



# Postpartum Health Insurance and Health Care Access Indicators

## UTAH FACT SHEET

Results shown are self-reported by 920 Utah respondents to the 2020 Postpartum Assessment of Health Survey (PAHS) at 12-14 months after giving birth. Data was collected from January 2020 to March 2021. Results are weighted to be representative of all postpartum people who had a live birth in Utah in 2020.

### Postpartum Insurance

Uninsured at one year postpartum



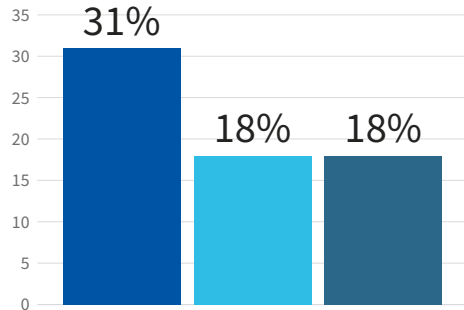
Ever uninsured at any time in the year since giving birth



Difficulty paying health insurance premiums since giving birth (among those who have health insurance)



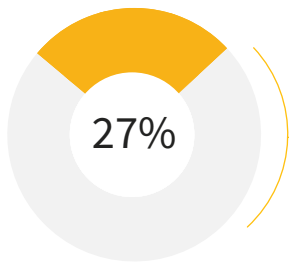
### Top 3 reasons for being uninsured at one year postpartum



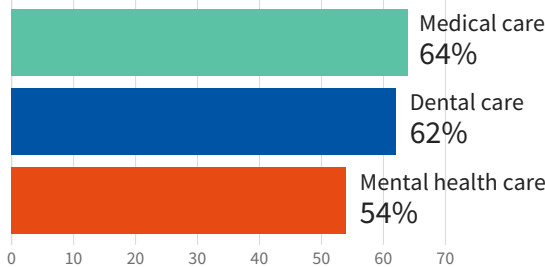
- Health insurance is too expensive
- Change in your/your partner's/your parent's employment or school
- I had Medicaid or other public coverage but am no longer eligible

### Our moms delayed or didn't receive the healthcare they needed due to cost

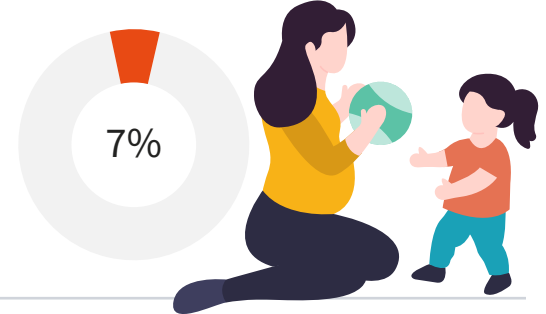
Delayed/did not get needed care in the year since giving birth



Types of care that were delayed/not received due to cost (among those who delayed due to cost)

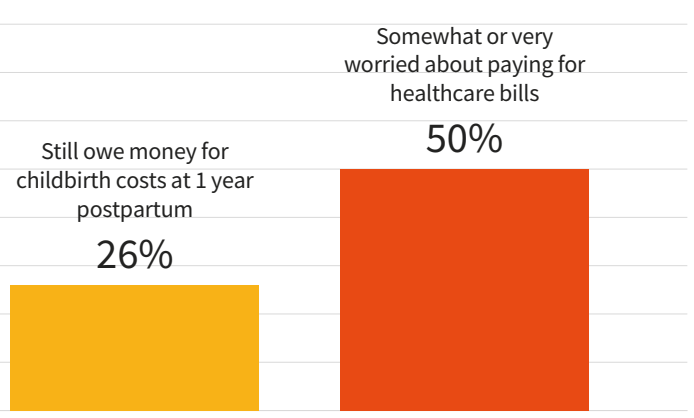
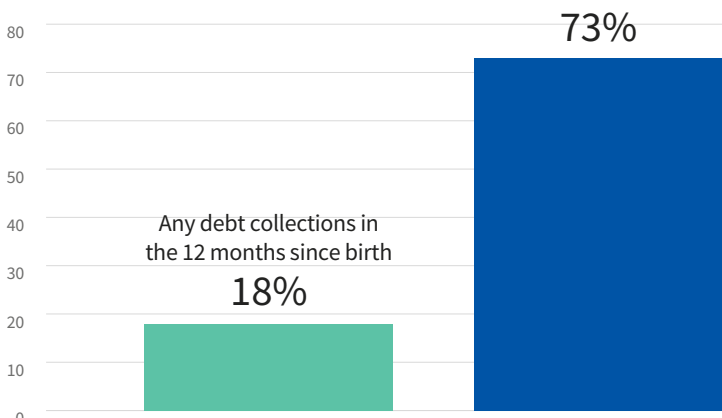


Did not fill or skipped prescriptions in the year since giving birth



### Families still feel the financial burden of childbirth a year later

Debt collection related to healthcare bills (among those with any debt collection)





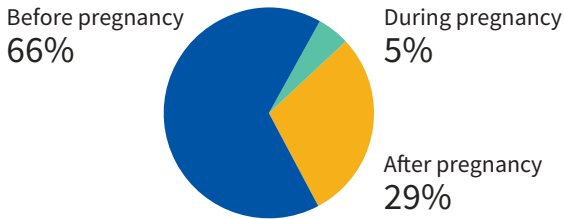
# Postpartum Mental Health Indicators

## UTAH FACT SHEET

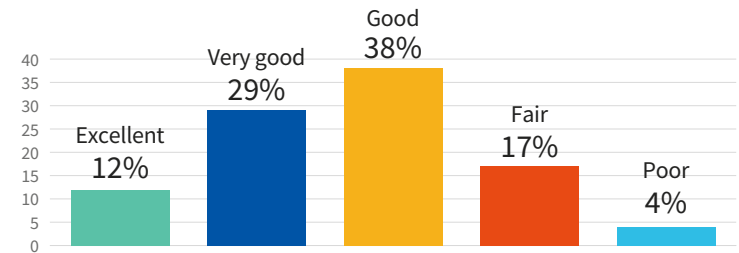
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### Postpartum Diagnoses and Self-Reported Mental Health

#### Received Diagnosis of Depression, Anxiety or other Mood Disorder

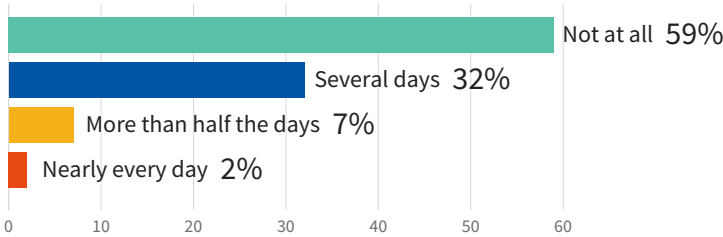


#### Self-Reported Mental Health at One Year Postpartum

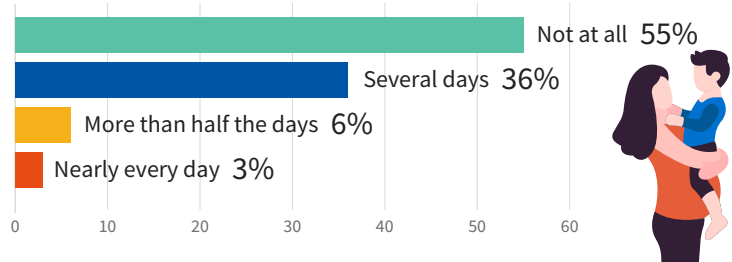


### Depression Symptoms at One Year Postpartum

Over the past 2 weeks, how often have you been bothered by having little interest or pleasure in doing things?

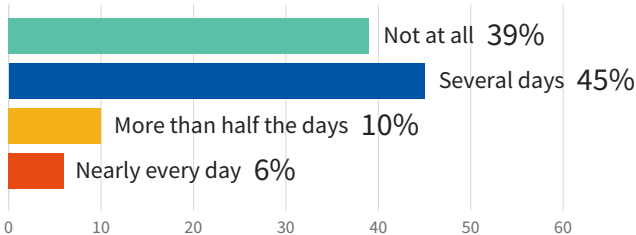


Over the past 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?

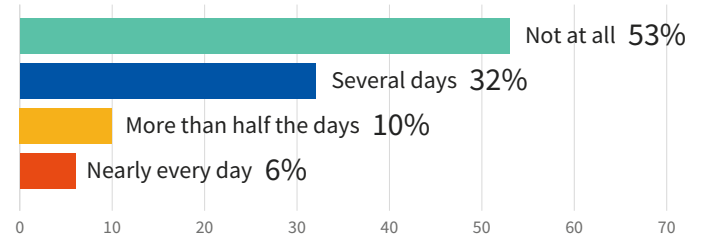


### Anxiety Symptoms at One Year Postpartum

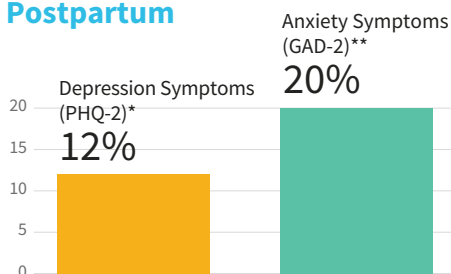
Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge?



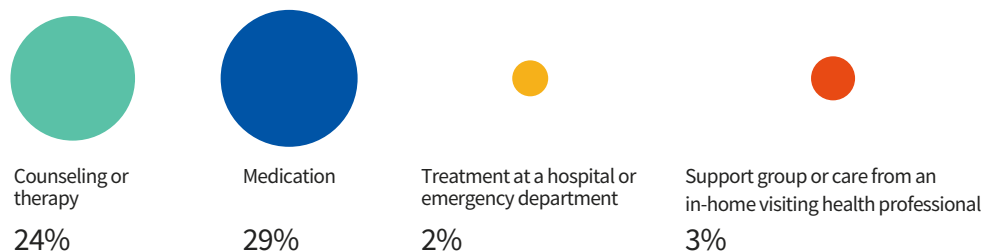
Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?



### Mental Health at One Year Postpartum



### Types of Mental Health Treatment Received Since Childbirth



\*Depression defined as a score of 3 or greater (major depressive disorder likely) on the PHQ-2. \*\*Anxiety defined as a score of 3 or greater (generalized anxiety disorder likely) on the GAD-2. The 2020 PAHS was undertaken by the Columbia World Project, Leveraging policy to improve maternal health in the fourth trimester, Columbia University in the City of New York. More information about PAHS is available at <https://worldprojects.columbia.edu/postpartum-assessment-health-survey-pahs>