

# POSTPARTUM HEALTH IN CANADA

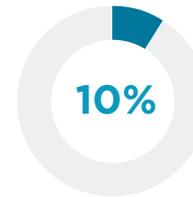
## MATERNAL HEALTH



**Mastitis** occurs in 10% of breastfeeding women



3.4% of all women who gave birth reported **urinary incontinence** as “a great deal of a problem” in the first 3 months postpartum



10% of women who have given birth reported experiencing one or more **acts of violence** in the past 2 years



53% to 79% of women experience some form of **laceration** during vaginal birth. Third- and fourth-degree **lacerations** occur in up to 11% of women.



**Endometritis** occurs after 1% to 3% of vaginal births and up to 27% of caesarean births



**Postpartum hemorrhage** is estimated to occur in 5–6% of hospital births in Canada



16% to 30% of women with gestational diabetes develop **type 2 diabetes** by 5 to 10 years postpartum

## Maternal Mental Health

**Panic disorder** affects about **1% to 3%** of new mothers

**Obsessive-compulsive** symptoms occur in **4% to 9%** of new mothers

**Trauma- and stressor-related disorders**, including PTSD, affect about **3%** of new mothers

The most common type of **postpartum mood change** is the postpartum blues, or baby blues, estimates of prevalence range dramatically, from **15% to 84%**

## NEWBORN HEALTH



Breastfeeding initiation rates in Canada have increased; less than **25%** in 1965 vs. **90%** in 2015/16



**8%** of infants are born prematurely



**48%** of the cases of early onset neonatal sepsis were due to group B streptococcal



**9.1 per 100** singleton live births are small for gestational age births

For references consult **Chapter 4: Care During Labour and Birth, Chapter 5: Postpartum Care, Chapter 6: Breastfeeding in Public Health Agency of Canada. Family-Centred Maternity and Newborn Care: National Guidelines. Ottawa (ON): PHAC; 2018/2019/2020.**

For more information about the **Family-Centred Maternity and Newborn Care: National Guidelines**, or to download this document, please search “maternity and newborn care” on **CANADA.CA**.



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