



PRENATAL CARE & AMERICAN INDIANS

WHAT IS PRENATAL CARE?

**THE HEALTH CARE THAT IS
RECOMMENDED FOR WOMEN
BEFORE, DURING AND
AFTER
PREGNANCY
TO GIVE YOUR FAMILY A
HEALTHY START**

WHAT ARE THE BENEFITS OF PRENATAL CARE?

KEEP you and your baby healthy

LEARN how to give your baby a healthy start to life

SPOT potential health concerns & treat them early

PREVENT complications that may impact the health of you & your baby

ASK any questions you have about your pregnancy

Take care of yourself and your baby by getting
EARLY & ROUTINE
prenatal care



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DATA AND STATISTICS



11%

OF AMERICAN INDIAN WOMEN IN
NEW MEXICO RECEIVED LATE OR
NO PRENATAL CARE

Source: NM PRAMS 2000-2011



ONLY **6** OUT OF **10**
AMERICAN INDIAN
WOMEN IN NEW MEXICO
BEGAN PRENATAL CARE
DURING THEIR 1ST
TRIMESTER

Source: NM PRAMS 2000-2011

JUST **67%** OF
AMERICAN INDIAN
WOMEN WHO SOUGHT
PRENATAL CARE HAD HEALTH
INSURANCE COVERAGE

BABIES OF MOTHERS WHO DO NOT
GET PRENATAL CARE ARE:

3X

more likely to have a low birth
weight

&

5X

less likely to survive

Compared to mothers who get **EARLY**
and **ROUTINE** prenatal care

Source: U.S. Department of Health & Human Services, Office on Women's Health



PRENATAL CARE WHAT TO EXPECT

**AS SOON AS YOU THINK
YOUR PREGNANT,
SCHEDULE YOUR FIRST
PRENATAL
APPOINTMENT!**

THE FIRST VISIT:

You can expect your health care provider to do the following:

- Answer your questions or concerns
- Confirm that you are pregnant by test
- Calculate your due date
- Discuss medical history and review medications
- Do a complete physical exam (including prenatal blood tests, blood pressure, height and weight)

PRENATAL VISIT SCHEDULE

STAGE OF PREGNANCY	FREQUENCY OF PRENATAL CARE VISITS
Before 28 weeks	Monthly
Weeks 28 to 36	Every 2 weeks
Week 36 to birth	Weekly

LATER PRENATAL VISITS

As your pregnancy continues, your prenatal visits will vary greatly. During most visits, you can expect your health care provider to do the following:

- Track your baby's growth and movement
- Listen to your baby's heart rate
- Answer your questions or concerns
- Check your weight gain, blood pressure & urine
- Do tests, such as blood tests or an ultrasound
- Check for gestational diabetes (between 24-28 weeks)
- Provide important vaccinations like the flu shot
- Feel your abdomen to find the fetus's position*
- Conduct a pelvic exam to detect cervical changes*

*Later in pregnancy



TOGETHER WE CAN IMPROVE ACCESS TO PRENATAL CARE

PROVIDE

women with information about the benefits of prenatal care



ADDITIONAL RESOURCES

Native American Professional Parent Resources (NAPPR)
505-345-6289
www.nappr.org

First Nations Community Health Source
505-262-2481
www.fnch.org

March of Dimes NM Chapter
505-344-5150
www.marchofdimes.org

Centers for Disease Control & Prevention (CDC)
<http://www.cdc.gov/pregnancy/>

Office of Women's Health
U.S. Department of Health & Human Services
1-800-994-9662
www.womenshealth.gov

IMPLEMENT

clinic policies that promote culturally sensitive prenatal care



LOOK

to mothers, aunts and grandmothers for support and advice



EDUCATE

all soon-to-be mothers about the importance of early and regular prenatal care



REMOVE

barriers like transportation and appointment scheduling

The Pregnancy Risk Assessment Monitoring System (PRAMS) survey is a national health survey led by the Center for Disease Control and Prevention. The Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) has collaborated with the New Mexico Department of Health PRAMS program to conduct outreach among those American Indian mothers selected to participate in NM. A sample of 1,909 American Indian mothers participated in the NM PRAMS survey from 2000-2011.



ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER

www.aastec.net
1-800- 658-6717