

# 2026-2030 Maine Maternal and Child Health Priorities

## Women and Maternal

**Priority 1:** Improve care for women's mental Health

**NPM:** Percent of women screened for depression or anxiety following a recent live birth

**Priority 2:** Improve access to maternal and postpartum care

**NPM:** Percent of women who:  
A) Attended a postpartum checkup within 12 weeks of giving birth and  
B) Percent of women who attended a postpartum checkup and received recommended care component

## Perinatal and Infant

**Priority:** Improve access to perinatal care

**NPM:** Percent of very low birthweight infants born in a hospital with a level III+ NICU

**SPM:** Percent of women with a recent live birth who experienced any discrimination while getting healthcare during pregnancy, delivery, or at postpartum care

## Child

**Priority 1:** Increase children's physical activity

**NPM:** Percent of children, ages 6-11, who are physically active at least 60 minutes per day

**Priority 2:** Improve children's oral health

**NPM:** Percent of children, ages 1-17, who had a preventive dental visit in the past year

**Priority 3:** Improve access to comprehensive health care for children

**NPM:** Percent of children, with and without special healthcare needs, ages 0-17, who have a medical home

## Adolescents

**Priority 1:** Support positive youth development

**SPM:** Percent of Maine high school students who report they have support from adults other than their parents always or most of the time

**Priority 2:** Address adolescent mental health needs

**NPM:** Percent of adolescents ages 12-17 who receive needed mental health treatment or counseling

## Children and Youth w/ Special Health Needs

**Priority:** Improve care coordination for children and families with special healthcare needs

**NPM:** Percent of children with and without special healthcare needs ages 0-17 who receive needed care coordination