



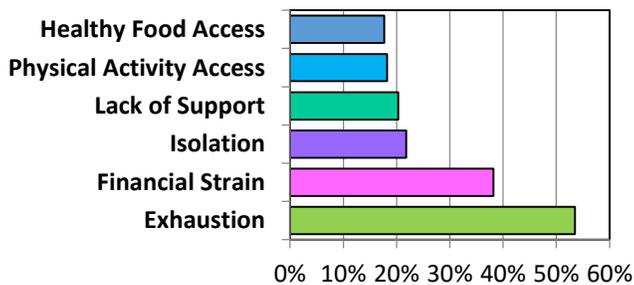
Mental and Physical Support (Maps) For Moms: Perceptions of Pregnant and Postpartum Omaha Women

The prenatal/postpartum period represents a critical time for fostering an infant’s health and well-being. Supporting a mother during this period offers a great opportunity to establish bonding and support healthy behaviors for both mother and child. Mother’s mental health, in particular, should be given great consideration during this time as 15% of women experience serious feelings of stress, anxiety or depression during pregnancy, and 13-19% of postpartum mothers suffer from depressive symptoms during the first six months of their child’s life. There are numerous factors that can adversely influence a woman’s mental health including a lack of social support and increased stress from factors such as financial strain, exhaustion and lack of ability to engage in healthy behaviors (i.e., healthy eating, physical activity). To better understand Omaha area mothers’ mental and physical health, a needs assessment was conducted to examine mothers’ perceptions of social support and causes of stress.

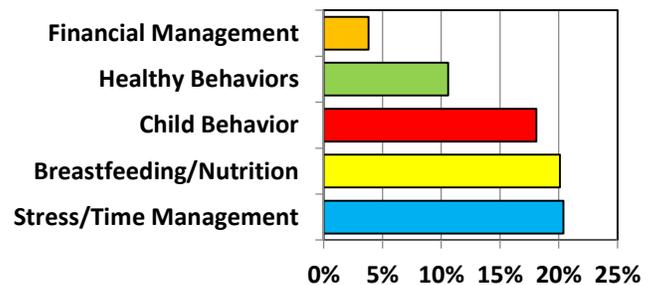
A total of 527 mothers in the Omaha metro completed the survey from May 2016-August 2016. The majority of mothers were Caucasian (86.9%), between 21-30 years of age (60.0%) and married (42.8%). There was a wide variety of income levels represented with the most common household income being \$50,000-\$74,999 (30.2%) followed by \$25,000-\$49,000 (26.1%). Key findings are listed below.

- Mothers indicated the greatest causes of stress to be financial strain, exhaustion and isolation.
- Approximately 20% of mothers indicated feeling often or very bothered by a lack of access to physical activity opportunities or healthy foods.
- 16.3% of mothers felt they were not receiving enough love, empathy or support in their lives.
- Mothers were most likely to receive information, advice or support from family and friends (45.1%) followed by 17.0% a media source (17.0%) (i.e., *Facebook*, parenting blog), or seek advice from a health professional (7.9%).
- Mothers wanted more information regarding stress/time management (20.4%), breastfeeding/nutrition information (20.1%) and child behavior (18.1%).
- Mothers most commonly wanted future education through online media sources (58.4%) or workshops/events (48.6%)

What has caused you the most stress in the past year?



What topics would you like more information on?



Questions or Comments? Please contact Dr. Danae Dinkel at dmdinkel@unomaha.edu or 402.554.3259