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
Prenatal Care & American Indians
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

<table>
<thead>
<tr>
<th>STAGE OF PREGNANCY</th>
<th>FREQUENCY OF PRENATAL CARE VISITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 28 weeks</td>
<td>Monthly</td>
</tr>
<tr>
<td>Weeks 28 to 36</td>
<td>Every 2 weeks</td>
</tr>
<tr>
<td>Week 36 to birth</td>
<td>Weekly</td>
</tr>
</tbody>
</table>

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

LOOK
to mothers, aunties and grandmothers for support and advice

IMPLEMENT
clinic policies that promote culturally sensitive prenatal care

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.