

Perinatal mental health in New Hampshire



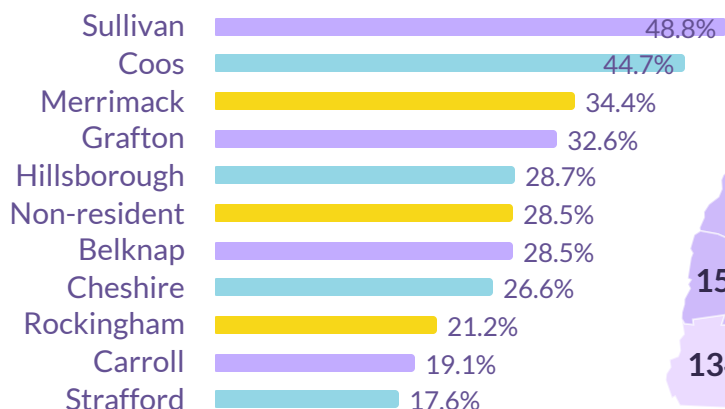
1 in 4 patients

report a perinatal mental health condition (PMHC) during their pregnancy or within the first year postpartum ¹

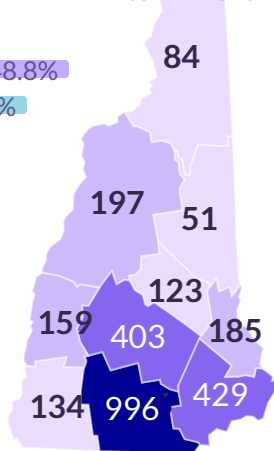
This rate **doubled** between 2016-2024 ²

Who experiences these conditions? ³

Proportion of Women Who Gave Birth in Each County Who Had a Perinatal Mental Health Condition



Total Number, Perinatal Mental Health Conditions



26% of pregnant/postpartum patients with private insurance have a PMHC

35% of pregnant/postpartum patients with Medicaid have a PMHC

30% of White non-Hispanic pregnant/postpartum patients have a PMHC

20% of Hispanic pregnant/postpartum patients have a PMHC

All other categories had fewer than 40 people with a PMHC in each group. Cultural differences can impact screening and diagnosing.

For those experiencing depression, ⁴ they are...



Less likely to breastfeed

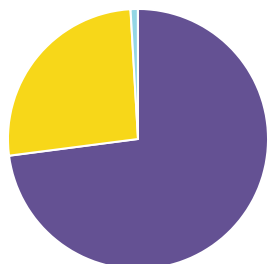


Almost twice as likely to report discrimination in receiving health care services

Our data show that **younger, less educated and lower income** pregnant and postpartum patients self-report higher occurrences of depression. ⁵

Are patients receiving treatment or referrals? ³

2024 Births Occurring in NH



Yes 73.0%, 2,315

No 26.1%, 829

Unknown .9%, 29

Treated or referred includes any level of response to a positive screener-documented discussion, medical treatment, and/or referral out for services. Includes 2024 births occurring in New Hampshire.

1. Data inclusive of all perinatal health conditions: depression, anxiety, bipolar disorder, psychosis and multiple other conditions.

2. NH Hospital Discharge Data

3. NH Vital Records, birth certificate data

4. NH PRAMS data

5. Overall these numbers likely underrepresent actual occurrence due to many factors (timing of data collection, patient underreporting due to stigma, shame and cultural differences).

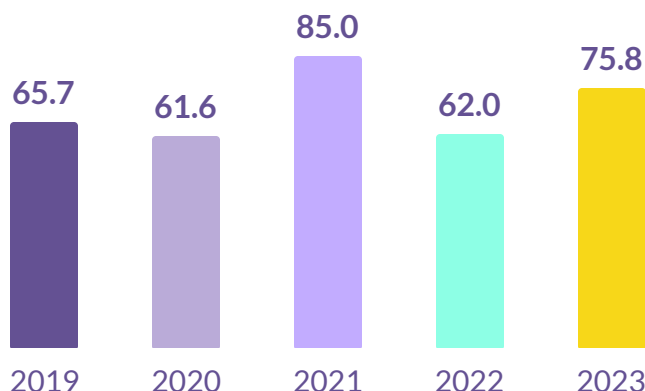


Severe Maternal Morbidity in New Hampshire



Severe Maternal Morbidity (SMM) refers to unexpected outcomes of labor and delivery that result in significant short- or long-term health consequences.¹

SMM trend in New Hampshire² per 10,000 deliveries



Who experiences SMM?

SMM rate among those with a **perinatal mental health** condition was **nearly twice as high** as those without.²

(115.4 vs 62.4 per 10,000 deliveries)

Nationally, Black or African American women experience **twice the rate of SMM** compared to White individuals.³



No major differences exist based on insurance alone.²

70.1
Medicaid

69.8
Commercial

73.5
Medicare & other

Recommendations for action*

- Expand access to high-quality, timely prenatal and delivery care.
- Ensure continuity and access to postpartum care, especially for those with identified risk factors.
- Integrate mental health screening and care across perinatal services.
- Use disaggregated data to identify differences and guide focused quality improvement.
- Train clinicians in respectful, evidence-based care practices for all.

*Informed by NH SMM trend and stratified analysis, plus CDC and March of Dimes policy guidance

All NH data analysis completed by MCH epidemiologist.

1. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/smm/severe-morbidity-ICD.htm>
2. NH Inpatient Hospital Discharge Data (Delivery Hospitalization)
3. The racial disparity of severe maternal morbidity across weeks of gestation: a cross-sectional analysis of the 2019 National Inpatient Sample. Hales, Emily D.S. et al. American Journal of Obstetrics & Gynecology, Volume 231, Issue 1, 126.e1 - 126.e12