

# Allen Women's Health Iowa Healthy Pregnancy Program 2025

WE ARE MAKING A  
DIFFERENCE

The Iowa Healthy Pregnancy Program consists of education and enhanced services for high-risk patients, provided by nurses and social workers.

Our goal is to reduce maternal mortality and to improve birth outcomes, as more than 700 women in the United States die each year from complications in pregnancy and childbirth.



Allen Women's Health Iowa Healthy Pregnancy Program strives to reduce the rate of low-birth-weight babies by providing one-on-one, individualized prenatal health education and support to each of our patients.

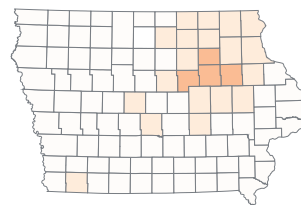
2,390  
services provided  
in 2025

Average number  
of services  
provided per  
patient increased  
from 4.4 in 2024  
to 6.3 in 2025.

In 2025,  
**Maternal  
Health RNs**  
provided patients at risk for high blood pressure and preeclampsia with blood pressure cuffs to monitor their symptoms at home.

Although our maternal health program has changed our name to the Iowa Healthy Pregnancy Program, we still provide the same high-quality education, resources, and support in pregnancy and postpartum!

Allen Women's Health receives funding for four counties, however in 2025, we provided services to individuals in 19 other counties.

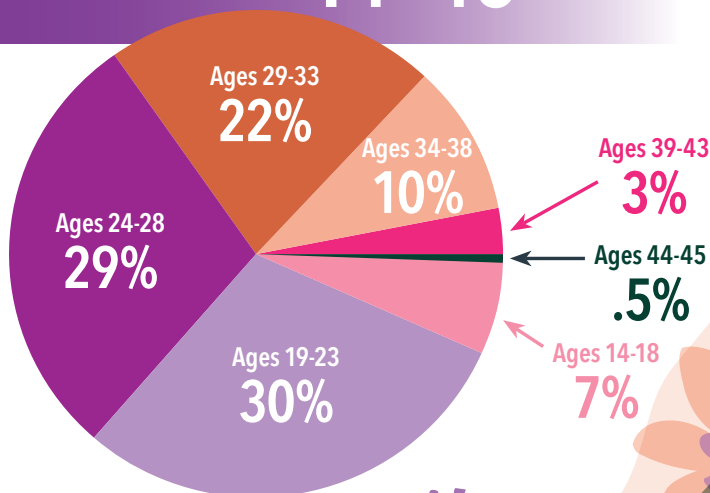


- Black Hawk
- Bremer
- Buchanan
- Grundy

## Iowa Healthy Pregnancy Program Benefits

- Pregnant women are provided **education** promoting a healthy pregnancy and delivery, to reduce premature birth and increase positive birth outcomes.
- Patients who report **smoking or vaping** received additional information about smoking cessation.
- Our patients are able to receive **WIC services** in our clinic on Wednesdays.
- Patients receive oral health services including oral health screenings, fluoride varnish and assistance in scheduling dental appointments as indicated.
- Patients receive assistance in establishing **mental health supports** and are regularly screened for **perinatal mood and anxiety disorders, including postpartum depression**.
- Assistance in **enrolling and navigating** available benefits through Medicaid.
- Women are provided assistance in **scheduling appointments** for prenatal care, mental health care, and other services as needed".

Age of patients **14-45**



14

In 2025 20% of our patients required language interpretation for a total of 14 different languages

### TOP 3 PRIMARY LANGUAGES:

- English
- Spanish
- Haitian Creole

[uph.link/AllenWomensHealth](https://uph.link/AllenWomensHealth)



UnityPoint Health  
Allen Hospital