



KEY FINDINGS

From You & your Baby 2024

You & Your Baby 2024 is a national survey about maternity care in England. We heard from 3,728 women who gave birth in May 2024. The survey focused on mental health and maternity care experiences.



The women who took part came from a wide range of backgrounds: 3 in 10 were from minority ethnic groups, 3 in 10 were born outside the UK, and 2 in 10 lived in the most disadvantaged areas.

Mental Health

- 8 in 10** women said they were asked about their mental health by a health professional during pregnancy and after birth
- 3 in 10** women said they had mental health symptoms after giving birth – **2 in 10** with depression symptoms, **2 in 10** with anxiety symptoms and **1 in 10** with post-traumatic stress symptoms (some women had symptoms of more than one of these)
- 2 in 10** women said they had already been diagnosed with a mental health problem before pregnancy
- 2 in 10** women said their partner had experienced mental health problems



Maternity care

- 8 in 10** women were satisfied with care during pregnancy and childbirth
- 7 in 10** women were satisfied with care after giving birth
- 9 in 10** women had a check-up six weeks after giving birth
- 4 in 10** women who started breastfeeding wanted more help with this
-  More women vaped yet fewer women smoked compared to in our last survey



Note: All data are rounded - see full report for exact figures

For the full report go to:
www.npeu.ox.ac.uk/maternity-surveys



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