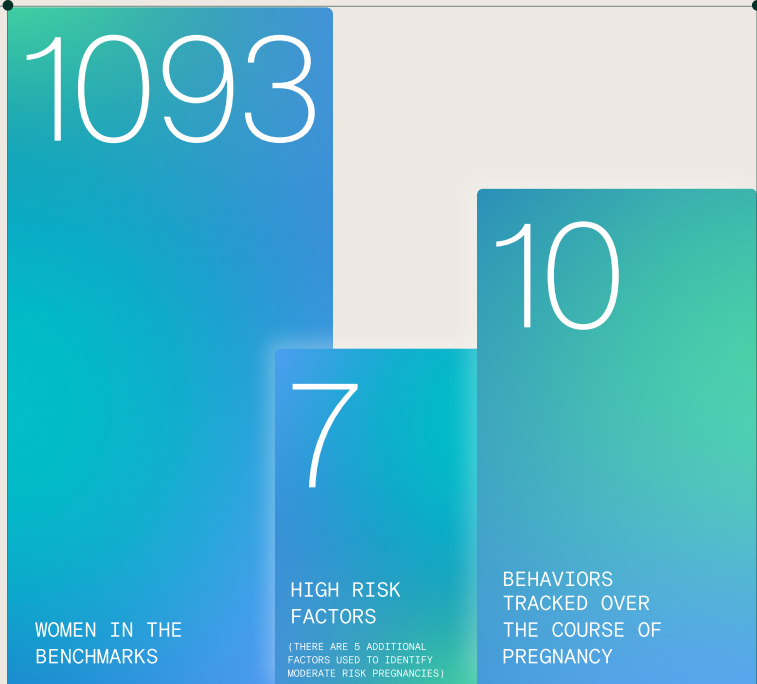


The maternal health benchmarks for high risk pregnancy

Data was collected May 15–June 4, 2026 from respondents who gave birth in the past 18 months and have private insurance. Maven membership status was not screened for.



Criteria for risk

At-risk pregnancy - overall:

- Moderate or high risk for preeclampsia and/or
- Diabetes

High risk for preeclampsia: At least 1 **high risk factor**:

- Previous pregnancy with high blood pressure, preeclampsia or eclampsia
- Multiple gestations
- Chronic hypertension
- Type 1 or 2 diabetes
- Gestational diabetes
- Kidney disease
- Autoimmune disease (e.g. lupus, thrombophilia, antiphospholipid antibody syndrome)

Moderate risk for preeclampsia: No high risk factors and at least 2 moderate risk factors:

- Obesity (BMI>30)
- Nulliparity
- Black
- Maternal age 35 or older
- Conceived with fertility treatment

Diabetes:

- Gestational diabetes OR
- History of type 1 or 2 diabetes

Table 1.
Respondent characteristics (N=1,093)

Characteristic	N (%)
Parity	
Nulliparous	506 (46.3%)
Parous	587 (53.7%)
Age when gave birth (most recent birth)	
< 35	813 (74.4%)
35+	280 (25.6%)
Pregnancy risk ¹	
High risk pregnancy (overall)	695 (63.6%)
↳ High risk for preeclampsia	593 (54.3%)
↳ Moderate risk for preeclampsia	102 (9.3%)
↳ Diabetes	243 (22.2%)
Low risk	398 (36.4%)
Risk factors during last pregnancy	
Gestational hypertension	370 (33.9%)
Preeclampsia, eclampsia, or HELLP syndrome	181 (16.6%)
Gestational diabetes	176 (16.1%)
Multiples	70 (6.4%)
Conceived with fertility treatment	83 (7.6%)
Obese (BMI 30+)	258 (23.6%)
History of risk factors	
Chronic hypertension	130 (11.9%)
Type 1 or 2 diabetes	140 (12.8%)
Kidney disease	28 (2.6%)
Autoimmune disease	70 (6.4%)
Prior pregnancy with high blood pressure, preeclampsia or	158 (14.5%)
Race/ethnicity	
Asian	47 (4.3%)
Black	236 (21.6%)
First Nation or American Indian	12 (1.1%)
Hispanic or Latino	162 (14.8%)
Pacific Islander or Native Hawaiian	3 (0.3%)
White	626 (57.3%)
Other	7 (0.6%)
Annual household income	
<\$50,000	166 (15.2%)
\$50,000–\$99,999	408 (37.3%)
\$100,000–\$149,000	293 (26.8%)
\$150,000–\$250,000	176 (16.1%)
More than \$250,000	44 (4.0%)
Prefer not to say	6 (0.5%)

¹ Risks are not mutually exclusive

Table 2.
Hypertension-related health behaviors
Among people at a high-risk for preeclampsia during their last pregnancy.

Hypertension-related health behavior	Prevalence of behavior N (%)
Monitored blood pressure outside of clinic visits (n=593)	
Yes	521 (87.9%)
No	72 (12.1%)
Frequency of blood pressure monitoring outside of clinic visits ¹ — days per week (n=521)	
<1	16 (3.1%)
1–2	116 (22.3%)
3–4	192 (36.9%)
5–6	74 (14.2%)
7	123 (23.6%)
Strategies for managing blood pressure ^{2,3} (n=457)	
Diet	328 (71.8%)
Exercise	294 (64.3%)
Medication	252 (55.1%)
Frequency of taking blood pressure medication ⁴ — days per week (n=252)	
<1	12 (4.8%)
1–2	34 (13.5%)
3–4	69 (27.4%)
5–6	42 (16.7%)
7	95 (37.7%)
Blood pressure readings 140/90+ ³ (n=457)	
Rarely/Never	36 (7.9%)
Less than half the time	77 (16.8%)
About half the time	145 (31.7%)
More than half the time	140 (30.6%)
Almost every time	50 (10.9%)
Unsure	9 (2.0%)
Low-dose aspirin (LDA) (n=593)	
LDA used during pregnancy	389 (65.6%)
Frequency of LDA ⁵ — days per week (n=389)	
<1	18 (4.6%)
1–2	86 (22.1%)
3–4	114 (29.3%)
5–6	42 (10.8%)
7	129 (33.2%)
Timing of LDA initiation ⁶ (n=389)	
% who initiated LDA between 13-28 weeks of gestation	315 (81.0%)

¹ Among respondents who monitored blood pressure outside of clinic visits

² Strategies are not mutually exclusive

³ Only among respondents with diagnosed hypertension (gestational or chronic), preeclampsia, eclampsia, or HELLP syndrome during their last pregnancy

⁴ Among respondents using medication to manage hypertension

⁵ Among respondents using LDA during pregnancy

Table 3.
Labor-related behaviors, by risk and demographics

Behaviour	Overall	Preeclampsia: high risk	Low risk pregnancy	Parous	Nulliparous	Under 35	35+	White	Black	Hshld income <\$100k	Hshld income \$100k+
Pre-labor preparation											
Full Sample	N=1093	N=593	N=398	N=587	N=506	N=813	N=280	N=626	N=236	N=574	N=513
Created a birthplan	726 (66.4%)	422 (71.2%)	245 (62.6%)	389 (66.3%)	337 (66.6%)	546 (67.2%)	180 (64.3%)	420 (67.1%)	151 (64.0%)	359 (62.5%)	363 (70.8%)
Learned about childbirth	754 (69.0%)	426 (71.8%)	247 (62.1%)	339 (57.8%)	415 (82.0%)	602 (74.0%)	152 (54.3%)	437 (69.8%)	154 (65.3%)	379 (66.0%)	369 (71.9%)
Timing of hospital arrival											
Excludes respondents who came to the hospital for a planned c-section, planned induction, to monitor a health condition/ risk, or didn't know.	n=707	n=350	n=274	n=369	n=338	n=528	n=179	n=362	n=170	n=383	n=319
Arrived at hospital in active labor	280 (39.6%)	123 (35.1%)	117 (42.7%)	154 (41.7%)	126 (37.3%)	208 (39.4%)	72 (40.2%)	141 (39.0%)	76 (44.7%)	154 (40.2%)	125 (39.2%)
Activities during labor											
Excludes respondents with planned c-section	n=842	n=431	n=318	n=436	n=406	n=627	n=215	n=448	n=195	n=475	n=361
Used intermittent fetal monitoring ¹	143 (17.0%)	90 (20.0%)	43 (13.5%)	81 (18.6%)	62 (15.3%)	116 (18.5%)	27 (12.6%)	75 (16.7%)	33 (16.9%)	70 (14.7%)	72 (19.9%)
Used non-medical ways to support labor ¹	445 (52.9%)	240 (55.7%)	159 (50.0%)	244 (56.0%)	201 (49.5%)	336 (53.6%)	109 (50.7%)	237 (52.9%)	112 (57.4%)	232 (48.8%)	210 (58.2%)
Used interventions to speed up labor ²	416 (49.4%)	222 (51.5%)	151 (47.5%)	204 (46.8%)	212 (52.2%)	309 (49.3%)	107 (49.8%)	246 (54.9%)	77 (39.5%)	241 (50.7%)	169 (46.8%)
Used a doula to support labor	77 (9.1%)	49 (11.4%)	21 (6.6%)	37 (8.5%)	40 (9.9%)	56 (8.9%)	21 (9.8%)	29 (6.5%)	30 (15.4%)	39 (8.2%)	38 (10.5%)

¹ Non-medical ways to support labor include, for example, changing position, walking, birthing or peanut ball, breathing techniques, taking a bath, etc.
² Interventions to speed up labor include, for example, Pitocin, breaking the water, finger sweep the cervical membrane.

Table 4.
Lifestyle behaviors, by risk and demographics

Behavior	Overall (N=1093)	Preeclampsia: high risk (n=593)	Low risk pregnancy (n=398)	Parous (n=587)	Nulliparous (n=506)	Under 35 (n=813)	35+ (n=280)	White (n=626)	Black (n=236)	Hshld income <\$100k (n=574)	Hshld income \$100k+ (n=513)
Frequency of balanced meals ¹											
Less than once/wk	46 (4.2%)	28 (4.7%)	13 (3.3%)	19 (3.2%)	27 (5.3%)	41 (5.0%)	5 (1.8%)	29 (4.6%)	10 (4.2%)	26 (4.5%)	19 (3.7%)
A few times/wk	369 (33.8%)	214 (36.1%)	124 (31.2%)	199 (33.9%)	170 (33.6%)	296 (36.4%)	73 (26.1%)	205 (32.7%)	90 (38.1%)	200 (34.8%)	169 (32.9%)
At least once/day	324 (29.6%)	157 (26.5%)	133 (33.4%)	179 (30.5%)	145 (28.7%)	239 (29.4%)	85 (30.4%)	203 (32.4%)	59 (25.0%)	172 (30.0%)	151 (29.4%)
Almost every meal	354 (32.4%)	194 (32.7%)	128 (32.2%)	190 (32.4%)	164 (32.4%)	237 (29.2%)	117 (41.8%)	189 (30.2%)	77 (32.6%)	176 (30.7%)	174 (33.9%)
Moderate-intensity exercise											
Meets ACOG guidelines for 150+ minutes per week	258 (23.9%)	156 (26.5%)	83 (21.2%)	117 (23.4%)	141 (24.3%)	192 (23.9%)	66 (23.9%)	145 (23.3%)	50 (21.5%)	150 (26.2%)	108 (21.3%)

¹ Balanced meals were defined as including vegetables, whole grains, proteins, and healthy fats.