



# 2018 MATERNAL & CHILD HEALTH

The first months of life lay the groundwork for a child's entire future – physically, cognitively, and emotionally. As every new parent discovers, nurturing and tending to a baby also demands a great deal of effort in each of those areas. From sleep deprivation to anxiety about your child's development, the early stages of raising a family are challenging under the best of circumstances. For parents facing their own health issues, and those who never experienced a positive parenting role model, the stress of raising a family can quickly become overwhelming.

Family support programs help parents handle issues that can diminish their ability to provide adequate care. Home visitors give new moms and dads the tools they need to foster positive growth for every member of the family, like health screenings and referrals to education about early childhood milestones.

## Iowa's IMPACT

Because depression is prevalent in new mothers and may have adverse impacts on families and child development, an important activity in Iowa Family Support is to screen and detect maternal depression early and connect families to additional support. Iowa Family Support professionals make intentional efforts to support this cause. As a result, more women are being screened for maternal depression. In 2018, screening rates reached 85%, an improvement over the last year's rate.

### *Enriching relationships at heart and home*

A healthy mother is more capable of providing for her child's many needs.

#### HEALTHY CAREGIVER



# 85%

caregivers that screened positive using a depression screener were referred to or already receiving services

# 91%

children received their recommended well-child visits



#### HEALTHY CHILDREN

#### INSURED

Supporting the health of families



# 92%

of primary caregivers are insured



# 98%

of children are insured

### *Raising* RESILIENT IOWA FAMILIES

Information on this report is based on FY18 FSSD, MIECHV, and other statewide family support data. For more information please visit the following:

For the 2018 Technical Report [go to this link](#).

For the 2017 Technical Report [go to this link](#).

