

Priority Needs	Five-Year Objectives	Strategies	Evidence-Based or –Informed Strategy Measures	National and State Performance Measures	National and State Outcome Measures
Women/Maternal Health					
<p>Promote health and well-being in women of reproductive age (WRA)</p>	<p>By September 2030, increase the proportion of women who attend a postpartum checkup within 12 weeks after giving birth in Puerto Rico from 79.9% to 87% (Baseline PR-PRAMS 2023: 79.9%).</p> <p>By September 2030, increase the proportion of women who attend a postpartum checkup and receive recommended care components in Puerto Rico from 43.1% to 47% (Baseline PR-PRAMS 2023: 43.1%).</p>	<p>Develop and disseminate a Postpartum Pocket Guide to promote the importance of care up to 12 months after childbirth.</p>	<p>ESM PPV.1 - Percent of women with a postpartum checkup within 12 weeks after giving birth who reported using the “Postpartum Pocket Guide” to schedule the visit in Puerto Rico by September 2030.</p> <p>ESM PPV.2 - Percent of Title V HVP participants who attended a postpartum checkup within 12 weeks after birth and received guidance on family planning, and were offered resources for managing feelings of depression or anxiety in Puerto Rico by September 2030</p>	<p>NPM - Postpartum Visit</p>	<p>Linked NOMs: Maternal Mortality Neonatal Abstinence Syndrome Women's Health Status Postpartum Depression Postpartum Anxiety</p>
<p>Promote health and well-being in women of reproductive age (WRA)</p>	<p>By September 2030, increase the proportion of women screened for depression or anxiety following a recent live birth in Puerto Rico from 46.4% to 51% (Baseline PR-PRAMS 2023: 46.4%).</p>	<p>Through the Perinatal Mental Health Task Force, continue efforts to raise awareness about maternal mental health and promote universal and systematic screening protocols.</p> <p>Establish collaboration with entities that promote and provide mental health and preventive services to the target population.</p>	<p>ESM MHS.1 - Number of health care providers trained to screen postpartum depression and anxiety using a</p>	<p>NPM - Postpartum Mental Health Screening</p>	<p>Linked NOMs: Maternal Mortality Infant Mortality SUID Mortality Neonatal Abstinence Syndrome Child Injury Hospitalization</p>

Priority Needs	Five-Year Objectives	Strategies	Evidence-Based or –Informed Strategy Measures	National and State Performance Measures	National and State Outcome Measures
			standardized tool in Puerto Rico by September 2030.		Women's Health Status Postpartum Depression Postpartum Anxiety
Promote health and well-being in women of reproductive age (WRA)	By September 2030, increase the proportion of women, ages 18 through 44, who attend a preventive medical visit in the past year in Puerto Rico from 77.2% to 84% (Baseline PR-BRFSS 2023: 77.2%).	<p>Collaborate with organizations to carry out educational interventions on topics related to the physical and emotional health of women of reproductive age.</p> <p>Promote the preventive annual visit pocket guide, emphasizing the importance of the annual health visit through Title V programs in the community.</p> <p>In collaboration with March of Dimes, disseminate an interactive map detailing women's health services available by region, including contact information, hours, and accessibility.</p> <p>Promote programs and services offered by Title V to health care providers who offer services for women of reproductive age in the community.</p> <p>Continue disseminating emergency preparedness and response messages that take into account the needs of women of reproductive age, pregnant women, and mothers through Title V programs in the community.</p> <p>Offer training to regional staff on topics related to the health of women of reproductive age, including emerging health issues.</p>	SPM ESM 2.1 - Percent of women, ages 18 through 44, with a preventive medical visit in the past year who reported using the "Women of Reproductive Age Preventive Care Pocket Guide" to schedule a preventive medical visit in Puerto Rico by September 2030.	SPM 2: Percent of women, ages 18 through 44, with a preventive medical visit in the past year	<p><u>Linked NOMs:</u></p> <p>Severe Maternal Morbidity Maternal Mortality Low Birth Weight Preterm Birth Perinatal Mortality Infant Mortality Neonatal Mortality Postneonatal Mortality Preterm-Related Mortality Neonatal Abstinence Syndrome Teen Births Postpartum Depression Postpartum Anxiety</p>
Promote health and well-being in women of reproductive age (WRA)	By September 2030, maintain the proportion of pregnant women who began prenatal care during the first trimester in Puerto Rico at 90% (Baseline PR-NVSS 2024: 86.2%).	<p>Continue educating the population on the importance of early and regular care during pregnancy, common conditions during pregnancy, and prevention measures through Title V programs in the community.</p> <p>Identify risk factors for maternal deaths and develop prevention strategies through the Maternal Mortality Surveillance and Review System in Puerto Rico.</p> <p>Offer training to regional staff on topics related to pregnancy, including emerging health issues.</p>	No ESMs were created by the State. ESMs are optional for this measure.	SPM 1: Percent of pregnant women who receive prenatal care beginning in the first trimester	<p><u>Linked NOMs:</u></p> <p>Severe Maternal Morbidity Preterm Birth Perinatal Mortality Preterm-Related Mortality Neonatal Abstinence Syndrome Maternal Mortality Low Birth Weight Stillbirth Infant Mortality Postneonatal Mortality SUID Mortality Postpartum Depression</p>

Priority Needs	Five-Year Objectives	Strategies	Evidence-Based or –Informed Strategy Measures	National and State Performance Measures	National and State Outcome Measures
Perinatal/Infant Health					
<p>Improve birth outcomes and infant wellbeing</p>	<p>By September 2030, increase the proportion of infants placed to sleep on their backs in Puerto Rico from 44.7% to 49% (Baseline PR-PRAMS 2023: 44.7%).</p> <p>By September 2030, increase the proportion of infants placed to sleep on a separate approved sleep surface in Puerto Rico from 21.3% to 23% (Baseline PR-PRAMS 2023: 21.3%).</p> <p>By September 2030, increase the proportion of infants placed to sleep without soft objects or loose bedding in Puerto Rico from 51.2% to 56% (Baseline PR-PRAMS 2023: 51.2%).</p> <p>By September 2030, maintain the proportion of infants room-sharing with an adult during sleep in Puerto Rico from 81.9% to 90% (Baseline PR-PRAMS 2023: 81.9%).</p>	<p>Identify risk factors for perinatal and infant mortality and develop prevention strategies through the Puerto Rico Fetal and Infant Mortality Review.</p> <p>Increase awareness about the importance of monitoring fetal movements during pregnancy to reduce fetal mortality through the "Count the Kicks" initiative.</p> <p>Promote key messages about the signs and symptoms of preterm labor through Title V programs in the community.</p> <p>In collaboration with the March of Dimes and the Hospital Association, encourage the implementation and monitoring of the Hard Stop Policy in birthing hospitals in Puerto Rico, aimed at reducing late preterm births.</p> <p>Promote programs and services offered by Title V for pregnant individuals and infants in the community.</p> <p>Promote healthy lifestyles during pregnancy through Title V programs in the community.</p> <p>Promote breastfeeding and highlight its benefits for both mother and infant through Title V programs in the community.</p> <p>Promote other safe infant feeding practices through Title V programs in the community.</p> <p>Promote adequate infant care practices through Title V programs in the community.</p> <p>Encourage safe sleeping practices for babies as a method of preventing sudden infant death syndrome through Title V programs in the community.</p> <p>Continue disseminating emergency preparedness and response messages that consider the needs of infants through Title V programs in the community.</p>	<p>ESM SS.1 - Percent of infants placed to sleep in a safe environment after receiving safe sleep counseling by a health care provider in Puerto Rico by September 2030.</p> <p><i>Inactive - ESM SS.2 - Percent of infants of 4 months of age, in the Title V Home Visiting Program (HVP), placed to sleep in a safe environment after receiving safe sleep counseling in Puerto Rico by September 2021-2025</i></p>	<p>NPM - Safe Sleep</p>	<p>Linked NOMs: Infant Mortality Postneonatal Mortality SUID Mortality</p>

Priority Needs	Five-Year Objectives	Strategies	Evidence-Based or –Informed Strategy Measures	National and State Performance Measures	National and State Outcome Measures
		Offer training to regional staff on topics related to preventing adverse pregnancy outcomes and preventing infant deaths.			
Child Health					
Improve preventive health in children	By September 2030, the proportion of children with and without special health care needs, ages 0 through 17, who have a medical home in Puerto Rico from 50.7% to 53% (Baseline MCH-JS 2023: 50.7%).	<p>Offer training to Title V staff on topics related to the medical home model for the pediatric population and other topics related to children’s health, including emerging health issues.</p> <p>Offer education to the community about the medical home model and the benefits of this approach for the pediatric population through Title V programs in the community.</p> <p>Develop and disseminate an interactive map that identifies medical homes for the pediatric population by region, including contact information, hours, and accessibility.</p> <p>Promote the prevention of unintentional injuries in children through Title V programs in the community.</p> <p>Develop and disseminate an interactive map of services that promote health and wellbeing for the pediatric population by region, including contact information, hours, and accessibility.</p> <p>Raise awareness of the importance of receiving regular health care during childhood, including oral health and preventive visits, through Title V programs in the community.</p> <p>Continue disseminating preparedness and emergency response messages that take into account the needs of children.</p>	ESM MH.1 - Percent of families in the CSHCN Program reporting "strong agreement" that their child’s wellbeing has improved after receiving care coordination services in Regional Pediatric Centers facilitating access to necessary services in Puerto Rico by Septe <i>Inactive - ESM MH.2 - Percent of families at the CSHCN Program who report that they “always” have a care coordinator or another professional available to help them find the services they need.</i>	NPM - Medical Home	Linked NOMs: Children’s Health Status CSHCN Systems of Care Flourishing - Young Child Flourishing - Child Adolescent - CSHCN Flourishing - Child Adolescent - All
Improve preventive health in children	By September 2030, increase the proportion of children, ages 6 through 11, who are physically active at least 60 minutes per day in Puerto Rico from 35.8% to 38% (Baseline MCH-JS 2023: 35.8%).	Promote physical activity and healthy eating habits among children and their families through Title V programs in the community.	ESM PA-Child.1 - Percent of parents whose health care provider discussed healthy eating habits and physical activity for their child during the child’s most recent preventive visit	NPM - Physical Activity - Child	Linked NOMs: Children’s Health Status Child Obesity

Priority Needs	Five-Year Objectives	Strategies	Evidence-Based or –Informed Strategy Measures	National and State Performance Measures	National and State Outcome Measures
			in Puerto Rico by September 2030.		
Adolescent Health					
Improve health and wellbeing of adolescents	By September 2030, increase the proportion of adolescents, ages 12 through 17, who attend a preventive medical visit in the past year in Puerto Rico from 76.5% to 80% (Baseline MCH-JS 2023: 76.5%).	<p>Continue the implementation of the Youth Health Promoters Project (YHPP) & Youth Advisory Council (YAC) positive youth development initiatives to empower youths to adopt healthy behaviors including the annual healthcare visit.</p> <p>Update and disseminate the Youth Health Literacy Toolkit of Puerto Rico (YHLT-PR) to enhance young people’s knowledge of the healthcare system and increase annual healthcare visits.</p> <p>Develop and disseminate the Youth Friendly Healthcare Services Guidelines in Puerto Rico that includes the transition from child to adult healthcare services.</p> <p>Raise awareness of youth health and well-being issues, including the importance of the annual healthcare visits through educational initiatives and media campaigns directed to children, youth, their families, the public and MCAH staff.</p>	ESM AWW.1 - Percent of Youth Health Promoters (YHP) reached with the PR Youth Health Literacy Toolkit (PR-YHLT) who increase their awareness regarding how to use the health care system in Puerto Rico by September 2030.	NPM - Adolescent Well-Visit	<p>Linked NOMs:</p> <ul style="list-style-type: none"> Teen Births Adolescent Mortality Adolescent Motor Vehicle Death Adolescent Suicide Adolescent Firearm Death Adolescent Injury Hospitalization Children’s Health Status Child Obesity Adolescent Depression/Anxiety CSHCN Systems of Care Flourishing - Child Adolescent - CSHCN Flourishing - Child Adolescent - All
Improve health and wellbeing of adolescents	By September 2030, decrease the proportion of students, with and without special health care needs, who are bullied or who bully others in Puerto Rico from 12.9% to 12% (Baseline YRBSS 2023: 12.9%).	<p>Continue bullying and cyberbullying prevention and youth mental health/wellbeing promotion through the Youth Health Promoters Project (YHPP) and the Youth Advisory Council (YAC) initiatives.</p> <p>Continue establishing collaborations with entities that promote and provide mental health and wellbeing services directed to children and youth through the Puerto Rico’s Children and Youth Mental Health Collective Impact Group.</p> <p>Disseminate an interactive map of services to promote health and wellbeing of children and youth by municipality, including contact information, hours, and accessibility.</p> <p>Raise awareness about mental health promotion and bullying prevention through educational initiatives and media campaigns directed to children, youth, their families, public and MCAH staff.</p>	ESM BLY.1 - Percent of youth who complete year 3 of the Youth Health Promoters Project and report they would talk to an adult if they were bullied in Puerto Rico by September 2030. <i>Inactive - ESM BLY.2 - Percent of Youth Health Promoters (YHP) that completed the first year who report not being bullied in Puerto Rico by September 2021-</i>	NPM - Bullying	<p>Linked NOMs:</p> <ul style="list-style-type: none"> Adolescent Mortality Adolescent Suicide Adolescent Firearm Death Adolescent Injury Hospitalization Adolescent Depression/Anxiety Adverse Childhood Experiences

Priority Needs	Five-Year Objectives	Strategies	Evidence-Based or –Informed Strategy Measures	National and State Performance Measures	National and State Outcome Measures
		<p>Develop a handbook of basic interventions aimed at reducing trauma after stressful events among young people.</p> <p>Develop a Youth Emergency Preparedness and Response Guide that considers the needs and capabilities of youth.</p>	2025		
Children with Special Health Care Needs					
Promote the use of medical homes among children and youth with special healthcare needs	By September 2030, increase the proportion of children with special health care needs, ages 0 through 17, who have a medical home in Puerto Rico from 53.1% to 55% (Baseline MCH-JS 2023: 53.1%).	<p>Offer training to Title V staff on topics related to the medical home model for children and youth with special healthcare needs.</p> <p>Offer education to the community about the medical home model and its benefits for children and youth with special healthcare needs through Title V programs in the community.</p> <p>Continue offering care coordination and enabling services within Pediatric Centers.</p> <p>Strengthen care coordination efforts between primary care providers in the community, especially pediatricians, and providers within Pediatric Centers.</p> <p>Develop and disseminate an interactive map detailing medical homes for children and youth with special healthcare needs by region, including contact information, hours, and accessibility.</p>	<p>ESM MH.1 - Percent of families in the CSHCN Program reporting "strong agreement" that their child's wellbeing has improved after receiving care coordination services in Regional Pediatric Centers facilitating access to necessary services in Puerto Rico by Septe</p> <p><i>Inactive - ESM MH.2 - Percent of families at the CSHCN Program who report that they "always" have a care coordinator or another professional available to help them find the services they need.</i></p>	NPM - Medical Home	<p>Linked NOMs:</p> <p>Children's Health Status CSHCN Systems of Care Flourishing - Young Child Flourishing - Child Adolescent - CSHCN Flourishing - Child Adolescent - All</p>
Facilitate transition from pediatric to adult healthcare for youth with special healthcare	By September 2030, increase the proportion of youth with special health care needs, ages 12 through 17, with the Government Health Plan who receive services to prepare for the transition to adult health care in Puerto Rico from 22.2% to 23% (Baseline MCH-JS	<p>Offer training to Title V staff on topics related to the healthcare transition process for youth with special healthcare needs and other related topics.</p> <p>Develop and disseminate an interactive map detailing healthcare transition services for youth with special healthcare needs by region, including contact information, hours, and accessibility.</p> <p>Continue implementing updated, standardized protocols for transition to</p>	ESM TAHC.1 - Percent of YSHCN in the CSHCN Program with a documented transition action plan after undergoing a transition readiness assessment in Puerto	NPM - Transition To Adult Health Care	<p>Linked NOMs:</p> <p>CSHCN Systems of Care</p>

Priority Needs	Five-Year Objectives	Strategies	Evidence-Based or –Informed Strategy Measures	National and State Performance Measures	National and State Outcome Measures
needs and their families	2023: 22.2%).	<p>adult healthcare within Pediatric Centers to support youth with special healthcare needs.</p> <p>Establish collaboration with entities that provide transition to adult healthcare services for youth with special healthcare needs.</p> <p>Educate providers on transition to adult healthcare services for youth with special healthcare needs.</p> <p>Promote transition to adult healthcare among youth with special healthcare needs and their families.</p>	<p>Rico by September 2025-2030</p> <p><i>Inactive - ESM</i></p> <p><i>TAHC.2 - Percent of YSHCN who receive care at the RPCs and has completed a transition readiness assessment in Puerto Rico by September 2021-2025</i></p>		
Increase early detection and diagnosis of autism spectrum disorder before 36 months of age in the pediatric population	By September 2030, increase the proportion of children who are diagnosed with autism spectrum disorder before or at 36 months of age in Puerto Rico from 15.6% to 16% (Baseline MCH-JS 2023: 15.6%).	<p>Offer training to Title V staff on topics related to autism spectrum disorder.</p> <p>Promote the implementation of standardized protocols for early identification and diagnosis of autism spectrum disorder within Pediatric Centers.</p> <p>Encourage early screening for autism spectrum disorder in the community.</p> <p>Promote the use of the updated Autism Registry among health providers, especially psychologists, counselors, neurologists, psychiatrists, and pediatricians.</p> <p>Disseminate information about autism spectrum disorder to the general population.</p> <p>Develop and disseminate an interactive map detailing healthcare providers specialized in autism spectrum disorder by region, including contact information, hours, and accessibility.</p>	SPM ESM 3.1 - Percent of parents with children 36 months or younger who report their child's health care provider administered a questionnaire about developmental, communication, or behavioral concerns in Puerto Rico by September 2025-2030	SPM 3: Percent of children who are diagnosed with autism spectrum disorder (ASD) before or at 36 months of age.	Linked NOMs: CSHCN Systems of Care Children's Health Status