

# DELAWARE WOMEN

## STATUS REPORT



**WOMEN'S  
ADVANCEMENT  
& ADVOCACY**



# Health & Well-Being

In Delaware, we have made significant progress prioritizing health and well-being programs for women. Recognizing that a woman's health is not only essential for her own vitality but also for the well-being of families and communities, Delaware invests in robust healthcare infrastructure and initiatives tailored to women's unique needs. From comprehensive reproductive health services to preventative screenings and mental health support, the state champions access to quality care across all stages of a woman's life. By nurturing the physical, mental, and emotional health of its women, Delaware not only strengthens individuals but also builds a healthier and more resilient society for all its residents. While the data illustrates some health inequities, especially among Hispanic and Black women, Delaware has made tremendous progress in working to close those gaps. For example, Healthy Communities Delaware is a public-private collaboration that works to address the social determinants of health using community driven priorities to create equitable outcomes and eliminate disparities.[1]

Additionally, the Equity Counts Data Center, a partnership between the Delaware Department of Health and Social Services, the Delaware Division of Public Health, and the United Way of Delaware, is a data tool that provides key findings for every zip code in Delaware related to equity.[2] Recognizing that these disparities directly affect the overall health outcomes of women and girls, underscores the importance of not only affordable physical and mental healthcare but also equal economic opportunities. Prioritizing access to necessities such as nutritious food, adequate housing, education, and health services is essential to enhancing women's health outcomes in Delaware.

[6] [Healthy Communities Delaware](#)

[7] [My Healthy Community DHSS](#)

## Delaware Women Without Health Insurance

The number of Delaware women without health insurance has improved dramatically from ten years ago (from 8% to 5.1%). The percentage of uninsured women according to the most recent data has decreased across all geographies compared to the same dataset from a decade earlier. While more women have insurance coverage, Delaware should continue to make strides in addressing the shortages of health care providers in our state.

*Source: American Community Survey, 5-Year Estimate 2018-2022*

### % of Uninsured

<b>Delaware</b>	5.1%	7% ▼
<b>New Castle</b>	4.7%	6% ▼
<b>Wilmington</b>	4.5%	7.9% ▼
<b>Kent</b>	5.7%	5.7% ▼
<b>Sussex</b>	5.4%	8.5% ▼

## Women Who Report Having No Personal Doctor/Health Care Provider by Race/Ethnicity, 2022



# 8%

Of Women in Delaware with no Personal Health Care Provider

Location	All Women	White	Black	Hispanic
<b>Delaware</b>	8%	6%	7%	27%
<b>Maryland</b>	7%	5%	5%	32%
<b>New Jersey</b>	9%	6%	7%	21%
<b>Pennsylvania</b>	7%	6%	6%	17%

*Source: Kaiser Family Foundation*

## Women Who Report Not Seeing a Doctor in the Past 12 Months Due to Cost by Race/Ethnicity, 2022

Location	All Women	White	Black	Hispanic
Delaware	8%	6%	7%	19%
Maryland	7%	5%	7%	23%
New Jersey	9%	6%	11%	21%
Pennsylvania	8%	6%	13%	21%

Source: : Kaiser Family Foundation

## Women Who Report Fair or Poor Health Status by Race/Ethnicity, 2022

Location	All Women	White	Black	Hispanic
Delaware	18%	15%	24%	26%
Maryland	16%	15%	18%	19%
New Jersey	15%	13%	20%	21%
Pennsylvania	18%	17%	23%	31%

Source: : Kaiser Family Foundation

# Primary Care Health Professional Shortage Areas (HPSAs), 2023

Location	Total Mental Health Care HPSA Designations	Population of Designated HPSAs	Percent of Need Met	Practitioners Needed to Remove HPSA Designation
Delaware	11	253,696	16%	75
Maryland	75	1,748,349	39%	354
New Jersey	37	29,048	27%	21
Pennsylvania	153	621,346	53%	116

Source: : Kaiser Family Foundation

## What is an HSPA?

A **Health Professional Shortage Area** is shortage of providers for an entire group of people within a defined geographic area. "Health Professional Shortage Area (HPSA) designations are used to identify areas and population groups within the United States that are experiencing a shortage of health professionals. The primary factor used to determine a HPSA designation is the number of health professionals relative to the population with consideration of high need. Federal regulations stipulate that, in order to be considered as having a shortage of providers, an area must have a population-to-provider ratio of a certain threshold. For primary medical care, the population to provider ratio must be at least 3,500 to 1."

Source: Kaiser Family Foundation



**75**  
Practitioners  
Needed to  
Meet Need

## Women Who Report Visiting a Dentist or Dental Clinic within the Past Year by Race/Ethnicity, 2022

Location	All Women	White	Black	Hispanic
Delaware	68%	72%	62%	55%
Maryland	72%	77%	67%	57%
New Jersey	73%	78%	60%	65%
Pennsylvania	72%	74%	67%	55%

Source: : Kaiser Family Foundation

## Dental Care Health Professional Shortage Areas (HPSAs), 2023

Location	Total Mental Health Care HPSA Designations	Population of Designated HPSAs	Percent of Need Met	Practitioners Needed to Remove HPSA Designation
Delaware	13	381,534	5%	97
Maryland	62	2,379,610	34%	348
New Jersey	37	85,244	29%	27
Pennsylvania	161	1,979,496	36%	338

Source: : Kaiser Family Foundation

## Average Number of Poor Mental Health Days Reported in the Last 30 Days Among All Adults by Sex, 2022

Location	Women	Men
Delaware	4.5	3.2
Maryland	4.8	3.2
New Jersey	4.6	3.5
Pennsylvania	5.3	3.6

Source: : Kaiser Family Foundation

## Mental Health Care Health Professional Shortage Areas (HPSAs), 2023

Location	Total Mental Health Care HPSA Designations	Population of Designated HPSAs	Percent of Need Met	Practitioners Needed to Remove HPSA Designation
Delaware	13	289,347	12%	25
Maryland	64	1,850,861	23%	105
New Jersey	97	1,688,116	18%	90
Pennsylvania	137	2,042,384	38%	119

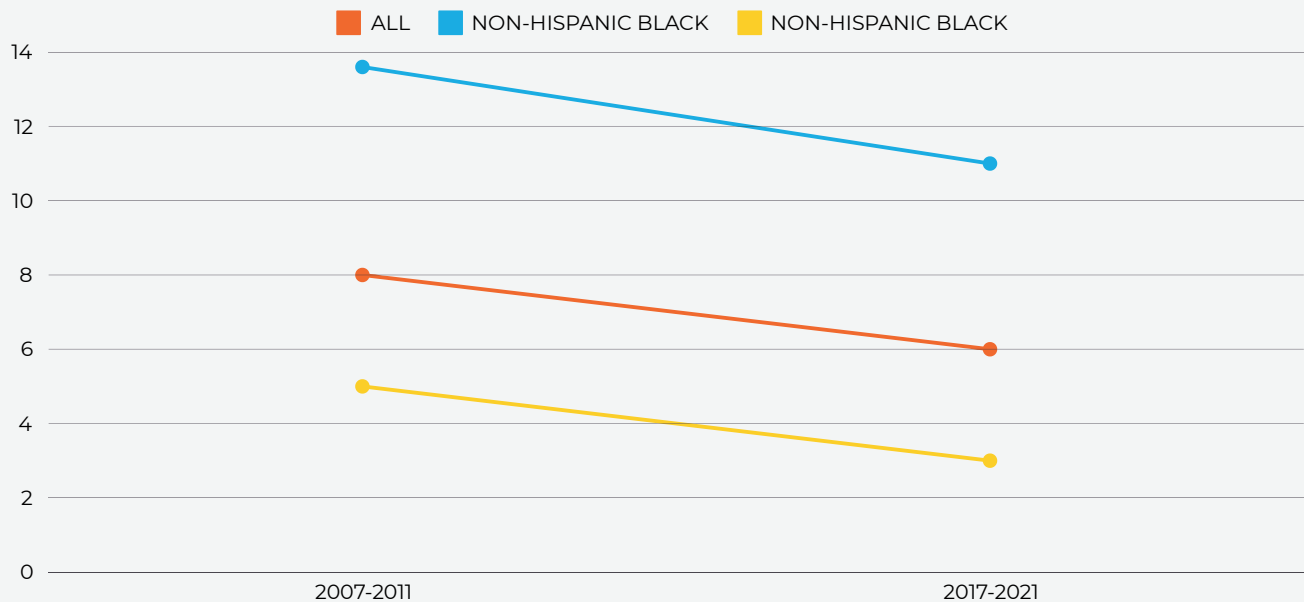
Source: : Kaiser Family Foundation

## Life Expectancy at Birth by Race and Sex, Delaware 2021

	Both Sexes	Male	Female
<b>All Races</b>	78	74	81
<b>Non-Hispanic White</b>	78	75	81
<b>Non-Hispanic Black</b>	74	69	78

*Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Health Statistics Center*

## Delaware Infant Mortality Rate by Race 2011-2021 (Rate Per 1,000 Live Births)



*Source: KIDS COUNT in Delaware*

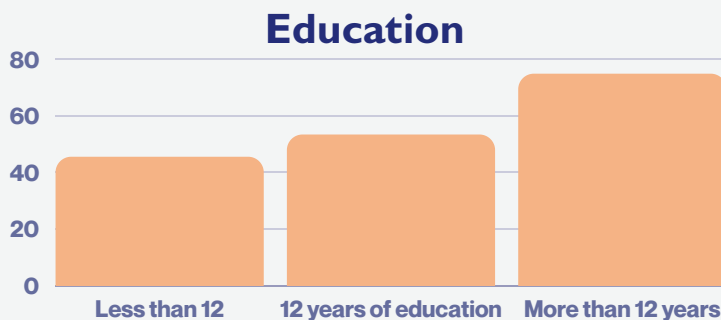
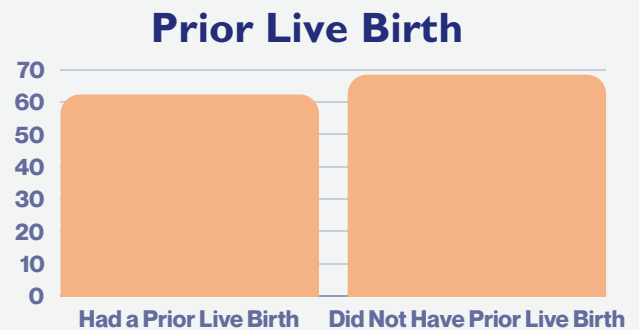
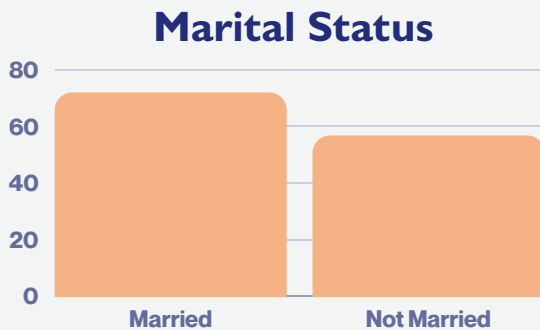
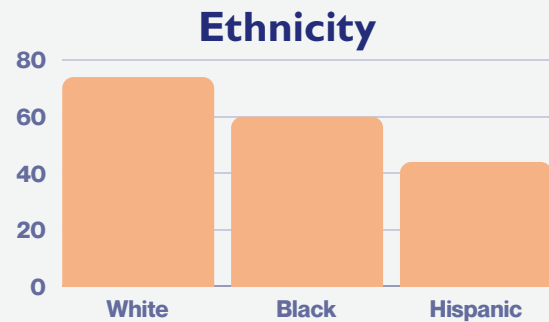
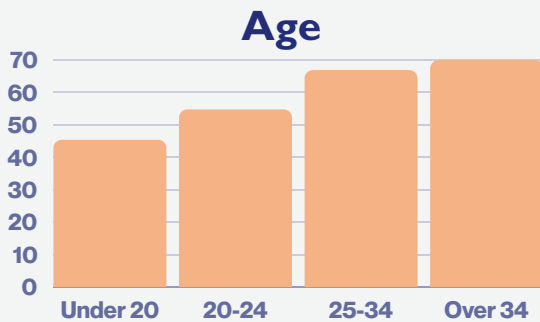


## Delaware Women and Prenatal Care

The following data (pages 18-30) are from the Delaware Pregnancy Risk Assessment Monitoring System (PRAMS). “PRAMS is a surveillance project of the Centers for Disease Control and Prevention (CDC) and state health departments. PRAMS collects state-specific, population-based data on maternal attitudes and experiences prior to, during and immediately following pregnancy.”

**In the 12 months before you got pregnant with your new baby, did you have any health care visits with a doctor, nurse, or other health care worker, including a dental or mental health worker? (% “Yes”)**

**64.9% Total** said “Yes”

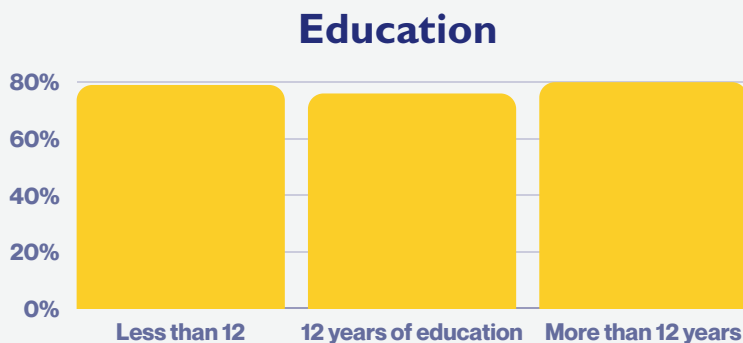
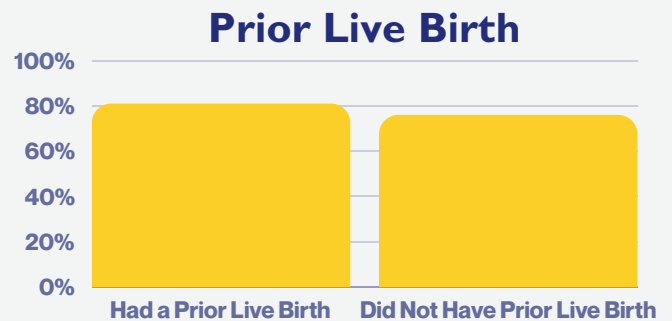
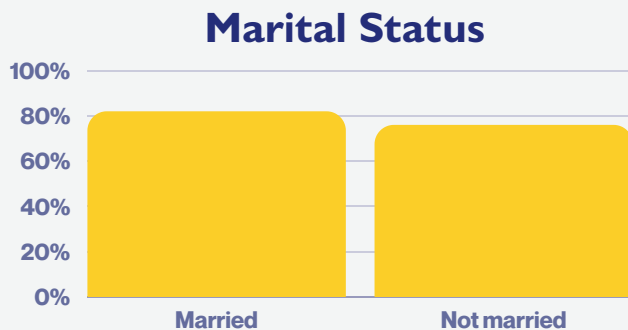
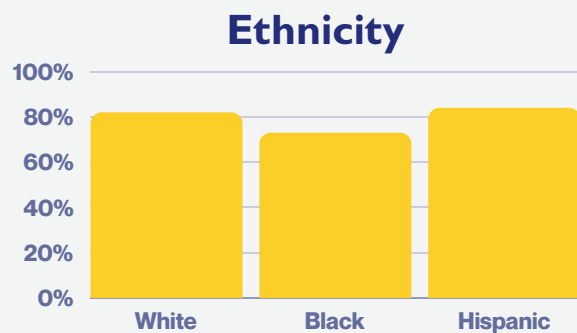
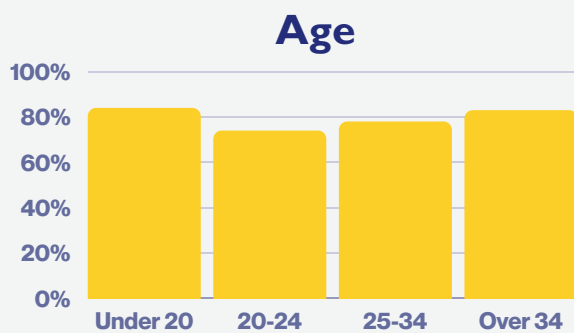


Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

Did you get prenatal care as early in your pregnancy as you wanted? (% “Yes”)

**78.1% Total** said “Yes”

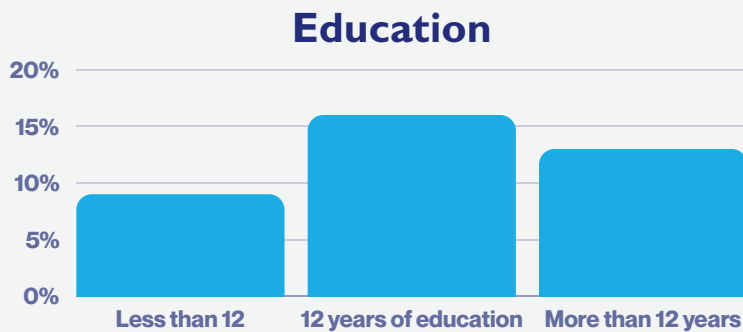
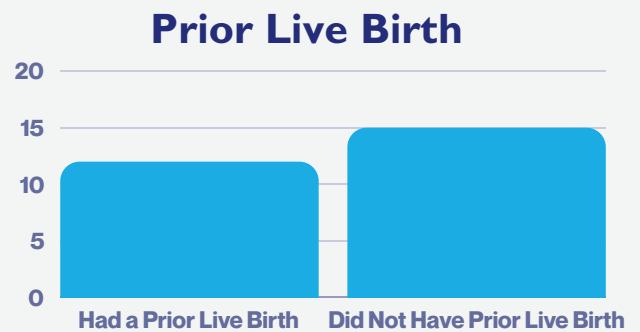
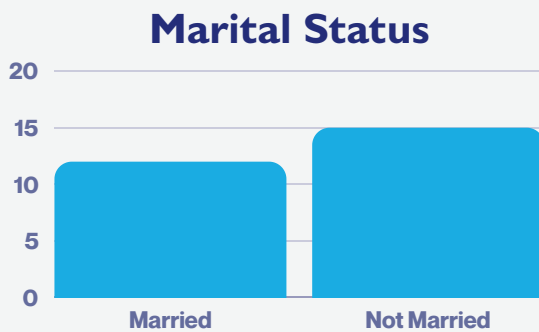
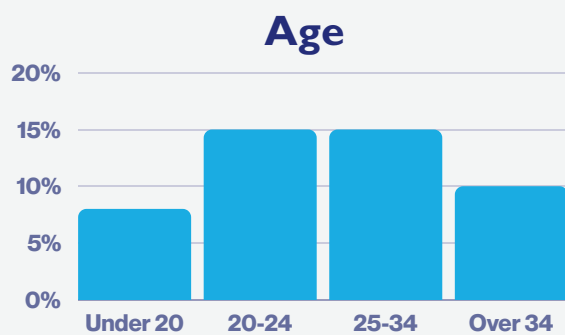


Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

I couldn't get an appointment when I wanted one, which kept me from getting prenatal care at all or, as early as I wanted. (% "Yes")

**13.2% Total** said "Yes"

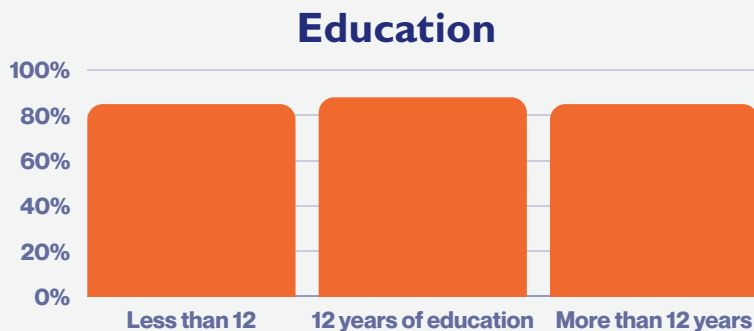
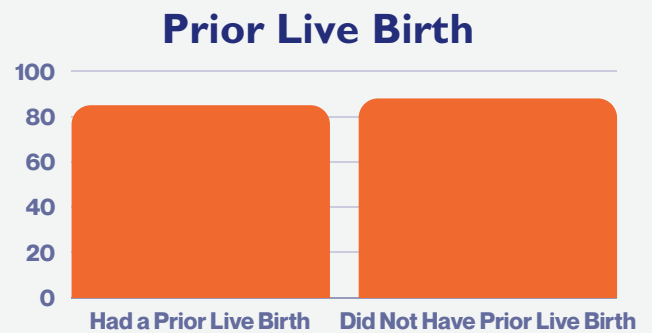
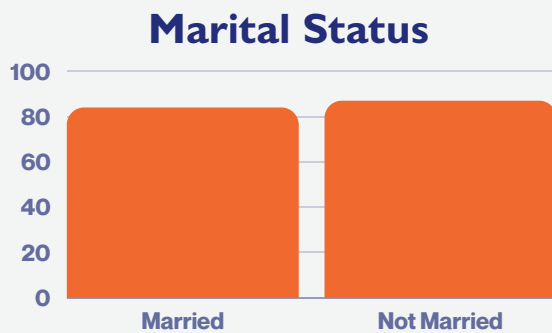
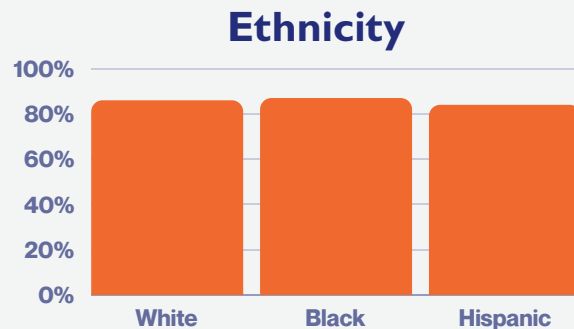
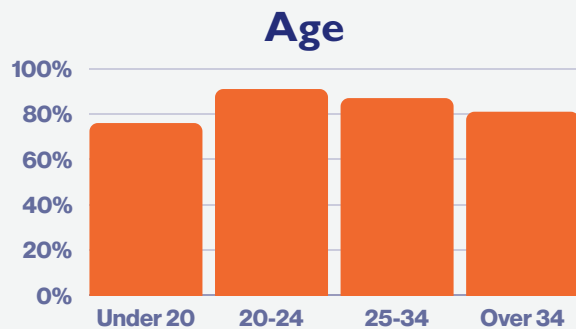


Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

**During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask you if you were feeling down or depressed? (% “Yes”)**

**85.9% Total** said “Yes”

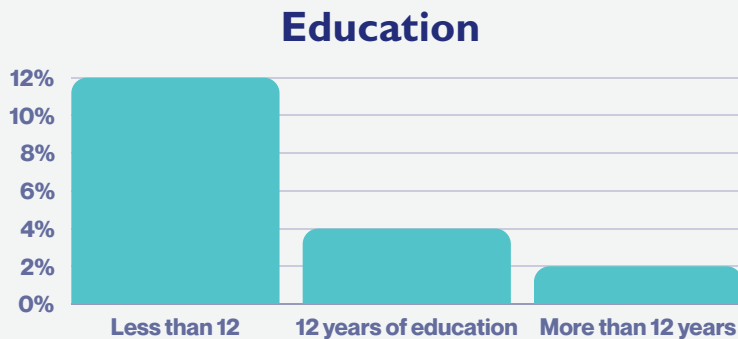
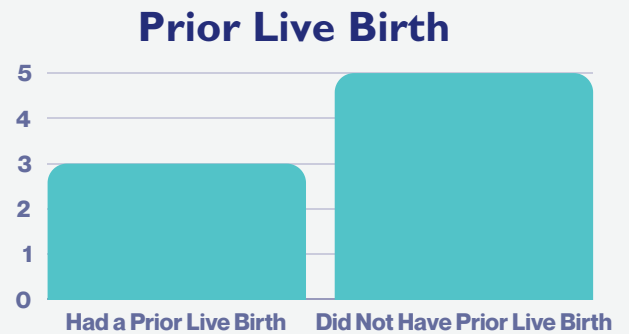
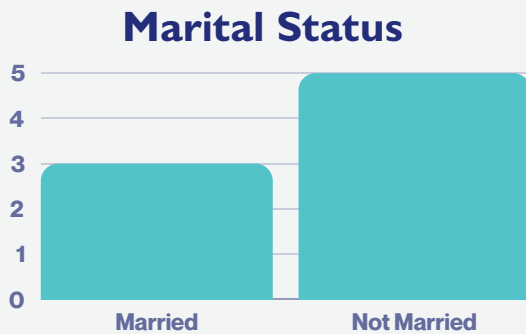
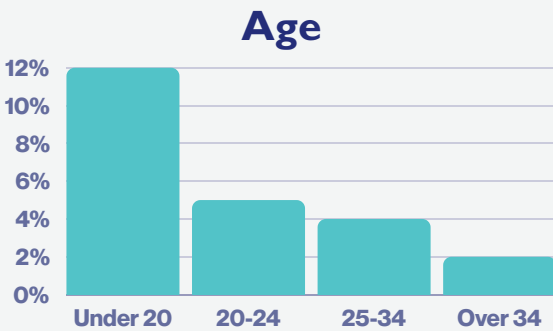


Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

During your most recent pregnancy, did a home visitor come to your home to help you prepare for your new baby? (% “Yes”)

**4.1% Total** said “Yes”

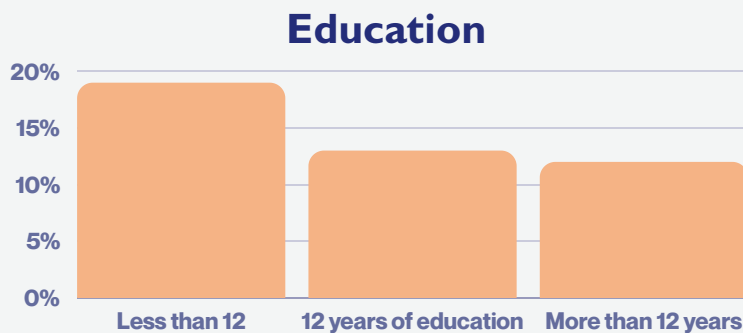
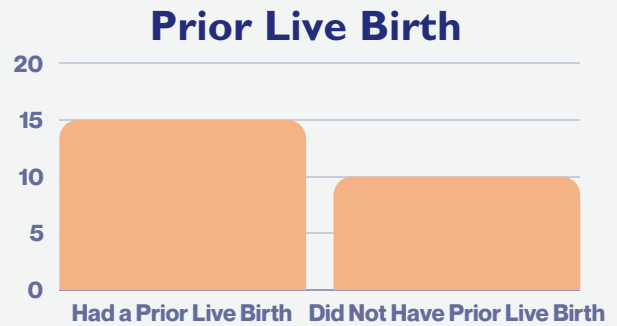
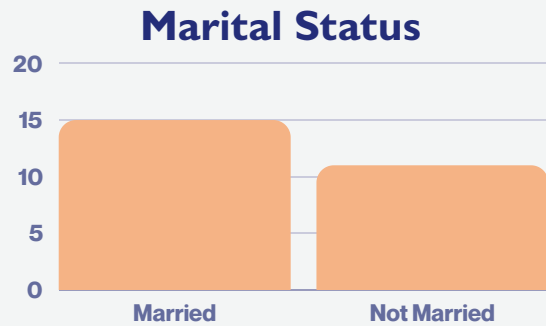
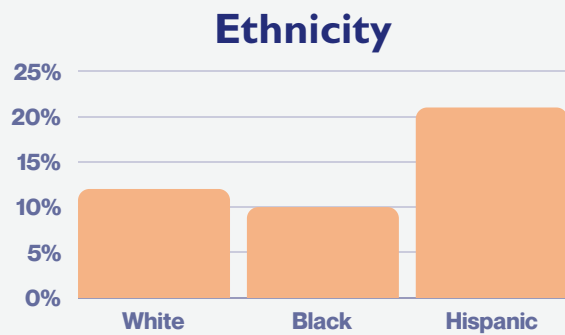
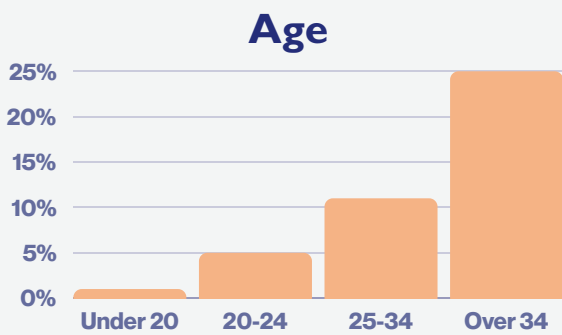


Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

During your most recent pregnancy, did you have gestational diabetes (diabetes that started during this pregnancy)? (% “Yes”)

**13.1% Total** said “Yes”



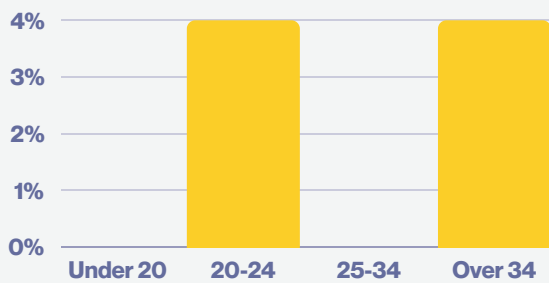
Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

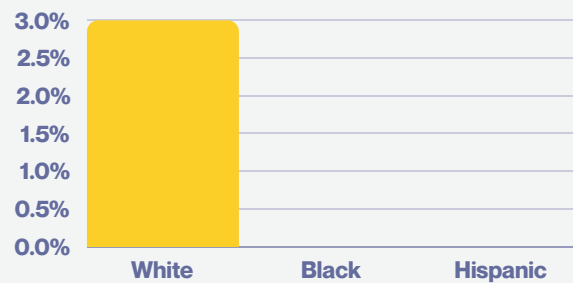
**A doula was with me in the hospital delivery room as a support person during my labor and delivery. (% “Yes”)**

**1.2% Total** said “Yes”

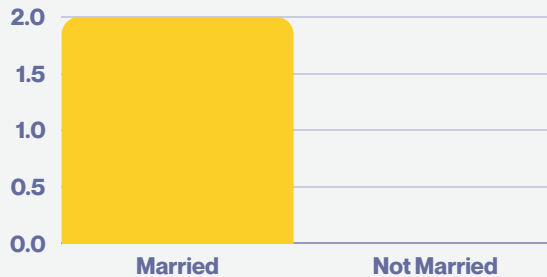
### Age



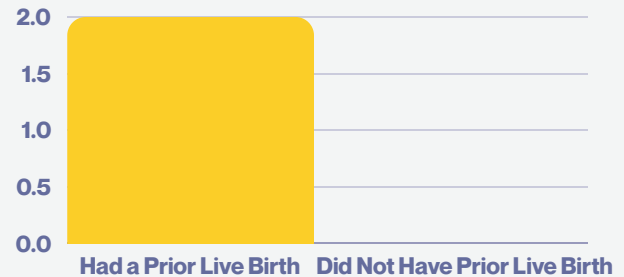
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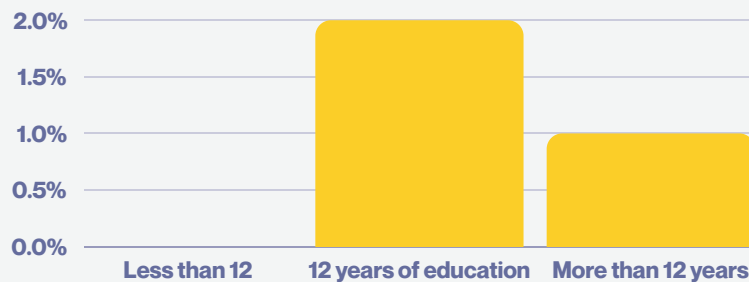
### Marital Status



### Prior Live Birth



### Education



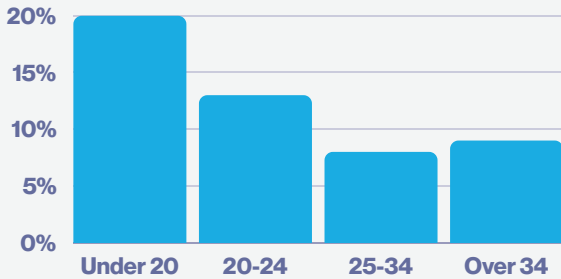
Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

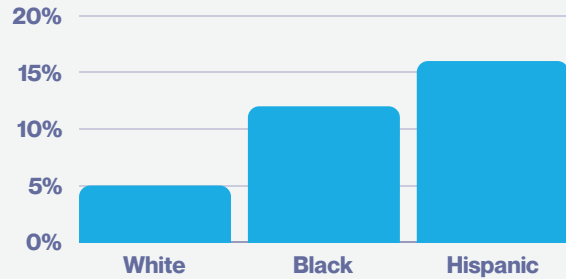
**During the 12 months before your new baby was born, did you lose your job even though you wanted to go on working?(% “Yes”)**

**9.4% Total** said “Yes”

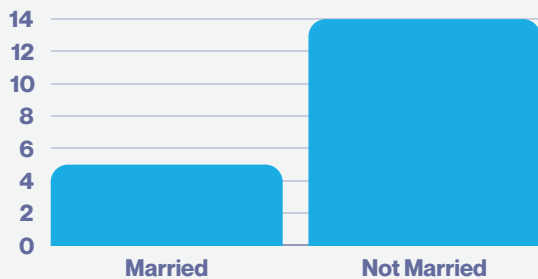
### Age



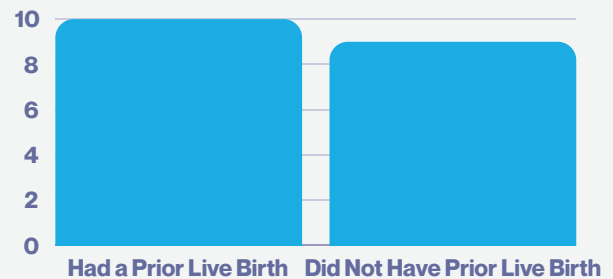
### Ethnicity



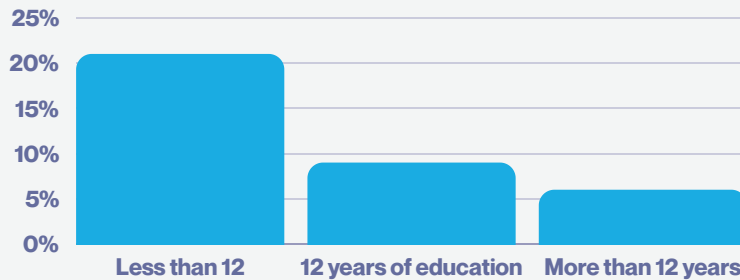
### Marital Status



### Prior Live Birth



### Education



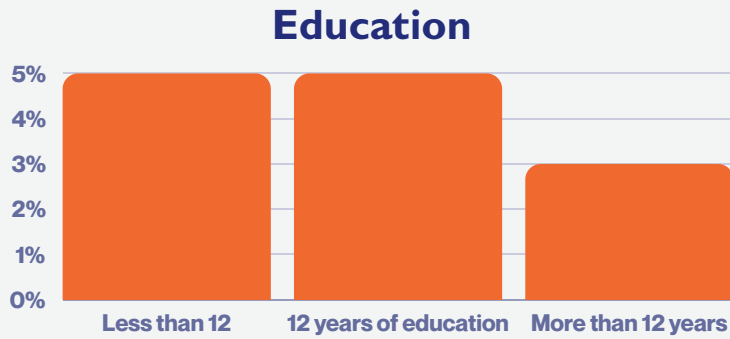
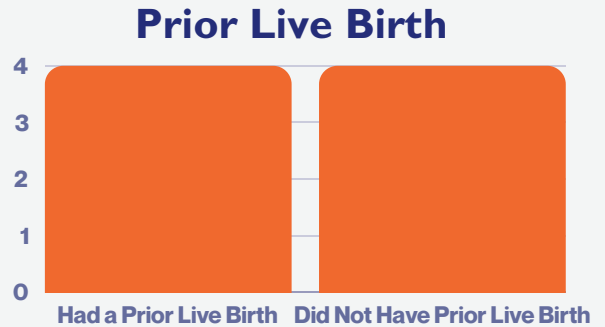
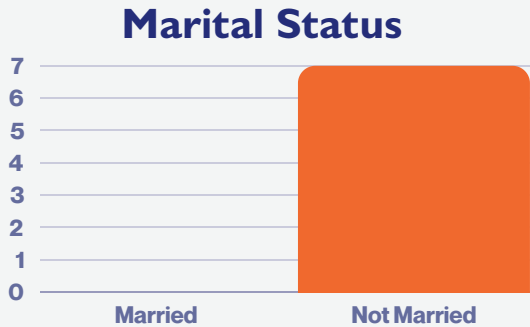
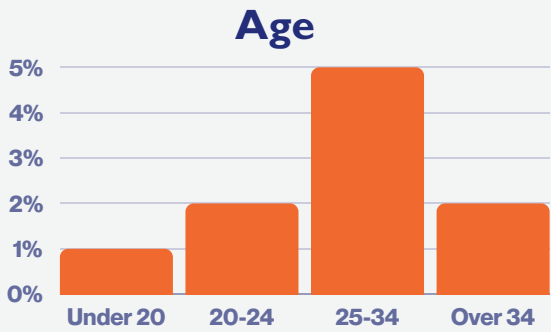
Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis



# Delaware Women and Prenatal Care

**During the 12 months before your new baby was born, were you homeless or had to sleep outside, in a car, or in a shelter? (% “Yes”)**

**3.5% Total** said “Yes”



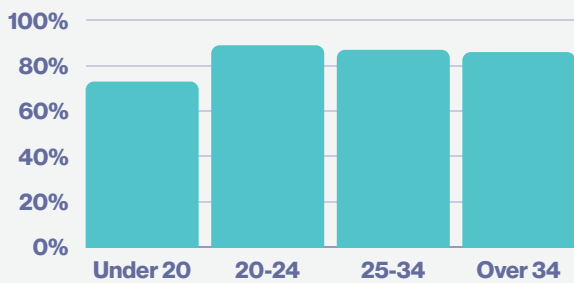
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## Delaware Women and Prenatal Care

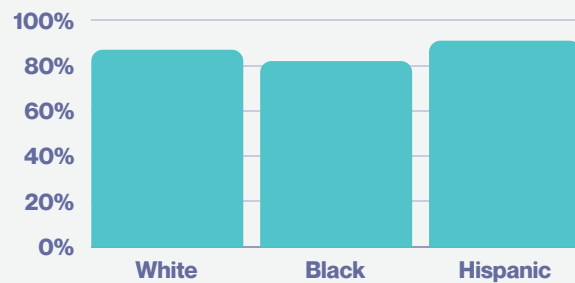
**Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time? (% “Yes”)**

**86.6% Total** said “Yes”

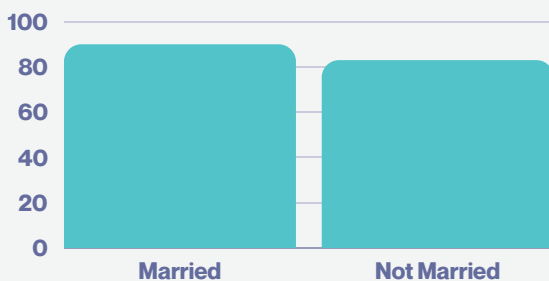
### Age



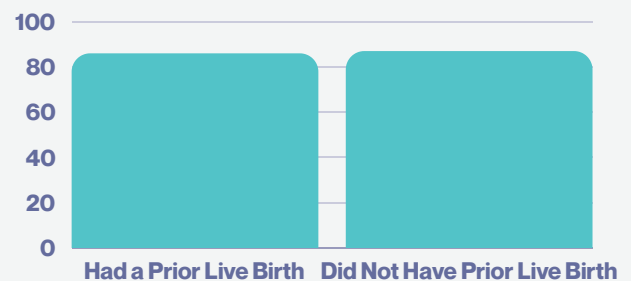
### Ethnicity



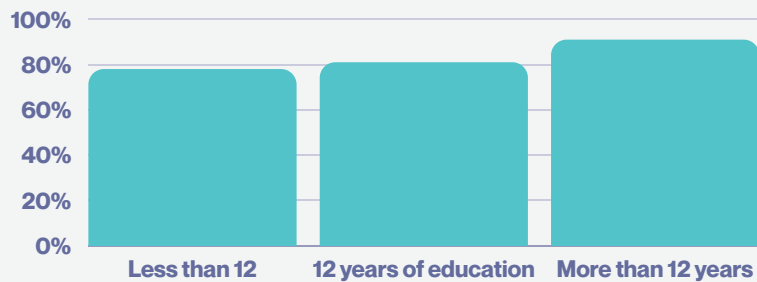
### Marital Status



### Prior Live Birth



### Education



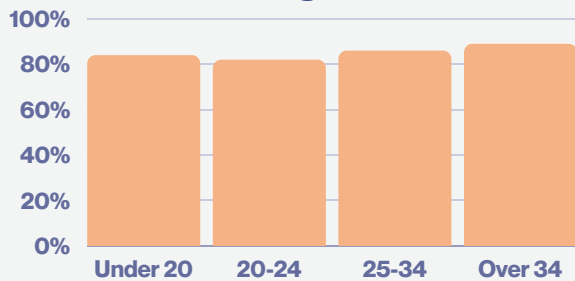
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## Delaware Women and Prenatal Care

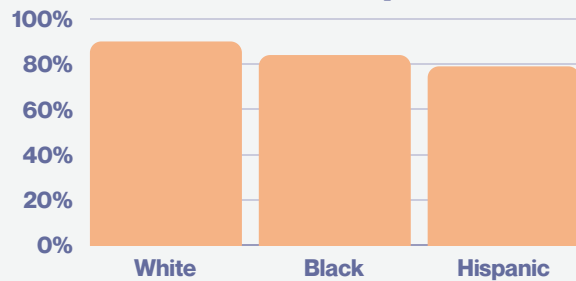
Since your new baby was born, have you had a postpartum checkup for yourself? (“Yes”)

**86.2% Total** said “Yes”

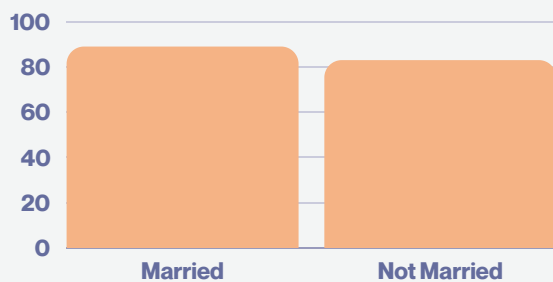
### Age



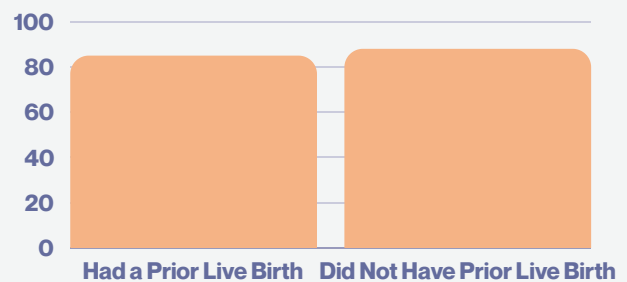
### Ethnicity



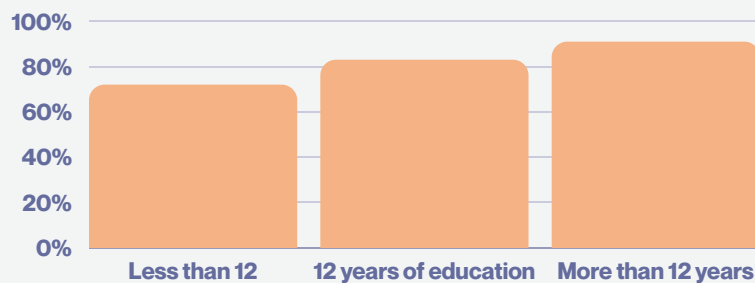
### Marital Status



### Prior Live Birth



### Education

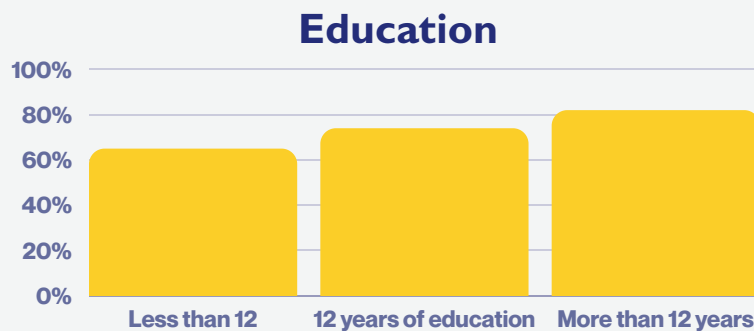
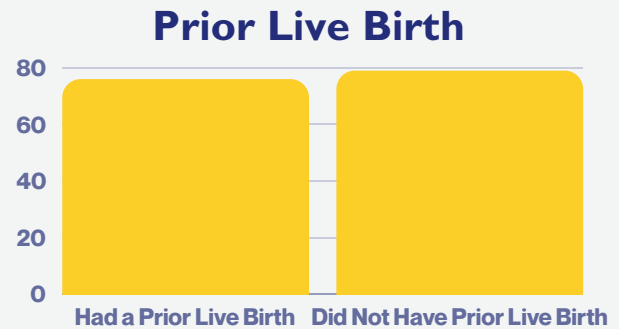
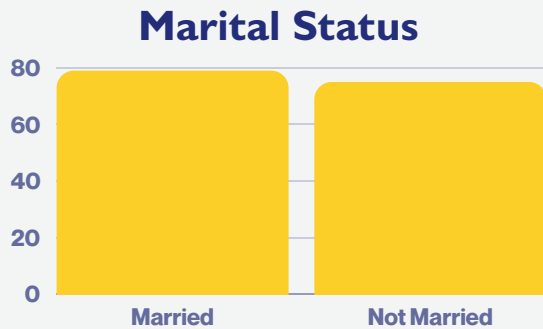
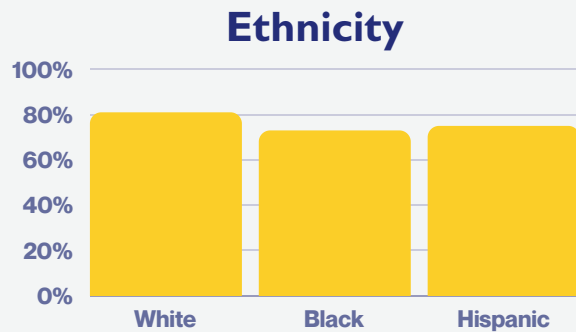
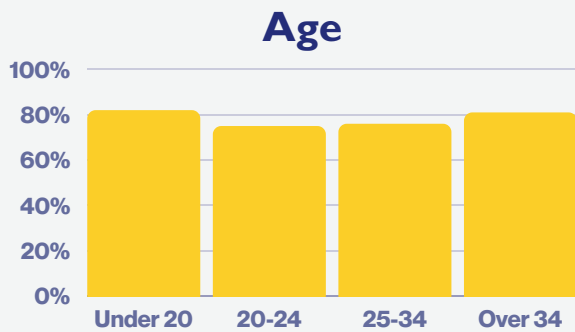


Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

**During your postpartum checkup, did a doctor, nurse, or other health care worker ask you if you were feeling down or depressed? (% “Yes”)**

**77.4% Total** said “Yes”

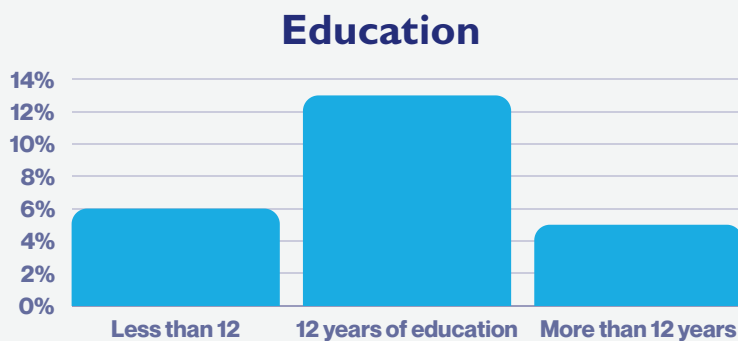
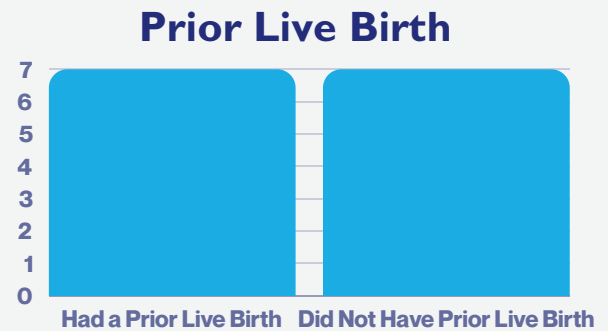
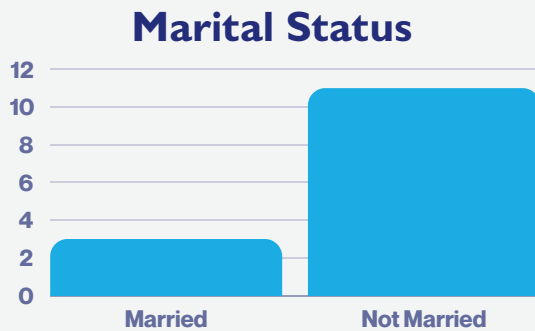
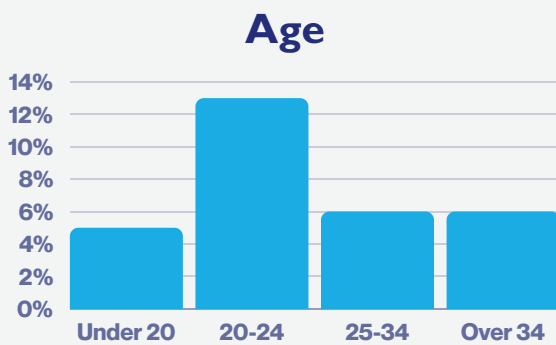


Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Delaware Women and Prenatal Care

Since your new baby was born, have you always or often felt down, depressed, or hopeless?\*\*\* (% “Yes”)

**6.9% Total** said “Yes”



Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Pregnancy Risk Assessment Monitoring System (PRAMS), 2021 Analysis

## Births to Delaware Women, Delaware, 2021

	Number	Percent
<b>Total Births</b>	10,482	100%
<b>Births to women receiving late or no prenatal care</b>	621	6%
<b>Births that occurred at less than 37 weeks</b>	1,393	13%

*Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Health Statistics Center*

## Number Of Fetal Deaths By Race/Ethnicity, 2021

	All Races	White Non-Hispanic	Black Non-Hispanic	Other Non-Hispanic	Hispanic
<b>Delaware</b>	52	12	27	0	13
<b>Kent</b>	12	5	6	0	1
<b>New Castle</b>	28	6	16	0	6
<b>Sussex</b>	12	1	5	0	6

\*Fetal deaths are reportable events if the fetus weighs at least 350 grams, or if weight is unknown, has reached at least 20 weeks of gestation

*Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Health Statistics Center*

## Perinatal Mortality Rates By Race, 2021

Location Race/Ethnicity	Rate	Location Race/Ethnicity	Rate
<b>Delaware All Races</b>	6.3	<b>New Castle All Races</b>	6.5
White Non-Hispanic	4.0	White Non-Hispanic	4.2
Black Non-Hispanic	10.5	Black Non-Hispanic	10.2
<b>Kent All Races</b>	7.2	<b>Sussex All Races</b>	4.9
White Non-Hispanic	4.4	White Non-Hispanic	3.0
Black Non-Hispanic	12.9	Black Non-Hispanic	8.2

\*Perinatal is the period of time when you become pregnant and up to a year after giving birth.

*Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Health Statistics Center*

## Delaware Women and Maternal Deaths, 2021

Location	Delaware	Kent	New Castle	Sussex
<b>Number of Maternal Deaths</b>	3	1	1	1

*Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Health Statistics Center*



**WOMEN'S  
ADVANCEMENT  
& ADVOCACY**

**Contact OWAA**

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