



Maternal Mortality

By: Brittany Joy



Facts

*About 41.1% Deaths per 100,000 live births (2018-2022)

*TN has the highest mortality rate in the country

*In 2023, Black women in the US had a maternal mortality rate of 50.3 deaths per 100,000 live births, significantly higher than White, Hispanic, and Asian women.

*Women aged 40 and older experience a much higher maternal mortality rate compared to younger women.



*The leading causes of maternal deaths include mental health conditions, cardiovascular conditions, infection, and hemorrhage.

*Factors like income, education, and access to healthcare play a significant role in maternal mortality and morbidity.



Definitions of Importance

*Maternal deaths are categorized based on the timing and cause of death. These categories are described below:

- Pregnancy-associated deaths: The death of a woman during pregnancy or within one year of the end of pregnancy from any cause. This definition encompasses all qualifying deaths the MMRC reviews. Pregnancy-associated deaths can be further classified as pregnancy-related deaths or pregnancy-associated, but not -related deaths.
 - Pregnancy-related deaths: The death of a woman during pregnancy or within one year of the end of pregnancy from a pregnancy complication, a chain of events initiated by pregnancy, or the aggravation of an unrelated condition by the physiologic effects of pregnancy.
 - Pregnancy-associated, but not -related deaths: The death of a woman during pregnancy or within one year of the end of pregnancy from a cause that is not related to the pregnancy.
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Pregnancy-Associated Deaths

1. Pregnancy-related death
2. Pregnancy-associated, but not- related death

It is okay to
NOT be
okay. Just
tell
someone.

MATERNAL SUICIDE IS A LEADING CAUSE
OF MATERNAL MORTALITY IN THE U.S.



**maternal
deaths
are due
to suicide**

making **maternal suicide deaths**
more common than deaths caused by
hemorrhage or hypertensive disorders.



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Ways to take care of you...

It is highly critical to make sure you take care of yourself after a baby. Your little bundle of Joy needs the best version of you.

- Remind yourself of the new memories to come.
- Capture moments of Joy.
- Close your eyes for a few seconds and reset.
- Read or watch something just for you.
- Enjoy your favorite snack.
- Daily mantra is a must.
 - Ex. I am beautiful and I can do anything! I am worthy, enough, and confident. Today is mine!

It is just as important to have support system. They are there to help. Let them!!

- Communicate all needs.
- Be honest about your feelings.
- Acknowledge your capacity. (it is ok if it changes)
- Trust your system. They are your team.

Thank you

Improving Maternal Mental Health Outcomes

1 IN 5 women experience a **PERINATAL MENTAL HEALTH CONDITION**¹ such as depression and anxiety



Mental health conditions account for **9% OF PREGNANCY-RELATED DEATHS**⁶, and suicide accounts for **20% OF POSTPARTUM DEATHS**⁷

1 IN 8 women have symptoms of **POSTPARTUM DEPRESSION**²

Over **50%** of pregnant women with depression are **UNTREATED**³, further impacting mother and child

Black and Indigenous women are **2-3X MORE LIKELY TO EXPERIENCE MATERNAL MENTAL HEALTH CONDITIONS**, but less likely to receive care^{8,9,10}



1 IN 10 fathers experience **POSTPARTUM DEPRESSION** or **ANXIETY**⁴

In 2019, maternal mental health conditions were the **LEADING CAUSE OF PREGNANCY-RELATED DEATHS**⁵



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