

BACKGROUND

Access to the right nutrients during pregnancy and through the first two years is critical to a mother's health as well as the healthy growth and development of a baby. Unfortunately, vitamin and mineral deficiencies are a major public health problem in underserved communities, with women and children being particularly vulnerable. Preventing vitamin and mineral deficiencies early in pregnancy can help mitigate poor pregnancy outcomes. Minority women in the United States are less likely to report use of prenatal supplements compared with non-Hispanic white women. The border of Texas and New Mexico has a large Hispanic population and it remains unclear what barriers exist to prenatal vitamin use during pregnancy among Hispanic women. This project will assess the current knowledge of expecting mothers in New Mexico regarding prenatal vitamins to identify barriers to adherence and acceptance during pregnancy.

OBJECTIVES

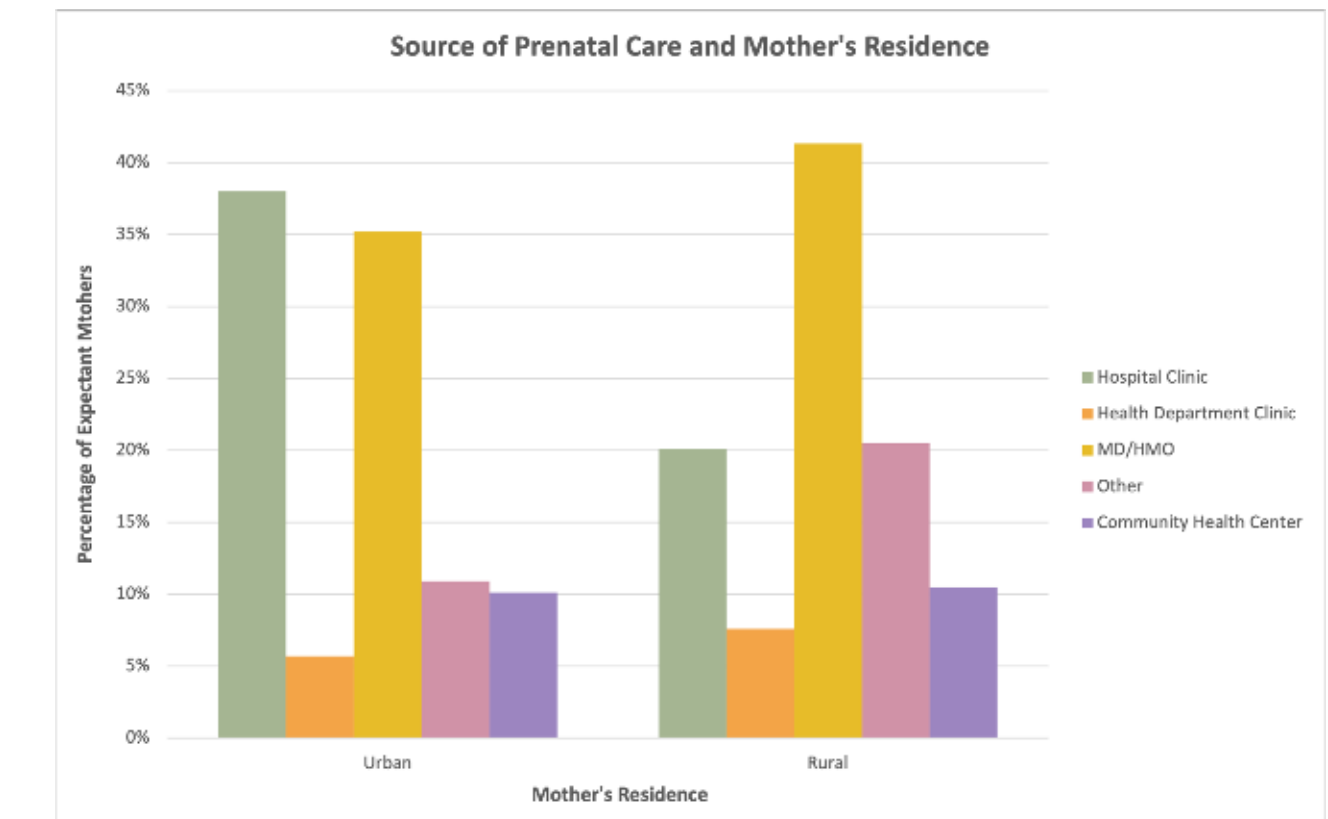
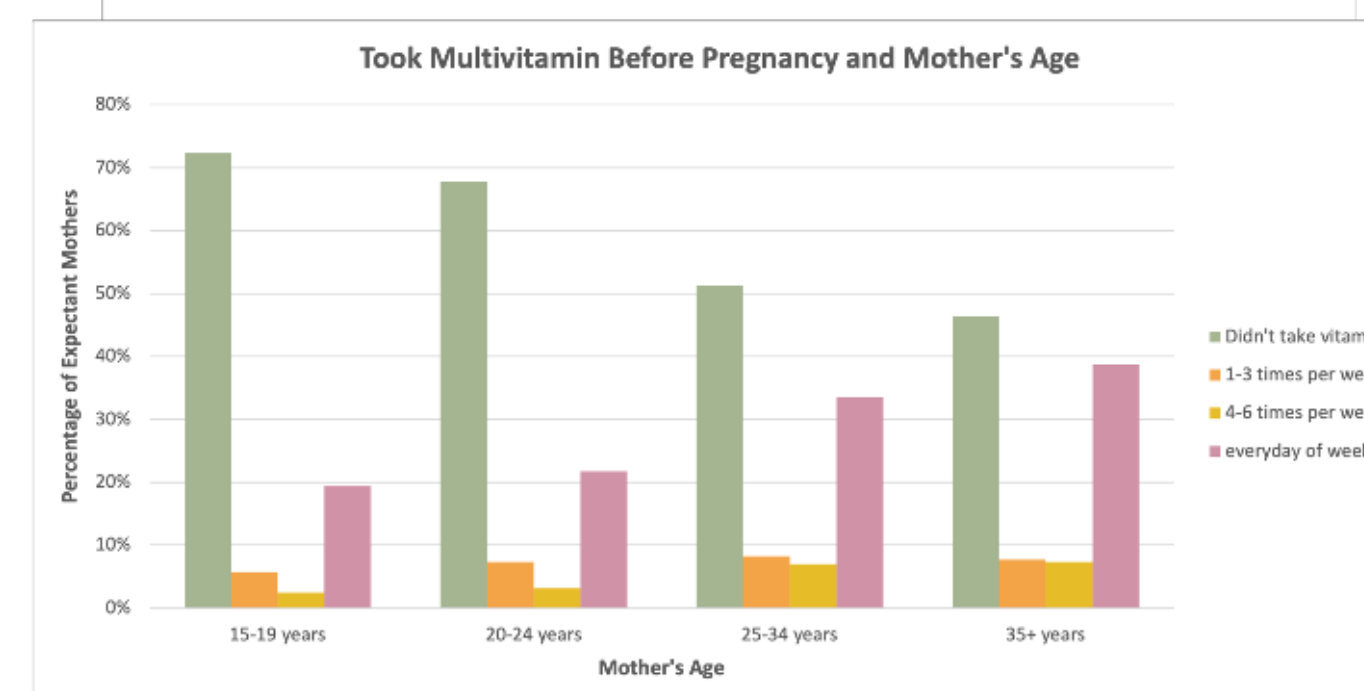
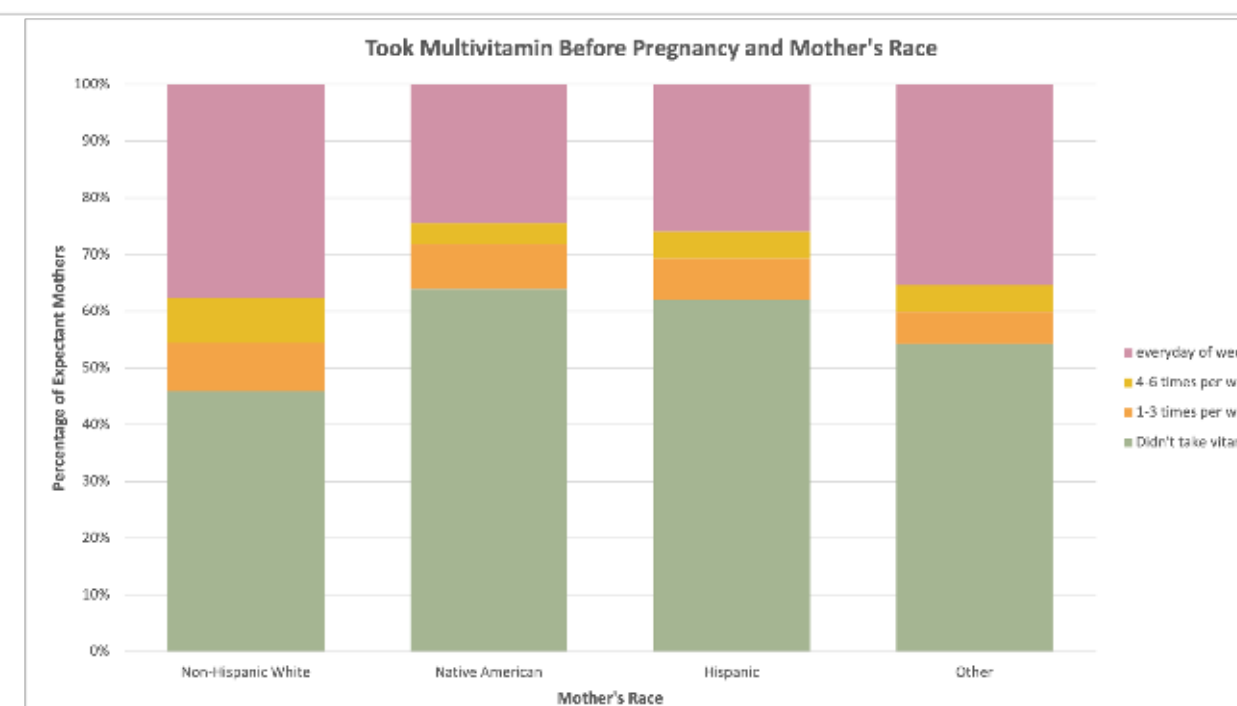
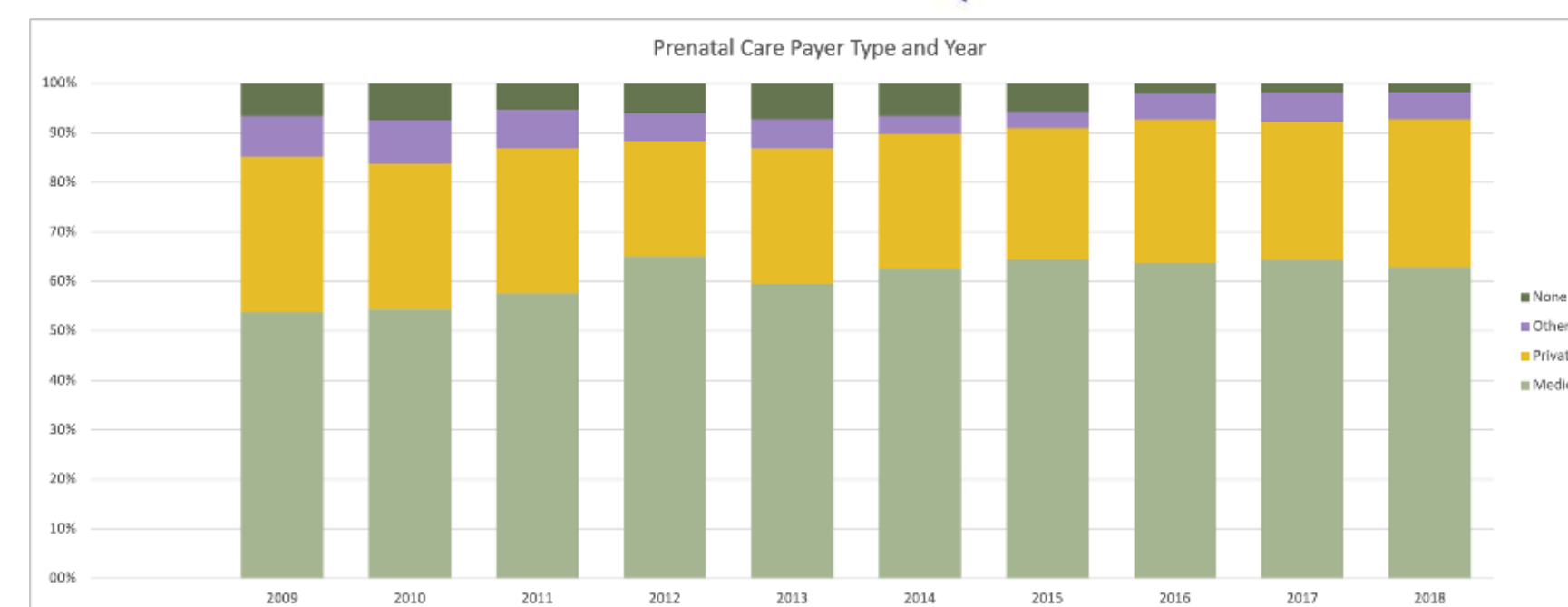
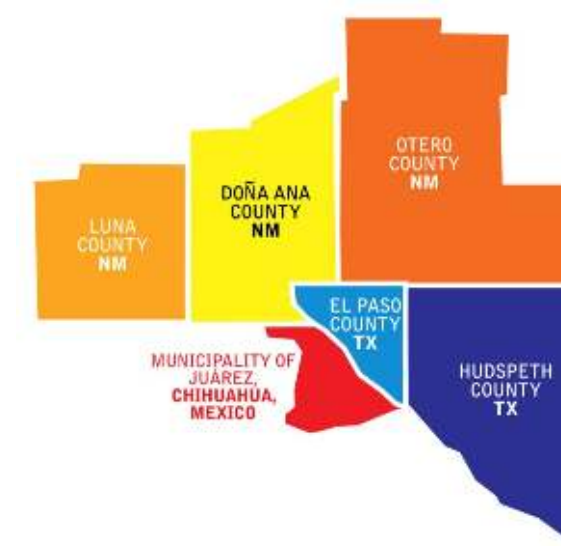
- Develop a web-based qualitative survey to assess knowledge base on the importance of prenatal vitamin use and potential barriers to adherence and acceptance during pregnancy
- To identify gaps in patient knowledge on prenatal vitamins in underserved and predominantly Hispanic communities in New Mexico and Texas.
- To analyze barriers to prenatal vitamin adherence and acceptance during pregnancy.
- To inform intervention programs for Hispanic women who may be pregnant.
- Identify potential trends in current prenatal vitamin source and prenatal care among Hispanic women in New Mexico using Pregnancy Risk Assessment Monitoring System
- Identify potential trends in prior prenatal vitamin use in previous pregnancies among Hispanic women in New Mexico using Pregnancy Risk Assessment Monitoring System

METHODOLOGY

- A web-based instrument using the Qualtrics survey system was created to explore current patient knowledge towards prenatal vitamin use during pregnancy.
- Survey distribution took place in an underserved and predominately Hispanic community of El Paso and Dona Ana counties, a shared border between Texas and New Mexico.
- Flyers soliciting volunteer participants were posted in multiple locations in consultation with clinic partners.
- Criteria for eligibility to participate in the study include residence within the study area, age being 18 years or older, and currently pregnant and/or previous birth within the 12 months of survey distribution.
- Analysis of the public data from New Mexico's Pregnancy Risk Assessment and Monitoring System (PRAMS) is also used to examine the trends in preconception multivitamin use and association with socioeconomic factors, access to prenatal care, source or prenatal care, and health insurance coverage.

RESULTS

- Medicaid was and continues to still be the leading source of prenatal care payer for expectant mothers in New Mexico with most recent data (2018) showing 62.9% of mothers.
- Native American and Hispanic races were shown to have a greater number of mothers not have any multivitamin use in the one month prior to their pregnancy compared to other races and ethnicities in New Mexico.
- The youngest group of mothers, 15-19 years old, had the highest percentage (72.3%) of no multivitamin use prior to pregnancy compared to other age groups.
- Mothers living in rural areas reported using more MD/Health Maintenance Organizations (41.3%) as source of prenatal care compared to any other health institutions



CONCLUSION

By analyzing the current healthcare landscape among pregnant women in the Paso Del Norte region, specifically in New Mexico, we have identified some areas for improvement and intervention regarding access prenatal healthcare and prenatal vitamin intake. Although our survey findings remain incomplete, we aim to amend our recommendations and conclusions upon analysis of survey data

RECOMMENDATIONS

- Based on the analysis of New Mexico PRAMS data, the most notable recommendation moving forward is health literacy/transparency between patients and health care providers regarding the importance of multivitamins in reproductive-age women and prenatal vitamins in pregnant women.
- According to the CDC, Hispanic women are more likely to give birth to a child with a neural tube defect compared to that of Non-Hispanic women. By having continuous information provided to these populations, it can prevent further health complications later in pregnancy such as anemia and neural tube defects.
- In addition to this, further education of available insurance payer types, including Medicaid, within health care institutions and clinics early on in family planning and routine visits, can allow for clarity as to what is available for them in that moment and for future pregnancy.
- Based on the data, MD/HMO and "Other" (likely Indian Health Service) were the primary institutions used by mothers in New Mexico. This aids to further identify institutions for targeted interventions.
- Further recommendations to be added upon analysis of survey results.

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