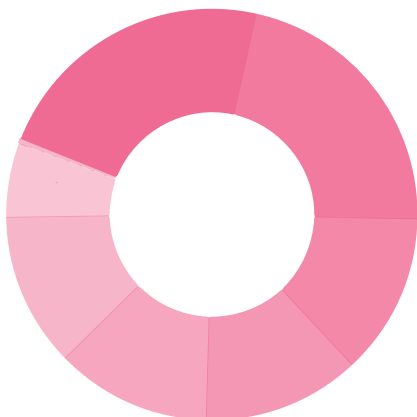
of postpartum clients were connected to a primary care provider



were connected to a pediatric provider

Educating postpartum women on health topics is key to supporting fourth trimester health.

Among the mothers reached, this breakdown shows those who received education on each topic:



| | |
|---------------------|-------|
| Family Planning | 99.3% |
| Safe Sleep | 97.3% |
| Nutrition | 56.4% |
| WIC | 55.0% |
| Mood and Anxiety | 54.4% |
| Breastfeeding | 53.7% |
| High Blood Pressure | 15.4% |
| Diabetes | 10.7% |
| Preeclampsia | 2.0% |

Take Action for Moms!



Let a new mom in your life know about the support available at HMHB



Give to programs that support postpartum health



Share that stats to raise awareness for the importance of care in the fourth trimester



Ask what kind of support would be helpful to new moms so they can take care of themselves, too!