

Kansas Special Committee on Mental Health  
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### Perinatal Mental Health

- Perinatal Mood and Anxiety Disorders (PMADs) are a major cause of maternal morbidity and mortality
- PMADs are the most common pregnancy complication in the United States
- Impact on mom:
  - Less adherence to prenatal care
  - Poor nutrition
  - Increased substance abuses
  - Low birth weight
  - Preterm deliveries
  - Suicide
- Impact on child:
  - Impaired mother-infant attachment
  - Difficulty breastfeeding
  - Developmental delay at 18 months
  - Increased risk of mental illness in adolescence
  - Suicide
  
- Perinatal mental health conditions are the number 1 underlying cause of pregnancy-related deaths in the United States
- The estimated cost of untreated PMADs is \$14.2 billion annually
- Mental health conditions contributed to 22.9% of perinatal deaths in the state of Kansas from 2016-2020
- Substance use disorders contributed to 26.7% of perinatal deaths in the state of Kansas during the same period

### What can we do?

- Improve access to care
- Increase screening for mental health needs
- Support reimbursement for therapy and social services
- Employer support of parental leave and lactation services