

## MATERNAL MENTAL HEALTH AT A GLANCE



**10,000 births**  
per year



**2,000 families**  
impacted by MMH conditions



**\$48 million cost**  
of untreated MMH conditions  
mother's lost wages and productivity,  
poor health outcomes of mother and baby

**13%** postpartum depression rate<sup>1</sup>

**39%** births covered by Medicaid<sup>2</sup>

**12** deaths per 100,000 births<sup>3</sup>  
maternal mortality rate

<sup>1</sup> CDC

<sup>2</sup> March of Dimes

<sup>3</sup> CDC Wonder Online Database

### STATEWIDE EFFORTS

x	Coalition/Commission/Task Force	
✓	Medicaid Expansion	
✓	Maternal Mortality Review	<b>Alaska Maternal and Child Death Review</b>
✓	Perinatal Quality Collaborative	<b>Alaska Perinatal Quality Collaborative</b>
x	Psychiatry Access Program	
✓	Postpartum Support International Chapter	<b>PSI Alaska Chapter</b>
x	Proclamation or Resolution	
x	State Legislation or Policy	
✓	Other	<b>American Indian and Alaska Native Women's Maternal Health:</b> 2019 article by National Partnership for Women and Families



### COMMUNITY RESOURCES

**Alaska Birth Collective** (Anchorage) – Provides support, education, information, and advocacy for families during the childbearing years by hosting community events, educational workshops, support meetings for new and expecting parents, and training and professional development for care providers.

**Alaska Native Birthworkers Community** – Seeks to formalize and grow a network of Alaska Native birthworkers to support Native birthing families and to advocate for systemic change. Provides support during preconception, pregnancy, loss, birth, and postpartum through community dialogues, trainings, and ceremonies. Also on [Facebook](#).