

Postpartum Visit Initiatives

Objective 1.1: By 2030, increase the postpartum visit attendance rate from 92.1% to 94.4%.

Optimizing Postpartum Care

Kansas MCH will continue to expand existing MCH Integration Toolkits and Action Alerts to support local health agencies in educating women about the importance of the postpartum visit and comprehensive services available throughout the postpartum period. Building on prior work utilizing [ACOG's Optimizing Postpartum Care](#) guidance, additional graphic-based resources and workflows will be developed and integrated into existing materials such as the Maternal Warning Signs (MWS) and Perinatal Hypertension (PHTN) Provider/Patient Education Guides.

These resources will continue to be integrated into Title V-supported programs, including Home Visiting (HV), Becoming a Mom®/Comenzando bien® (BaM/Cb), and Part C, and disseminated through partnerships with WIC, KPQC, KPCC Regional Coordinators, and provider networks.

Postpartum Access and Support Services

KDHE will continue to explore and assess the feasibility of community-based models to expand access to postpartum care, including the use of Certified Nurse-Midwives (CNMs), registered nurses, doulas, and home-visiting providers. Efforts will align with Medicaid coverage expansions and workforce development initiatives to support care delivery in underserved and rural communities.

This work will include collaboration with Medicaid (DHCF), MCOs, and community partners to identify barriers, assess reimbursement pathways, and explore scalable models that support patient-centered postpartum care outside of traditional clinical settings.

Father/Caregiver Education and Support Resources

Fathers and other caregivers play a critical role in supporting the health and well-being of mothers and infants during the prenatal and postpartum periods. Research demonstrates that engaged fathers or other caregivers can improve adherence to prenatal and postpartum care recommendations, reduce maternal stress, support the timely recognition of postpartum depression (PPD), and contribute to improved maternal and infant health outcomes. Despite the importance of father or other caregiver involvement, most pregnancy and postpartum care systems remain primarily mother-focused and do not consistently engage fathers and other caregivers as active partners in care and support.

To address this gap, Kansas Title V will partner with the fatherhood workgroup of its Family Advisory Council to develop culturally responsive, family-centered educational resources focused on the importance of attending the postpartum visit and practical strategies caregivers can use to support mothers in accessing postpartum care. Resources will include information on recognizing signs of maternal distress, assisting

with transportation and childcare, encouraging follow-up care, and supporting maternal recovery and well-being during the postpartum period. Educational materials will be disseminated through the Kansas Maternal and Child Health (MCH) and Kansas Department of Health and Environment (KDHE) websites and shared broadly with Title V partners and community-based organizations to expand reach across Kansas families and support systems.