NPASS Policy Recommendation
National Perinatal Association Student Society
Calls for Increased Postpartum Medicaid Eligibility

Policy Recommendation:
The National Perinatal Association (NPA) and the National Perinatal Association Student Society (NPASS) recommend enacting TX HB241, relating to the Medicaid eligibility of certain women after a pregnancy. The postpartum period leaves women vulnerable to a variety of health problems which can have lasting effects for both mother and infant. It is vital that women have access to healthcare during this vulnerable period.

Background:

- 70% of women experience at least one physical problem in the first year postpartum, including depression, fatigue, insomnia, pain, sexual dysfunction, and/or urinary incontinence. These can lead to lasting negative effects on her health if not treated properly."1
- Postpartum depression is more prevalent among women with Medicaid coverage, yet the treatment gap was greater and initiation of care was later."2
- Pregnancy intervals shorter than 6 months are associated with an increased risk of preterm birth, low birth weight, and small for gestational age infants."3 The postpartum period is a vital time for women to have access to the birth control of their choice in order to achieve optimal pregnancy spacing."4
- Medicaid beneficiaries lose insurance coverage in this vital postpartum period at higher rates than any other group of postpartum women."5

Analysis:
It is vital that women receive proper medical care in the postpartum period for the long-term health of both mothers and their children. Losing insurance during this vulnerable time can lead to untreated medical conditions in women, which can damage their physical and mental health. Additionally, not having access to birth control during this period can lead to negative health outcomes. If we can expand Medicaid coverage during this postpartum period, we can prevent these adverse health outcomes from affecting the women and children of Texas.

Conclusion:
The National Perinatal Association and the National Perinatal Association Student Society urge Texas legislators to enact TX HB241 to ensure that vulnerable women have healthcare coverage during the postpartum period.