



Maternal Mental Health  
Series Webinar #2

Maternal Mental Health  
and Maternal Mortality

May 18, 2021



# Agenda



Housekeeping	Tess Pritchard, NICHQ
Welcome	Olivia Giordano, NICHQ
Maternal Mental Health and Maternal Mortality	Megan Smith, DrPh, MPH
Questions	All
Closing	Olivia Giordano, NICHQ

# Meeting Logistics

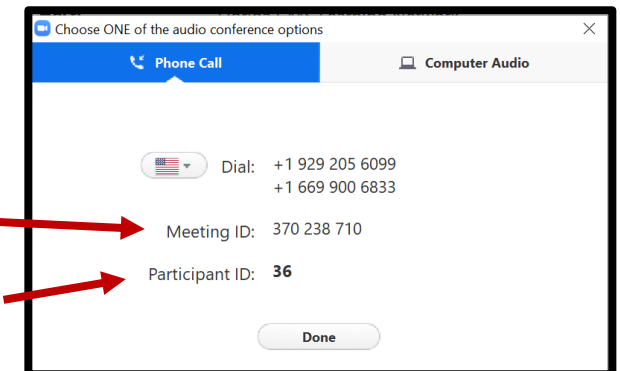
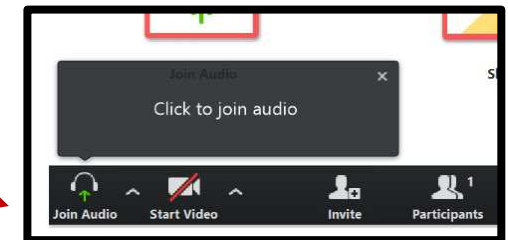
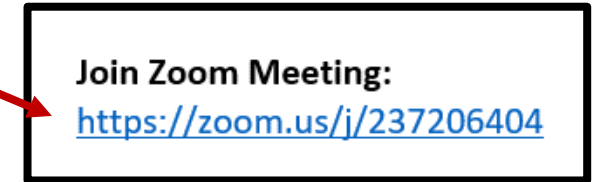
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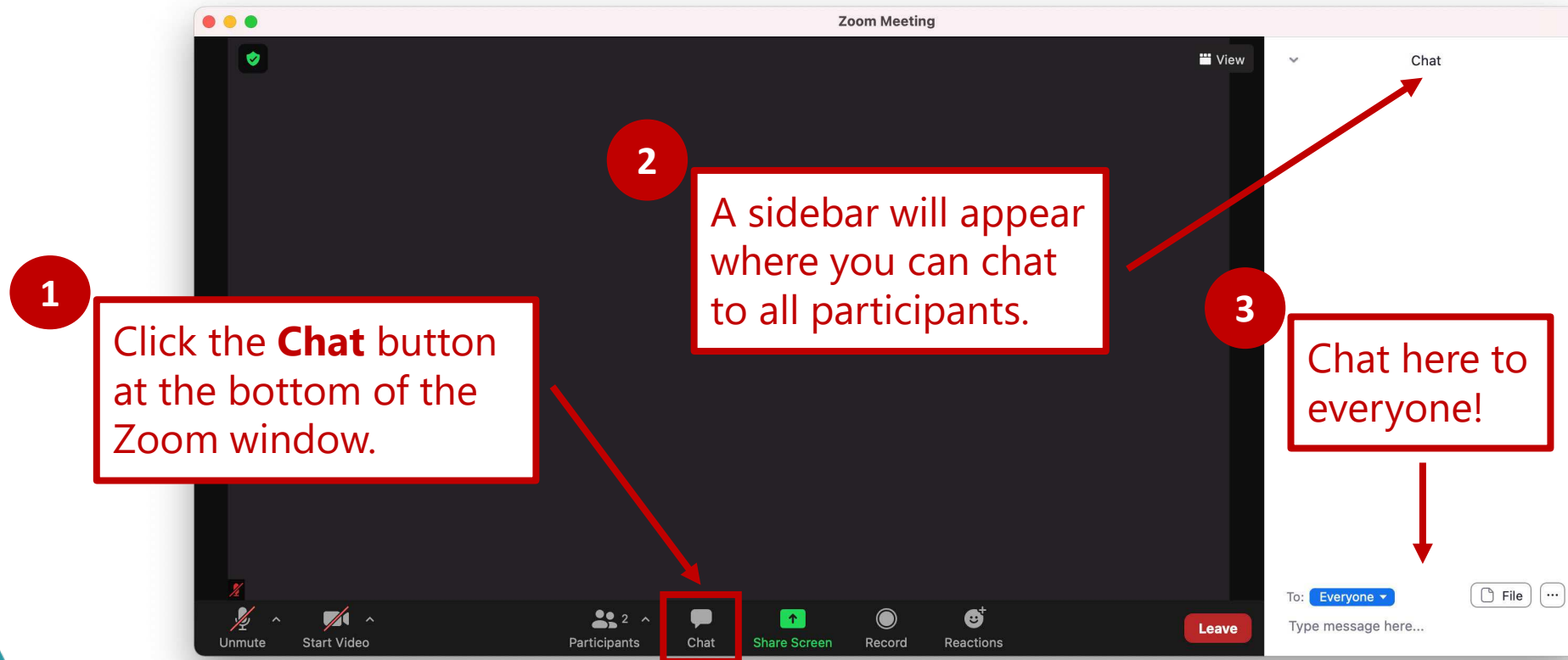
- This session is being recorded.
- All participants are muted upon entry. We ask that you remain muted to limit background noise.
- Members are encouraged to participate in the discussion by typing your comments or asking questions using the chat box.

# Connecting to the Audio Conference

- Join the Zoom Meeting by **clicking the Zoom Meeting link** & launching the Zoom application
- An audio conference box will appear
  - If you do not see the box, click '**Join Audio**'
- From the audio conference box, select '**Phone Call**' or '**Computer Audio**'
  - If using the phone:
    - Dial one of the given numbers next to "**Dial**"
    - You will be prompted to enter the **Meeting ID**
    - Then you will be prompted to enter the **Participant ID**



# How to Chat



# Welcome

Olivia Giordano

Healthy Start TA & Support Center



Megan Smith, DrPH, MPH



**May 18<sup>th</sup>, 2021**

**NICHQ**

# **Maternal Mental Health & Maternal Mortality**

**Dr. Megan V. Smith**

**[Drmeganvsmith@gmail.com](mailto:Drmeganvsmith@gmail.com)**







# Overview

Why mental health?

Example: “redlining”

Substitute the “I” for “We”

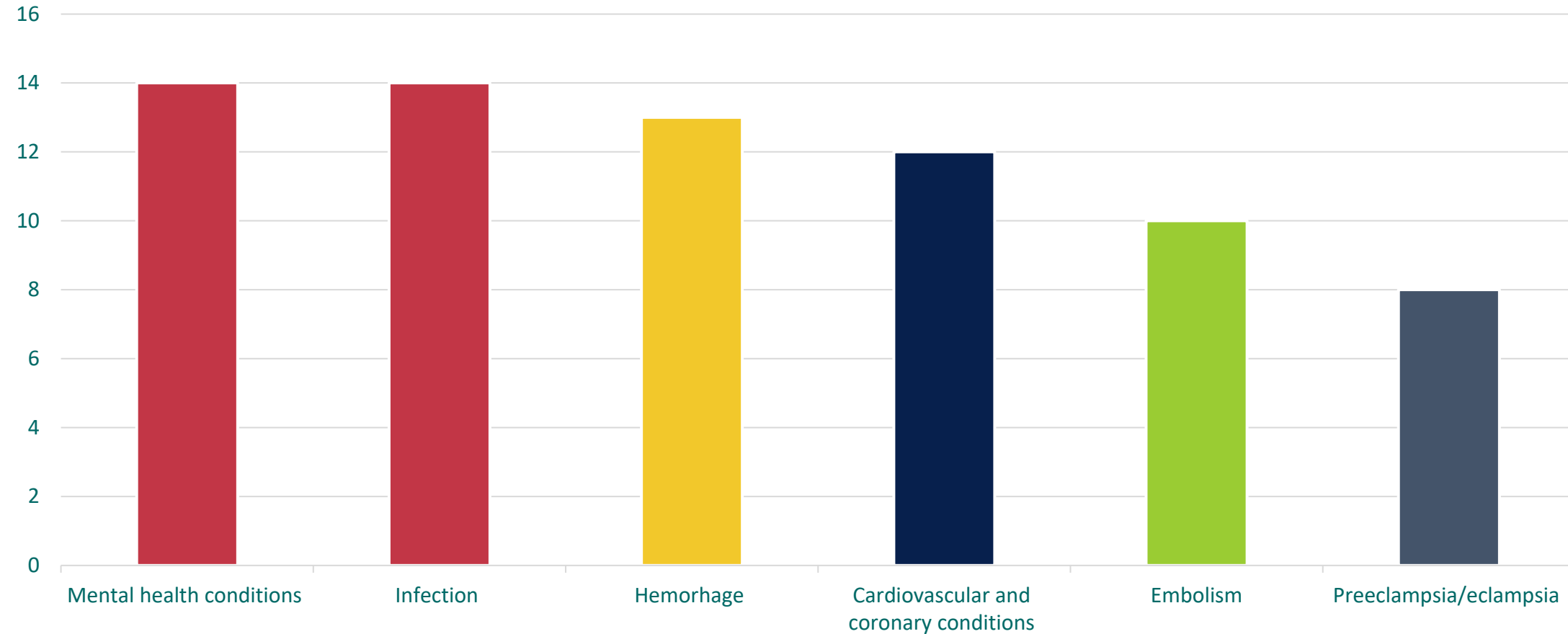
Fostering resilience—vignette

Implications for your work

# When we talk about maternal mortality we must talk about mental health

- According to the CDC, for every 100,000 live births in the United States:
  - 47 Black women
  - 39 American Indian and Alaskan Native women
  - 18 White women
  - 12 Hispanic women
  - 12 Asian/Pacific Islander women die from pregnancy-related causes.
- These racial disparities persist even across socioeconomic status levels, with Black women experiencing three times higher maternal mortality risk than White women.

# Mental Health Conditions Leading Cause of Preventable Maternal Deaths



Davis NL, Smoots AN, Goodman DA. Pregnancy-Related Deaths: Data from 14 U.S. Maternal Mortality Review Committees, 2008-2017. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services; 2019.

# Breaking Down the Numbers

- 7% of pregnancy-related deaths were associated with underlying mental health conditions
- Of those deaths:
  - About 42% had patient related mental health contributing factors:
    - the absence of social support systems
    - lack of adherence to medications or treatment plans
  - Another 27% had provider-related mental health contributing factors:
    - using ineffective treatments
    - failing to screen



# Systemic Racial Discrimination

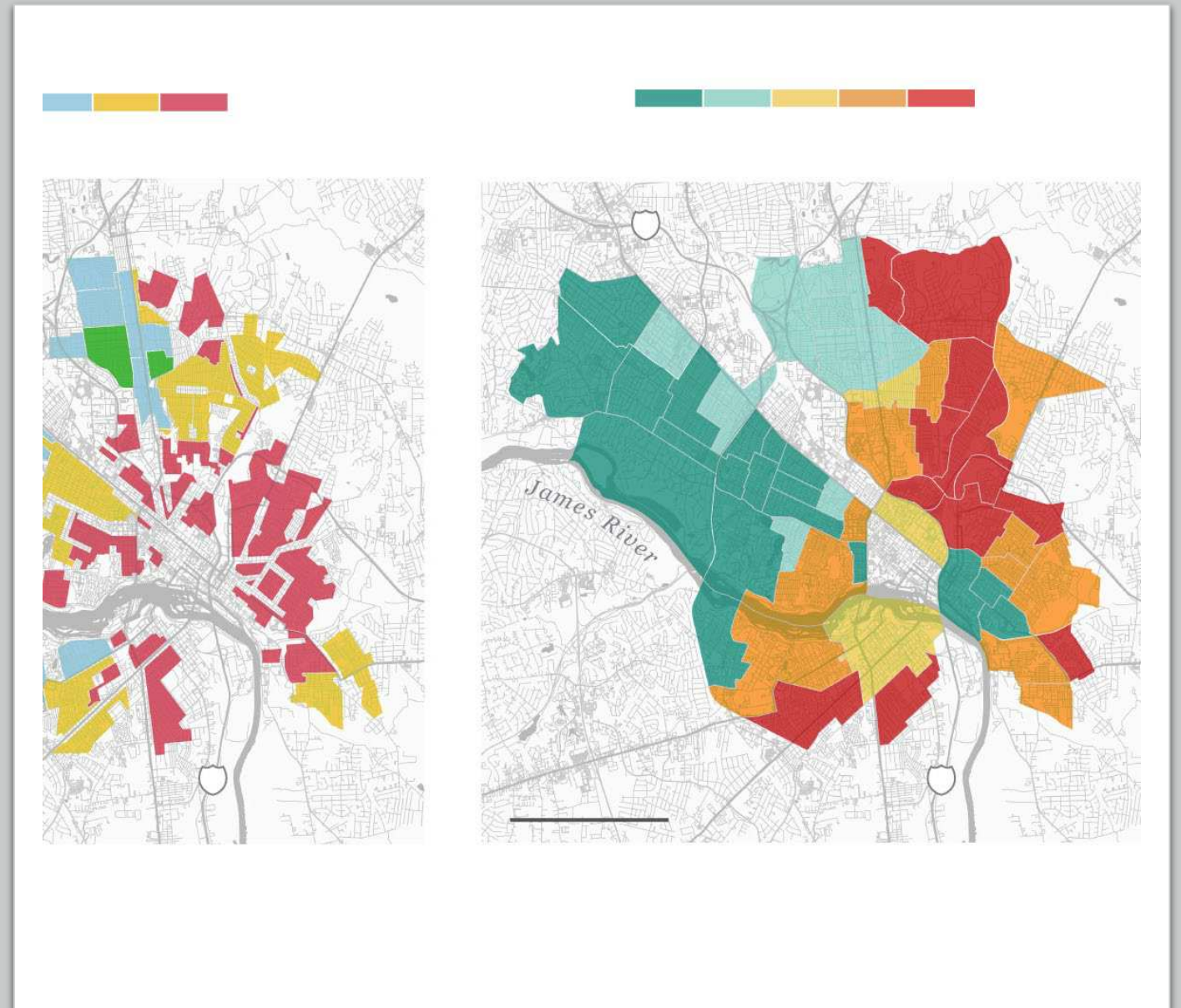
- Refers to the interlocking of racial disparities across multiple dimensions:
  - residential location
  - education, employment and income
  - access to financial services and credit, justice, healthy food, a clean environment and quality of health services (Reskin, 2012)
- This interlocking system of disparities has a synergistic effect, making racial discrimination especially pernicious and difficult to eradicate through isolated policy solutions

# The Legacy Of Redlining In Richmond, VA

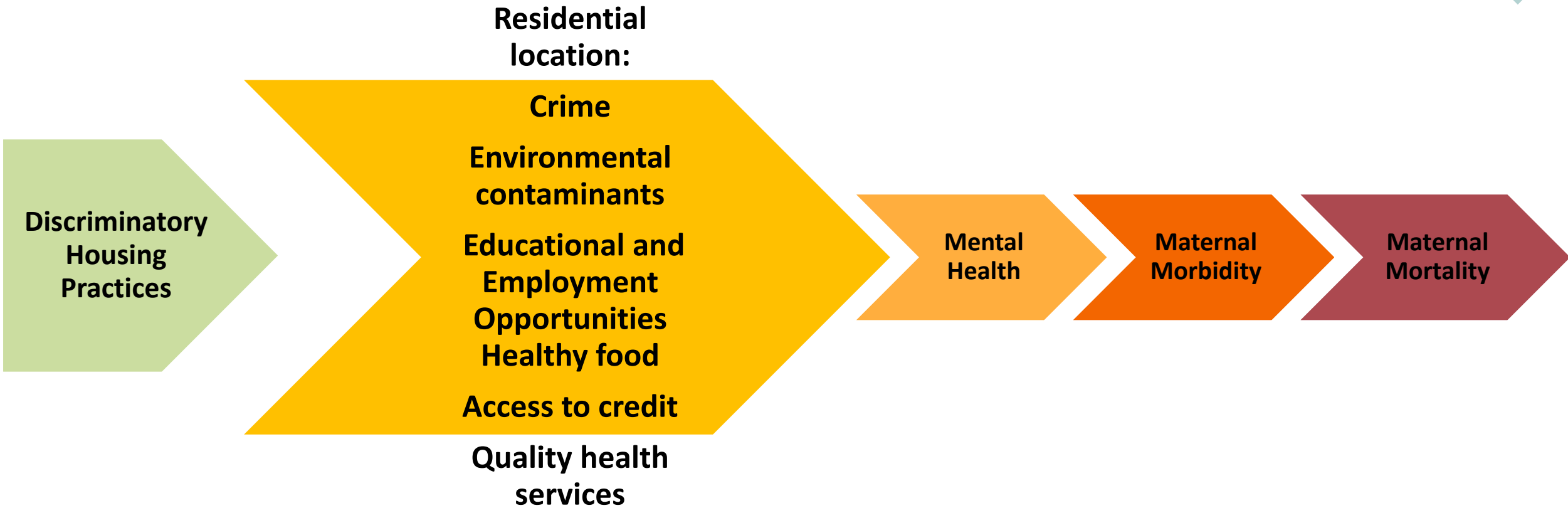
<https://ncrc.org/holc-health/>

Source: Digital Scholarship Lab and NCRC, "Not Even Past: Social Vulnerability and the Legacy of Redlining." Street outlines © OpenStreetMap contributors.

Credit: Connie Hanzhang Jin/NPR



# How Systemic Racism Impacts Mental Health





**Black mothers have been more likely to die than White mothers for 100 years.**

**Even higher education does not protect Black mothers from pregnancy-related death**

Source: National Center for Health Statistics (NCHS), “Maternal Mortality and Related Concepts,” Vital and Health Statistics, series 33, no. 3 (Feb. 2007); and NCHS annual data reports. Data for 1915–1960 from NCHS, Vital Statistics Rates in the United States 1940–1960. Data for 2007–2016 based on two-year estimates of the pregnancy-related mortality rate, from Emily E. Petersen et al., [“Racial/Ethnic Disparities in Pregnancy-Related Deaths — United States, 2007–2016,”](#) *Morbidity and Mortality Weekly Report* 68, no. 35 (Sept. 6, 2019): 762–65.

Emily E. Petersen et al., [“Racial/Ethnic Disparities in Pregnancy-Related Deaths — United States, 2007–2016,”](#) *Morbidity and Mortality Weekly Report* 68, no. 35 (Sept. 6, 2019): 762–65.



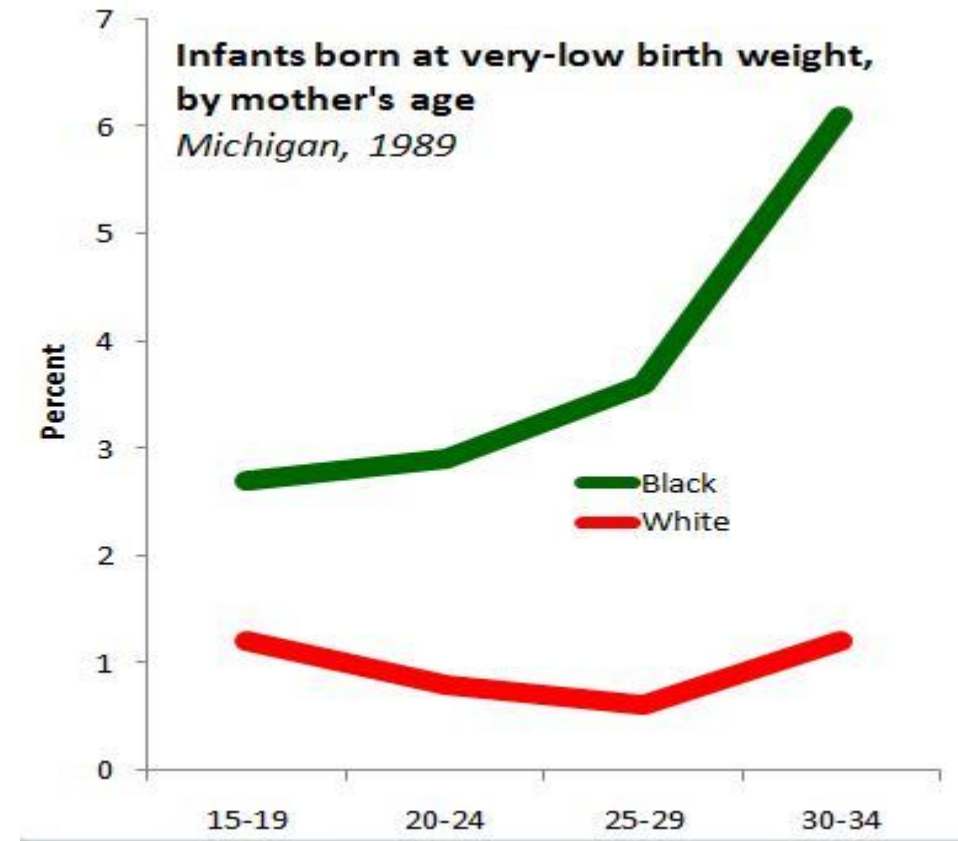
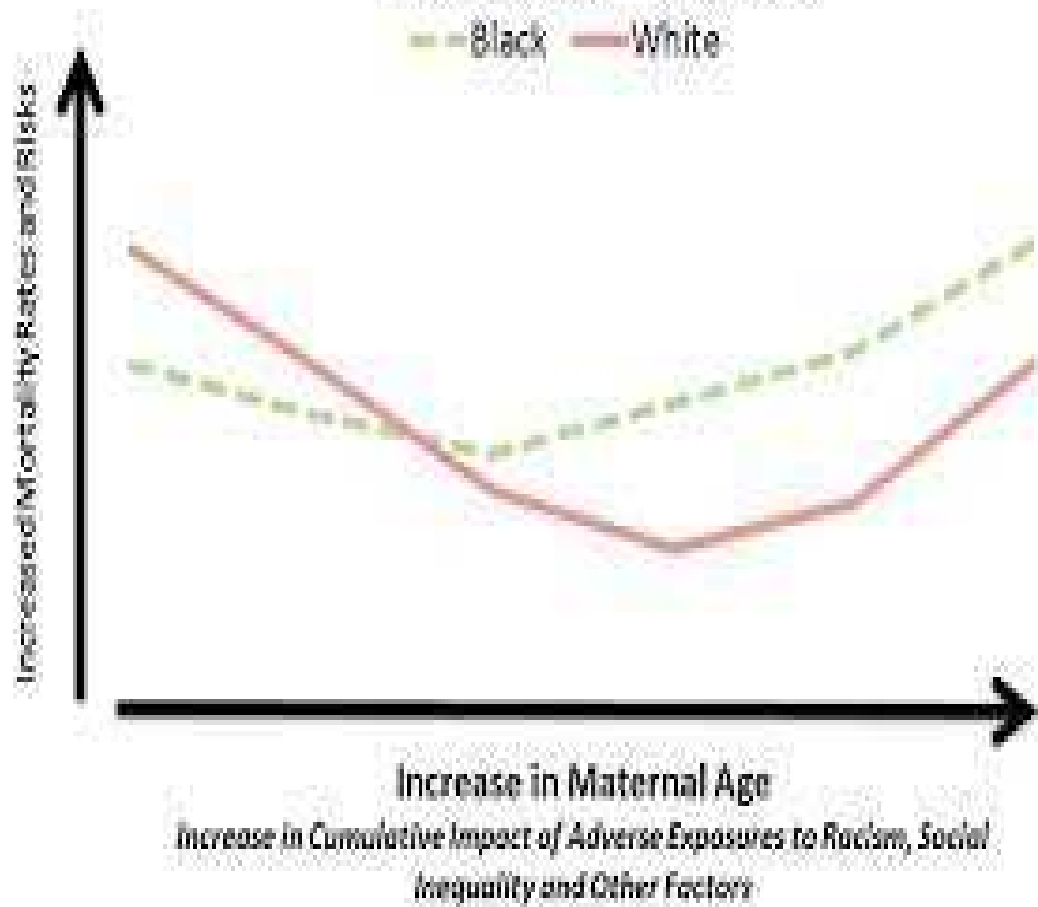
# The Weathering Hypothesis

- The weathering hypothesis proposes that the accumulation of racial stress over Black women's lives contributes to this observed pattern of racial disparities in maternal health and birth outcomes that increase with maternal age
- Repeated exposure to socioeconomic adversity, political marginalization, racism, and perpetual discrimination can harm health. This has been called **weathering**

Geronimus, Arline (1992). "The weathering hypothesis and the health of African-American women and infants: evidence and speculations". *Ethnicity & Disease*. 2 (3): 207–221. [PMID 1467758](#) – via Europe PMC.

Holzman, Claudia; Eyster, Janet; Kleyn, Mary; Messer, Lynne C.; Kaufman, Jay S.; Laraia, Barbara A.; O'Campo, Patricia; Burke, Jessica G.; Culhane, Jennifer; Elo, Irma T. (2009). "[Maternal Weathering and Risk of Preterm Delivery](#)". *American Journal of Public Health*. 99 (10): 1864–1871.

### "Weathering Hypothesis"



Brisendine, A. E., Rice, W. S., Goldfarb, S. S., & Wingate, M. S. (2020). The weathering hypothesis and stillbirth: racial disparities across the life span. *Ethnicity & health*, 25(3), 354-366.

Source: <https://familyinequality.wordpress.com/2010/11/26/weathering-health-inequality/>  
From Geronimus 1996

# Black adults “weather” 6.1 years faster than White adults

Geronomus, A. T., Hicken, M., Keene, D., & Bound, J. (2006). “Weathering” and age patterns of allostatic load scores among blacks and whites in the United States. *American journal of public health, 96*(5), 826-833.

Forrester, S., Jacobs, D., Zmora, R., Schreiner, P., Roger, V., & Kiefe, C. I. (2019). Racial differences in weathering and its associations with psychosocial stress: The CARDIA study. *SSM-population health, 7*, 100319.

# The Jenga Metaphor

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Paraphrasing the activist’s sister, she said “They pull out one piece at a time, and another piece and another piece, until you sort of collapse. [...] I thought that Jenga metaphor was very apt because you start losing pieces of your health and well-being, but you still try to go on as long as you can.”



# Breakout Rooms Vignette



**Half of all pregnancy-related deaths occur the day after birth**

- **31% during pregnancy**
- **17% around the time of delivery**
- **52% up to one year after delivery**

Source: Eugene Declercq and Laurie Zephyrin, [Maternal Mortality in the United States: A Primer](https://doi.org/10.26099/ta1q-mw24) (Commonwealth Fund, Dec. 2020).  
<https://doi.org/10.26099/ta1q-mw24>

# Open The Front Door Framework

**Observe:** Concrete, factual observations, not evaluative, “I noticed...” Think: Thoughts based on observation, “I think...”

**Feel:** Emotions, “I feel...”

**Desire:** Specific request or inquiry about desired outcome, “I would like...”



# Closing

Olivia Giordano  
Healthy Start TA & Support Center



# Request 1:1 TA

- Dr. Smith is available for 1:1 TA!
- To request individual TA, visit EPIC
  - Under the “HS EPIC Center” tab, click “Request Technical Assistance”



Can be found on the EPIC website or  
[bit.ly/hs-deadlines-and-events](https://bit.ly/hs-deadlines-and-events)

## May 2021

### Deadlines:

- May 15 HSMED-II Report (CSV or XML) Due
- May 21 [NPCL International Fatherhood Conference Survey Due](#)
- May 30 Aggregate Report (Excel) Due

### Events:

- May 5 HS Breastfeeding Cohort Meeting #3 — *Cohort members only*
- May 6 [Building and Strengthening Healthy Start Community Action Networks Webinar #1](#)
- May 6 Focus Group: The Legacy of Slavery and Impact of Racism on Breastfeeding – *Past and present BF cohort members only*
- May 6 NPCL Fatherhood Development Training Day 1 – *Registrants only*
- May 7 NPCL Fatherhood Development Training Day 2 – *Registrants only*
- May 11 [Fatherhood Talk Tuesday](#)
- May 13 [Building and Strengthening Healthy Start Community Action Networks Webinar #2](#)
- May 17 TIROE CoP Learning Session #1 – *COP members only*
- May 18 [Maternal Mental Health Webinar #2](#)
- May 19 Healthy Start COIN Meeting #6 — *COIN members only*
- May 19 HS Evaluation Cohort Meeting #2 — *Cohort members only*
- May 20 [Quality Improvement Learning Academy Meeting #4](#)
- May 26 [Rapid Response Virtual Home Visiting Series Webinar #3](#)
- May 27 [HS CAN Learning Academy Meeting #1](#)

Healthy Start Staff Support Groups hosted by Postpartum Support International – held weekly through May 2021

- Frontline Staff Group: Wednesdays from 3-4 p.m. EST
- Project Directors/Managers Group: Mondays from 2-3 p.m. EST



Thank  
You!