

# Get Informed

on the issues facing modern maternity care

## Rising Maternal Mortality & Poor Health Outcomes

*The U.S. witnessed a rise in mothers dying in childbirth or due to pregnancy related causes.<sup>1</sup>*

**WHY?** There are many reasons for this increase including **poor access to healthcare, discrimination, lack of**

**information** about family planning options, and **healthcare provider shortage**, among others.<sup>1</sup>

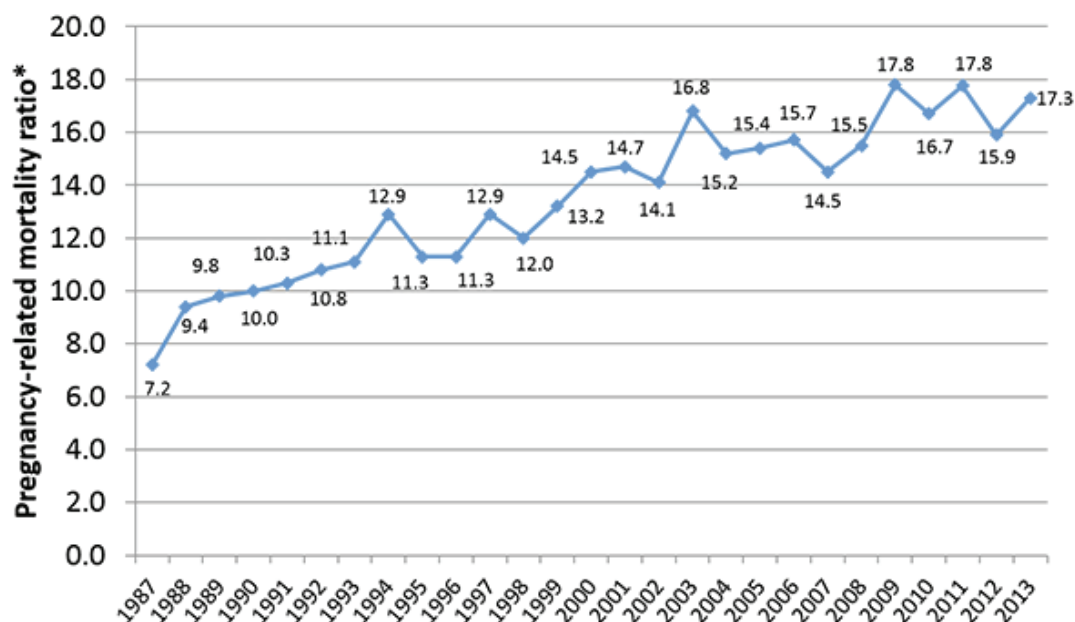
Due to these barriers, the **U.S. has the highest maternal mortality out of every industrialized country.<sup>1</sup>**

**Maternal death for American Indian/ Alaskan Native and non-Hispanic**

**Black women is 3 to 4 times more likely** to happen compared to White women.<sup>2</sup>

**Over 50% of maternal deaths are preventable<sup>1</sup>** and we want your help to raise awareness including need for State-Wide Maternal/ Fetal Mortality Review Boards.

**Trends in pregnancy-related mortality in the United States: 1987–2013**



\*Note: Number of pregnancy-related deaths per 100,000 live births per year.

# Perinatal Depression

Perinatal Mood and Anxiety Disorders can appear during pregnancy, or days or even months after childbirth, and **does not usually resolve without treatment**.<sup>3</sup>

It is estimated that **15-21% of pregnant women experience moderate to severe symptoms of depression or anxiety**.<sup>3</sup> Without appropriate intervention, poor maternal mental health can have long term and adverse implications for mother, child and family.<sup>3</sup>

*We need legislation and programs to improve recognition, support, and treatment of perinatal and postpartum depression including comprehensive mental health services.*

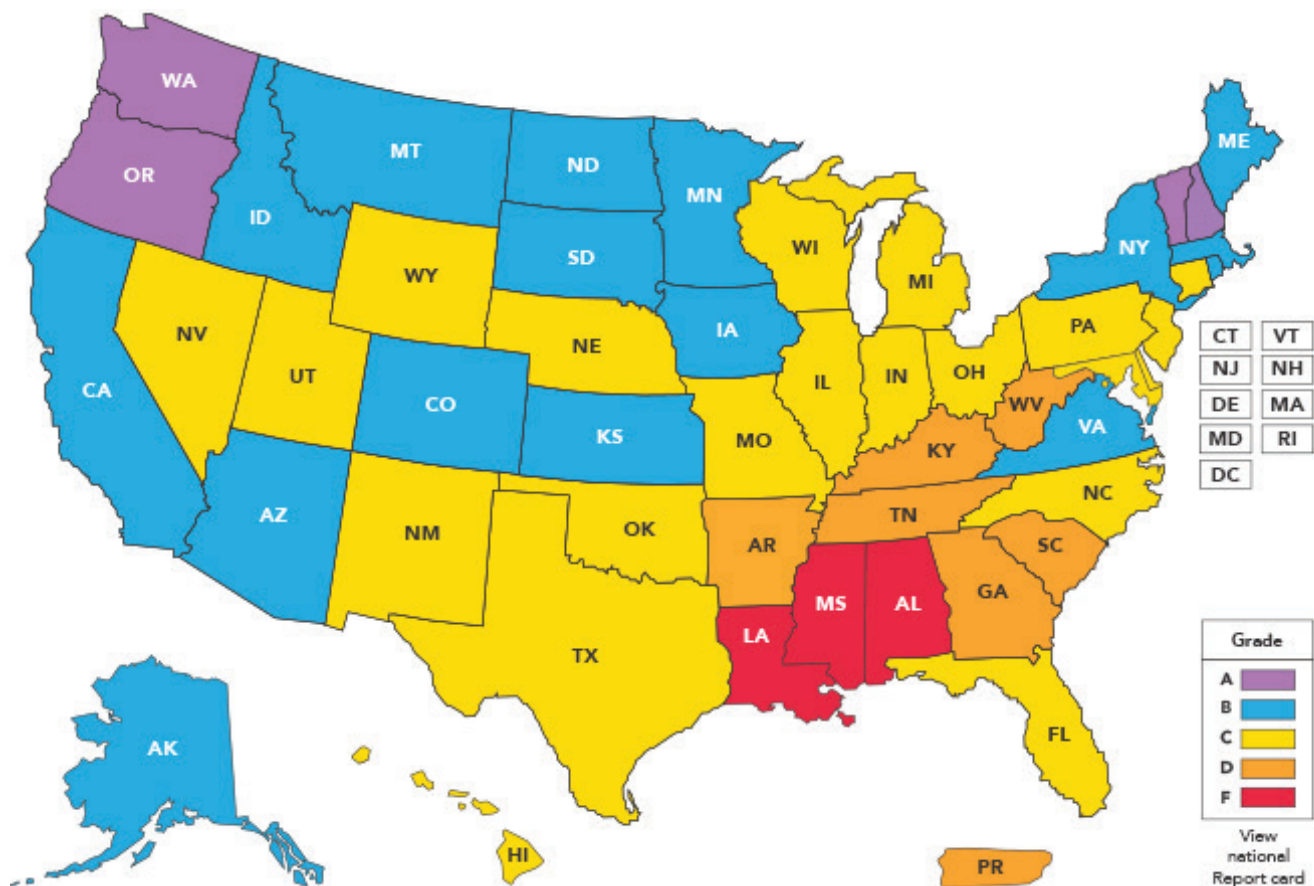
## Premature Birth

*In 2015, 1 in 10 babies was born too early or premature in the U.S.*<sup>4</sup>

*From 2007 to 2014 the rates were on a decline, but recently there has been a rise in premature births across the nation.*<sup>4</sup>

**WHY?** A combination of factors influence rate of prematurity. Many of the same reasons such as **poor access to care, inadequate prenatal care, maternal co-morbidities, and racism** are responsible for these outcomes.

Geography plays a significant role, with southern states suffering one of the highest rates of premature births.<sup>5</sup>



# Maternity & Family Leave Policies



Of 186 countries, 96% provide some pay to women during maternity leave.<sup>6</sup>

The United States is the only high-income country, and one of only eight countries in the world, that does not mandate paid leave for mothers of newborns.<sup>6</sup>

Research shows paid leave increases the likelihood that:

- Workers will return to work after childbirth
- Improve employee morale
- Has no or positive effects on workplace productivity
- Reduces costs to employers through improved employee retention
- Improves family incomes.<sup>6</sup>

Women of color and minority groups have an even greater barrier in obtaining any leave at all, whether it is paid or not.<sup>6</sup>

## Lack of Access to Healthcare

There are major pockets of the U.S. where individuals do not have access to needed maternity care services and/or do not have either Commercial or Medicaid insurance coverage.

High quality maternity care is essential for promoting maternal health and positive birth outcomes. **Maternal mortality rates are three to four times higher for women who do not receive prenatal care**, while access to early prenatal care has been shown to reduce rates of low birthweight. Poor pregnancy outcomes can lead

to a lifetime of health consequences for both mother and infant. For that reason, it is critically important that every opportunity be taken to extend insurance coverage to pregnant women. **Ensuring access to prenatal care and the array of services provided is one of the best ways to promote healthy pregnancies and healthy babies.**<sup>9</sup>

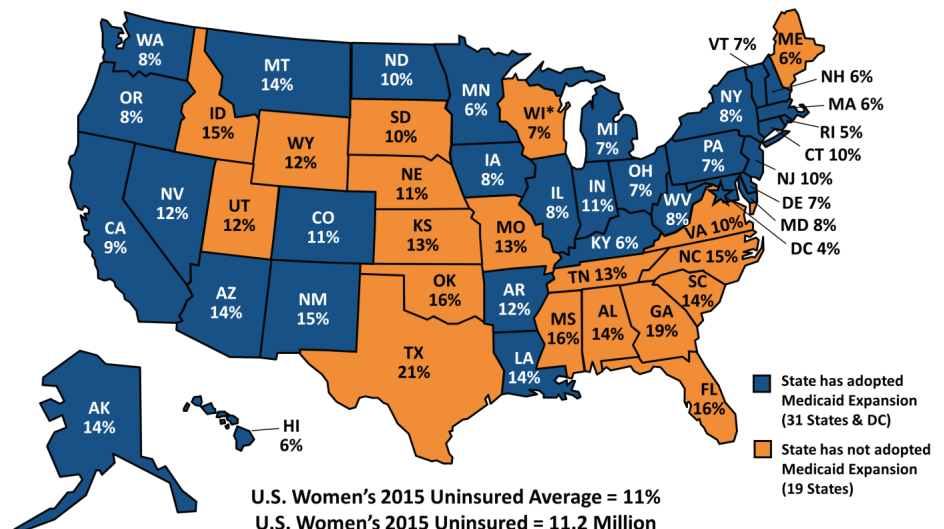
### WHY?

**There is a maternity care provider shortage.**<sup>7,8</sup>

Maternity care provider shortages can result in long wait times for appointments and long travel times to prenatal care and/or birthing sites.<sup>9</sup>

Shortages in rural areas are even greater and some families travel over 30 miles to reach a physician or midwife. **Lack of access to quality care leads to poor outcomes like premature births, maternal and infant mortality, and racial disparities in care.**<sup>9</sup>

The U.S. does not mandate universal services for maternity care for all childbearing age women.



NOTE: Uninsured rates among women ages 19-64. \* Wisconsin covers adults up to 100% FPL in Medicaid under a waiver, but did not adopt the ACA Expansion  
SOURCE: Kaiser Family Foundation analysis of 2016 ASEC Supplement to the Current Population Survey, U.S. Census Bureau. Kaiser Family Foundation State Health Facts, [Status of State Action on the Medicaid Expansion Decision](#), as of October 14, 2016.



# Health Care Inequity and Disparities

Racial and ethnic minorities suffer a disproportionately high burden of diseases and experience higher rates of mortality. Approximately **83,000 preventable deaths** occur each year

as a result of racial and ethnic health disparities, including high infant mortality rates. **Over the last thirty years, racial and ethnic minority women, particularly African-American and**

**Hispanic/Latino/Latino women, continue to experience worse health outcomes when compared to non-Hispanic/Latino white women.**<sup>10,11</sup>

**Table 10 (page 1 of 2). Infant, neonatal, postneonatal, fetal, and perinatal mortality rates, by detailed race and Hispanic origin of mother: United States, selected years 1983–2013**

Updated data when available, Excel, PDF, and more data years: <http://www.cdc.gov/nchs/hus/contents2015.htm#010>.

[Data are based on linked birth and death certificates for infants and fetal death records]

Maternal race and Hispanic origin	1983 <sup>1</sup>	1985 <sup>1</sup>	1990 <sup>1</sup>	1995 <sup>2</sup>	2000 <sup>2</sup>	2005 <sup>2</sup>	2010 <sup>2</sup>	2012 <sup>2</sup>	2013 <sup>2</sup>
Infant <sup>3</sup> deaths per 1,000 live births									
All mothers . . . . .	10.9	10.4	8.9	7.6	6.9	6.9	6.1	6.0	6.0
White . . . . .	9.3	8.9	7.3	6.3	5.7	5.7	5.2	5.1	5.1
Black or African American . . . . .	19.2	18.6	16.9	14.6	13.5	13.3	11.2	10.9	10.8
American Indian or Alaska Native . . . . .	15.2	13.1	13.1	9.0	8.3	8.1	8.3	8.4	7.6
Asian or Pacific Islander <sup>4</sup> . . . . .	8.3	7.8	6.6	5.3	4.9	4.9	4.3	4.1	4.1
Hispanic or Latina <sup>5,6</sup> . . . . .	9.5	8.8	7.5	6.3	5.6	5.6	5.3	5.1	5.0
Mexican . . . . .	9.1	8.5	7.2	6.0	5.4	5.5	5.1	5.0	4.9
Puerto Rican . . . . .	12.9	11.2	9.9	8.9	8.2	8.3	7.1	6.9	5.9
Cuban . . . . .	7.5	8.5	7.2	5.3	4.6	4.4	3.8	5.0	3.0
Central and South American . . . . .	8.5	8.0	6.8	5.5	4.6	4.7	4.4	4.1	4.3
Other and unknown Hispanic or Latina . . . . .	10.6	9.5	8.0	7.4	6.9	6.4	6.1	5.6	5.9
Not Hispanic or Latina: <sup>6</sup>									
White . . . . .	9.2	8.6	7.2	6.3	5.7	5.8	5.2	5.0	5.1
Black or African American . . . . .	19.1	18.3	16.9	14.7	13.6	13.6	11.5	11.2	11.1



*Join us*  
[facebook.com/marchformoms](https://facebook.com/marchformoms)  
[www.marchformoms.org](http://www.marchformoms.org)

## References

1. Amnesty International. Deadly Delivery the Maternal Health Care Crisis in the USA: One Year Update. <http://www.amnestyusa.org/sites/default/files/deadlydeliveryoneyear.pdf>
2. CDC Maternal and Infant Health. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pmss.html>.
3. Postpartum Support International. <http://www.postpartum.net/wp-content/uploads/2014/11/PSI-PMI-FACT-SHEET-2015.pdf>.
4. CDC Premature Birth. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pretermbirth.html>
5. March of Dimes Premature Birth Report Card. <http://www.marchofdimes.org/mission/prematurity-reportcard.aspx>
6. Institute for Women's Policy Research. <https://iwpr.org/publications/paid-parental-leave-in-the-united-states-what-the-data-tell-us-about-access-usage-and-economic-and-health-benefits/>
7. Bureau of Labor Statistics. <https://www.bls.gov/OES/current/oes291161.html>
8. Bureau of Labor Statistics. <https://www.bls.gov/OES/current/oes291064.html>
9. Think Progress. <https://thinkprogress.org/how-the-zero-weeks-of-paid-maternity-leave-in-the-u-s-compare-globally-a8ba7f36f85b#.ocxvqtpvt>
10. ASTHO Issue Brief. <http://www.astho.org/Programs/Health-Equity/Maternal-and-Infant-Disparities-Issue-Brief/>
11. CDC: Health United States 2015: With Special Feature on Racial and Ethnic Health Disparities <https://www.cdc.gov/nchs/data/hus/hus15.pdf>