



# Maternal and Child Health Overview and State Policy Trends

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Program

# What is Maternal and Child Health?

*Child Immunizations*

*Maternal and Infant Mortality*

*Prenatal Care*

*Well-Child Care*

*Maternal and Child Mental Health*



*Newborn Screening*

*Child Nutrition*

*Children and Youth with Special Health Care Needs*



## Maternal Mortality in the United States



## Maternal Health State Policy Trends



## Children's Health Policy Trends



# Maternal Mortality in the United States

**What is the difference between “pregnancy-associated death” and “pregnancy-related death”?**

Pregnancy associated deaths of women during pregnancy or within one year of the end of pregnancy, **regardless of the cause.**

Pregnancy-related deaths are deaths of women during pregnancy or within one year of the end of pregnancy from any cause **related to or aggravated by the pregnancy or its management**, but not from accidental or incidental causes.

# Definitions

- Pregnancy-associated deaths are deaths of women during pregnancy or within **one year** of the end of pregnancy, **regardless of the cause**. All deaths in the timeframe are included.
- Pregnancy-related deaths are deaths of women while pregnant or within **one year** of the end of pregnancy—regardless of the outcome, duration or site of the pregnancy—from any cause **related to or aggravated by** the pregnancy or its management, but not from accidental or incidental causes.
- Maternal deaths include deaths of women while pregnant or within **42 days** of the end of pregnancy—regardless of the duration and the site of the pregnancy—from any cause **related to or aggravated by** the pregnancy or its management, but not from accidental or incidental causes.
- Maternal mortality rate (or ratio) is presented as number of **deaths per 100,000 live births**.
- Maternal morbidity refers to any short- or long-term health problems that result from being pregnant and giving birth.

Nearly \_\_\_\_ out of 5 pregnancy-related deaths are preventable.

1

2

3

4



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# Overview



[Source: CDC](#)

- In 2021, 1,205 women died of maternal causes.
- The U.S. maternal mortality rate (MMR) is approximately 33 deaths per 100,000 live births.
- About four out of five pregnancy-related deaths are preventable.

# Timing of Pregnancy-Related Deaths



**31%**

During pregnancy



**36%**

During delivery and  
up to 1 week afterward



**33%**

1 week to  
1 year after

**What is the leading clinical cause of pregnancy-related deaths in the U.S., excluding mental health conditions?**

Hemorrhage

Heart disease & stroke

Infection or sepsis

Hypertensive disorders

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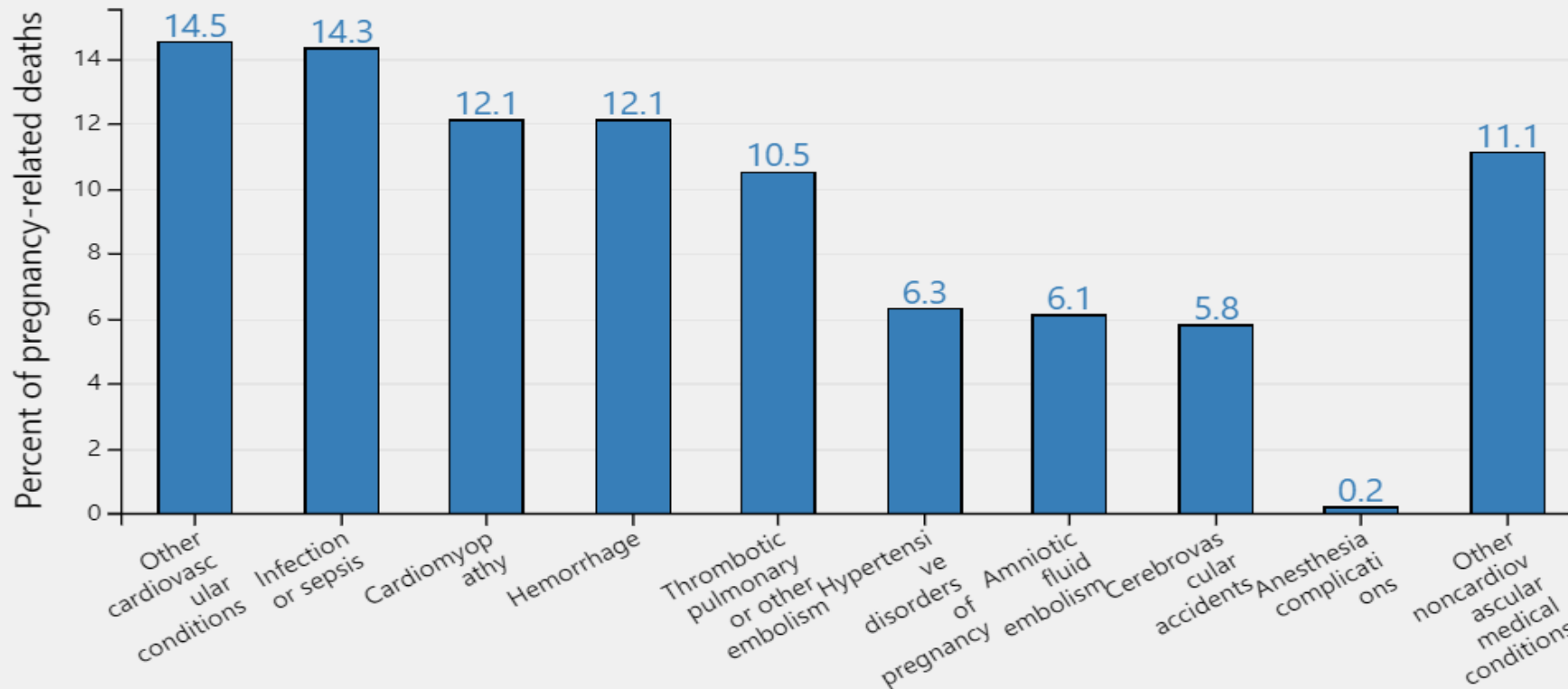
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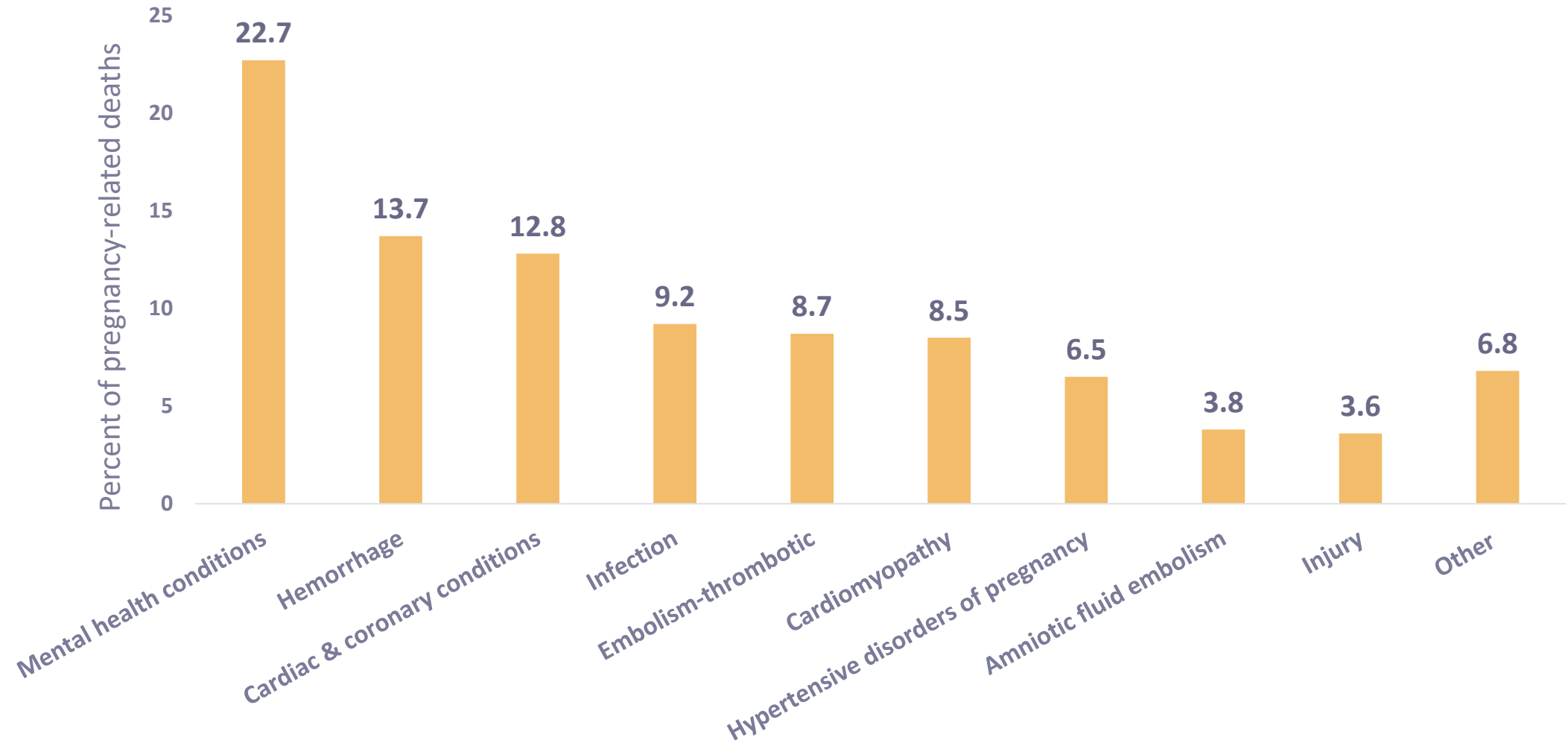
Hypertensive disorders

## Causes of pregnancy-related death in the United States: 2017-2019



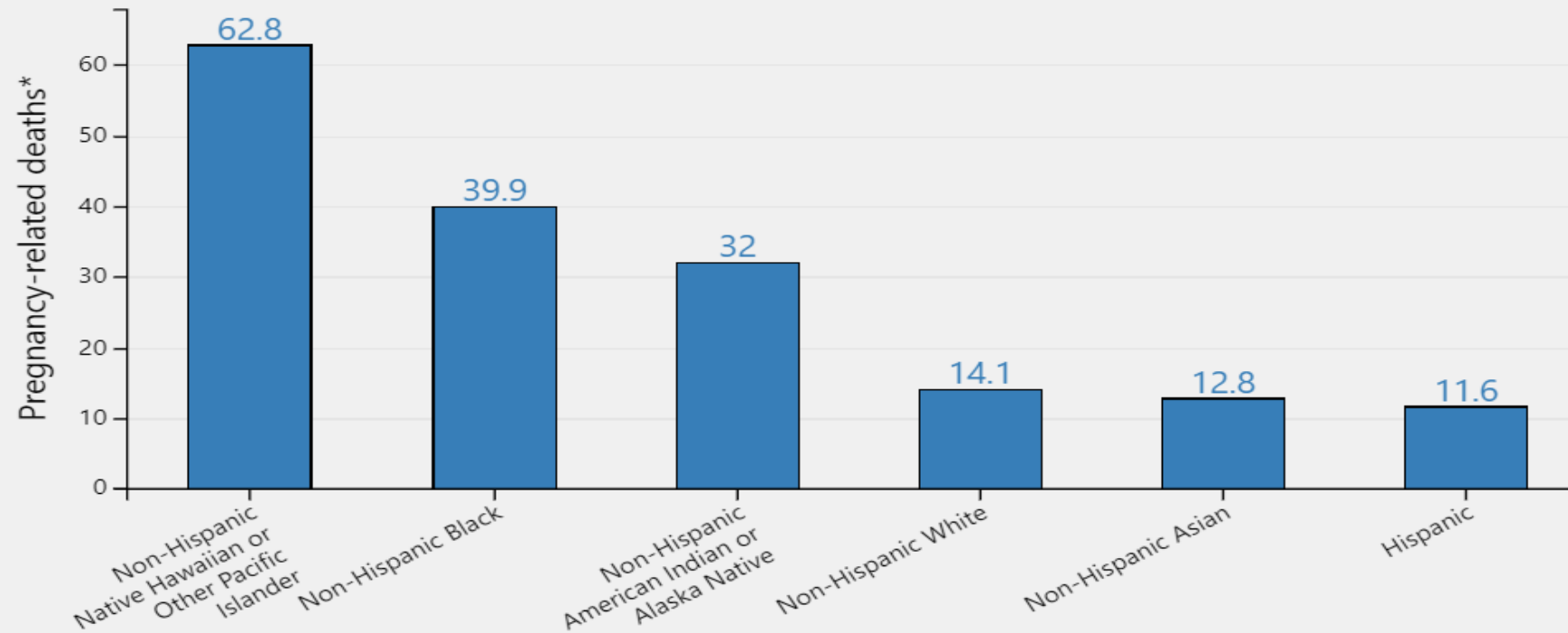
Source: CDC

# Underlying Causes of Pregnancy-Related Death 2017-2019



Source: CDC

## Pregnancy-related mortality ratio by race/ethnicity: 2017-2019



Source: CDC





# State Legislative Trends and Examples

## Awareness and Recognition

- **California** ACR 2 (2023)
- **Missouri** HB 1738 (2022)
- **Texas** HR 593 (2023)



## Studies

- **Louisiana** SR 131 (2022)
- **Maine** SP 376 (2022)

# Maternal Mortality Review Committees (MMRCs)

*All states review maternal deaths.*

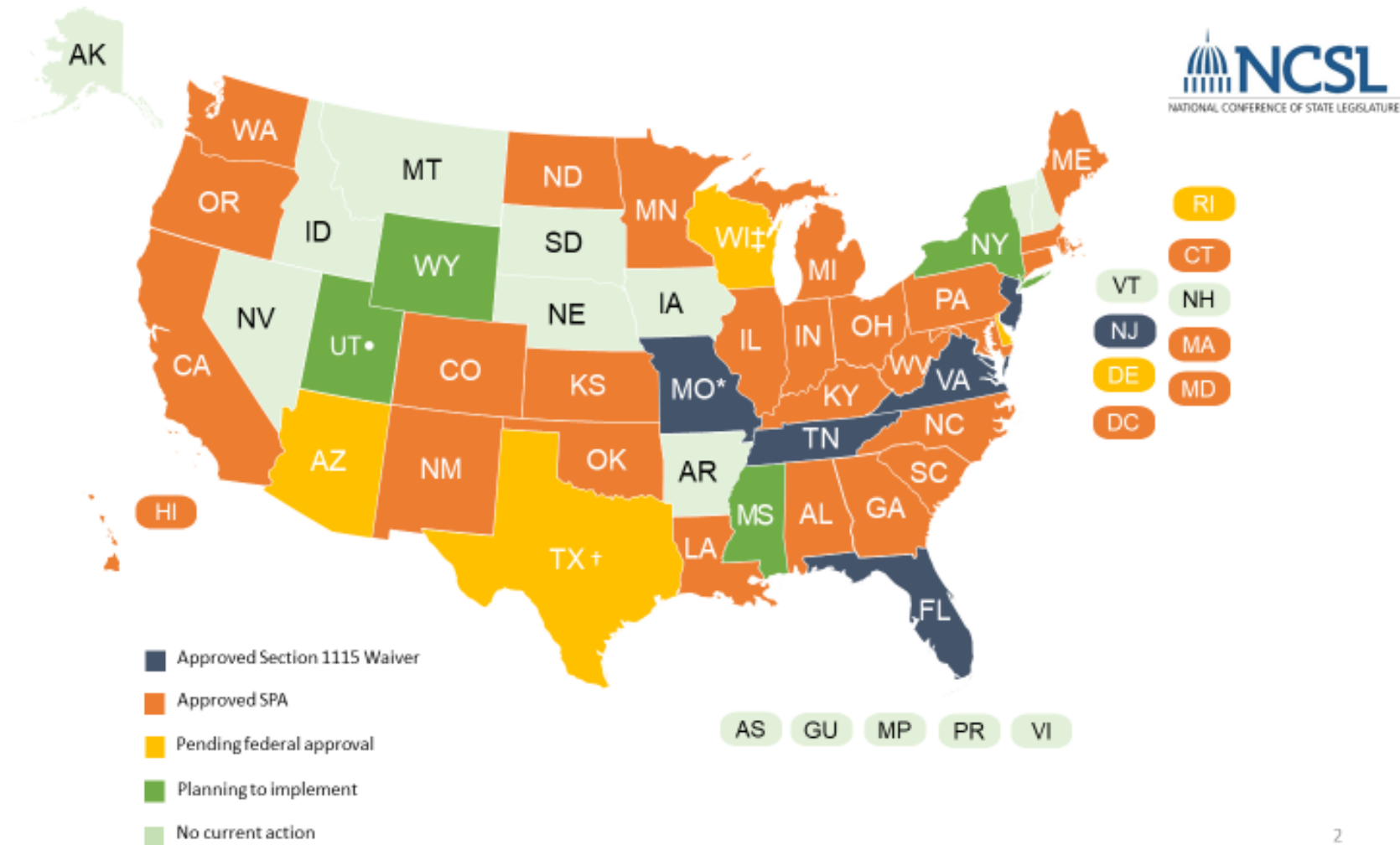
## Revise Committee Membership or Powers

- **Georgia** HB 567 (2021) – Requires health care providers, facilities, and pharmacies to provide the Maternal Mortality Review Committee access to records within 30 days of request.
- **North Carolina** HB 103 (2022) – Requires maternal mortality review committee to include community representation.

## Revise Committee Scope

- **Delaware** HB 340 (2022) – Requires review include race/ethnicity data and recommendations on how to prevent or reduce racial disparities.

# Current Status of Postpartum Medicaid Coverage



## Major Depression

- 1 in 10 women affected in pregnancy and as much as 1 in 5 affected postpartum
- Sadness, irritability, worry, hopelessness, guilt, fatigue, sleep disturbance, change in appetite, suicidal thoughts

## Generalized Anxiety Disorder

- Impacts 1 in 10 in the perinatal period
- Excessive worry, inability to focus, racing thoughts, irritability



# Maternal Mental Health Legislative Examples

## Screening

- **Arizona** [SB 1011](#) (2021) – Creates the maternal mental health advisory committee to recommend improvements for screening and treating maternal MH disorder.
- **Illinois** [HB 4343](#) (2022) – Approves Medicaid coverage for perinatal depression screenings for 12 months following pregnancy.

## Education

- **Louisiana** [HB 784](#) (2022) – Requires all hospitals and birthing centers to provide pregnant women and their family members information about perinatal mood and anxiety disorders.



# What We Know about Maternal Substance Use

Estimated 5% of pregnant women use one or more addictive substances.

Effects are variable for mother, baby or both.

Between 1999-2014, the number of pregnant women with an opioid use disorder at labor and delivery quadrupled.

Pregnancy can be incentive for women to seek treatment for substance use.

*Substance Use While Pregnant and Breastfeeding, NIDA2020*

*Substance Abuse During Pregnancy, CDC*

## Treatment for co-occurring disorders

- **Oregon** [HB 4098](#) (2022) – Uses Opioid Settlement Funds to finance programs to treat pregnant women with opioid use disorder and co-occurring mental health conditions.

## Insurance coverage

- **New Jersey** [A 2008](#) (2023) - Requires insurance plans to provide coverage for benefits provided through the collaborative care model in the treatment of substance use disorders.

## Safe Care Plans

- **Wyoming** [S 79](#) (2023) - Requires health care providers caring for an infant prenatally exposed to substances or alcohol to develop a “safe care” plan that addresses the needs of the infant and the family.





# Hot Topic: Maternal Health Workforce

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# What is the difference between a “doula” and a “midwife”?

## Doulas

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- Doulas are individuals who provide emotional, informational, and physical support to pregnant, birthing, and postpartum people.

## Midwives

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- Midwives are trained medical professionals who are experts in normal pregnancy, labor, and postpartum, as well as other aspects of reproductive health. They provide skilled support for low-risk pregnancies and births.



- What is one success or challenge your state has faced in addressing maternal mortality?

OR

- What lessons would you share with your peers from your state's work on maternal mortality? Did your state pass any maternal mortality legislation?

## Table Discussion

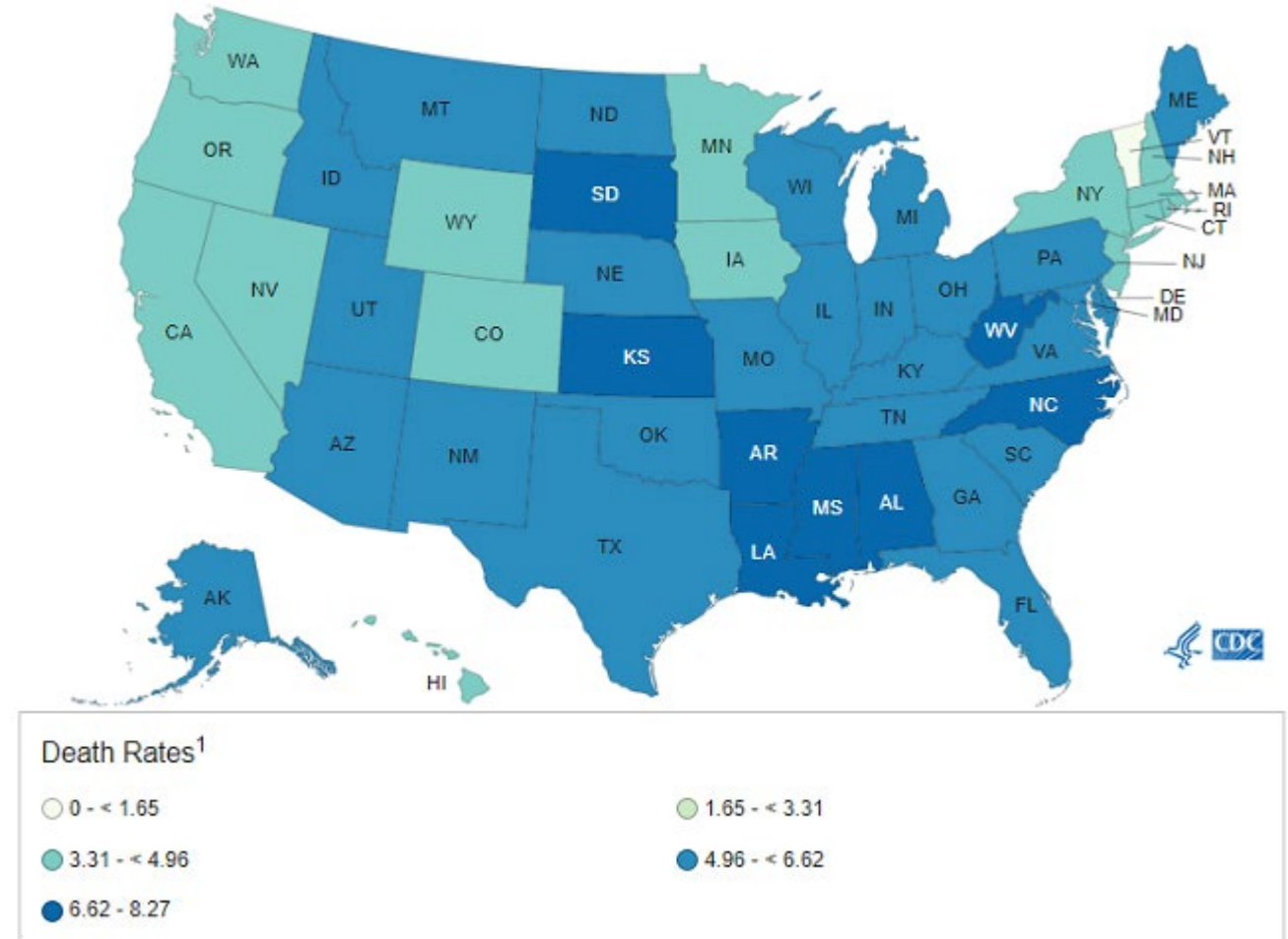
10 minutes



# Children's Health in the United States

# Infant Mortality

- Infant mortality in the United States per 1,000 live births (2020): **5.4**
  - Infant mortality among infants born to Black women: **10.4**
  - Infant mortality among infants born to American Indian and Alaska Native women: **7.7**
  - Infant mortality among infants born to Native Hawaiian and Other Pacific Islander women: **7.2**
- From 2007 to 2017, the U.S. infant mortality rate dropped by 14 percent



**Which of the following  
are leading causes of  
infant mortality?**

Birth defects

Preterm birth and low birth weight

Sudden infant death syndrome

All of the above



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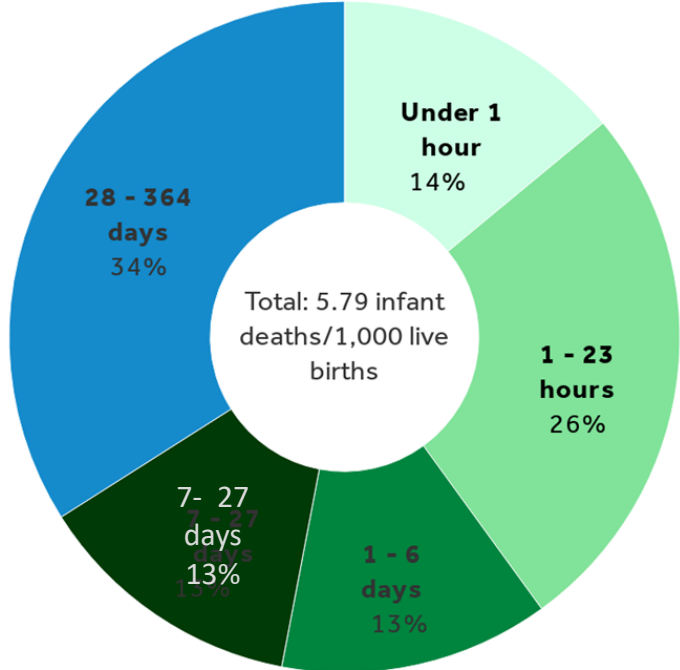
All of the above

# Infant Mortality

The five leading causes of infant death in 2020 were:

- Birth defects.
- Preterm birth and low birth weight.
- Sudden infant death syndrome.
- Accidental injuries
- Maternal pregnancy complications.

Share of total infant deaths by age of infant at death, 2017

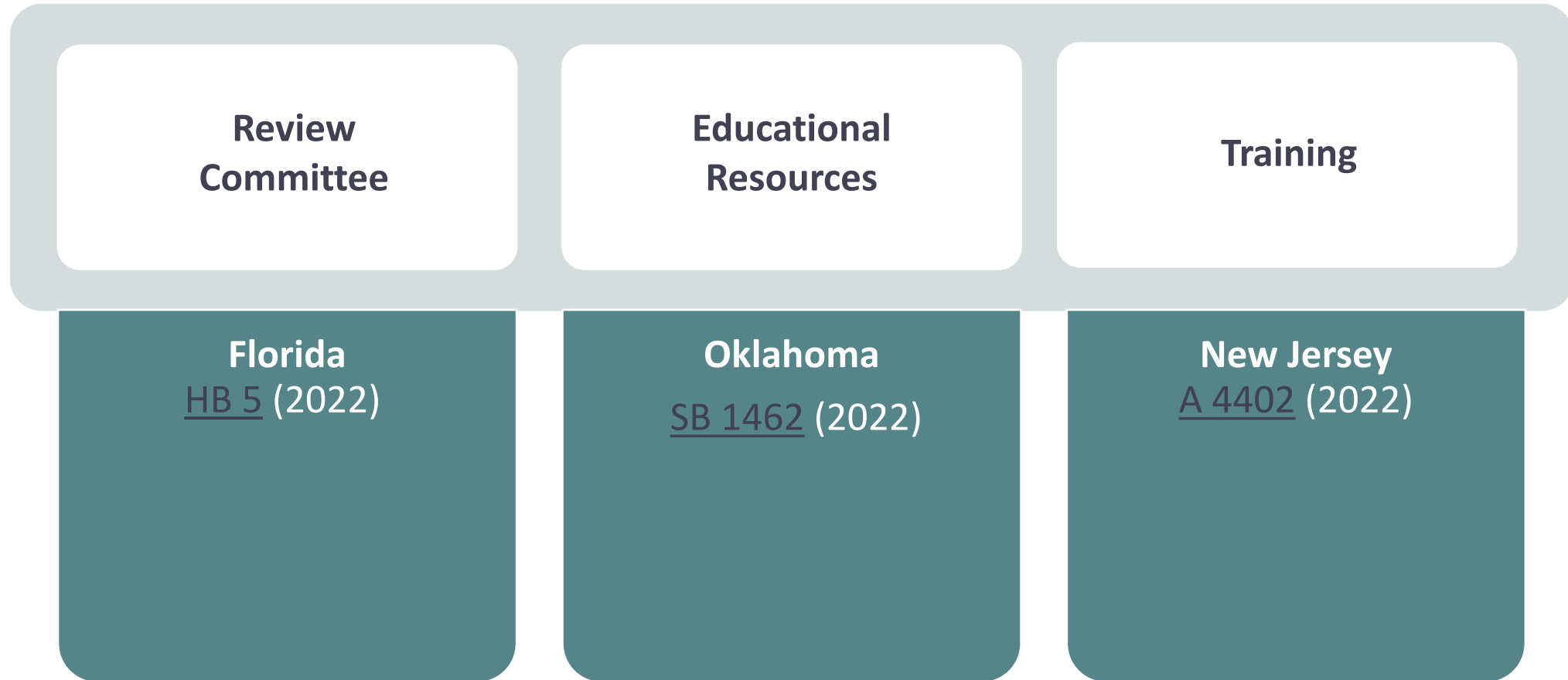


Source: KFF analysis of CDC WONDER data

Peterson-KFF  
**Health System Tracker**



# Infant Mortality



**True or False: All states and territories test for the same disorders as part of their newborn screening (NBS) program.**

# Childhood Screening

## Newborn Screening (NBS)

- Each state and territory decides which disorders to include or not include in their screening program
- All states and territories have a newborn screening program and can include:
  - Blood spot screening
  - Pulse oximetry screening
  - Hearing screening

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### Newborn Screening

- Maryland, Mississippi, and Oklahoma revised their newborn screening panels to require testing for each condition listed by the U.S. Department of Health and Human Services Recommended Uniform Screening Panel (RUSP).

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## Developmental Screening

- Early identification of children at risk for cognitive, motor, communication, or social-emotional delays
- The American Academy of Pediatrics (AAP) recommends screening at these ages:
  - 9 months
  - 18 months
  - 30 months

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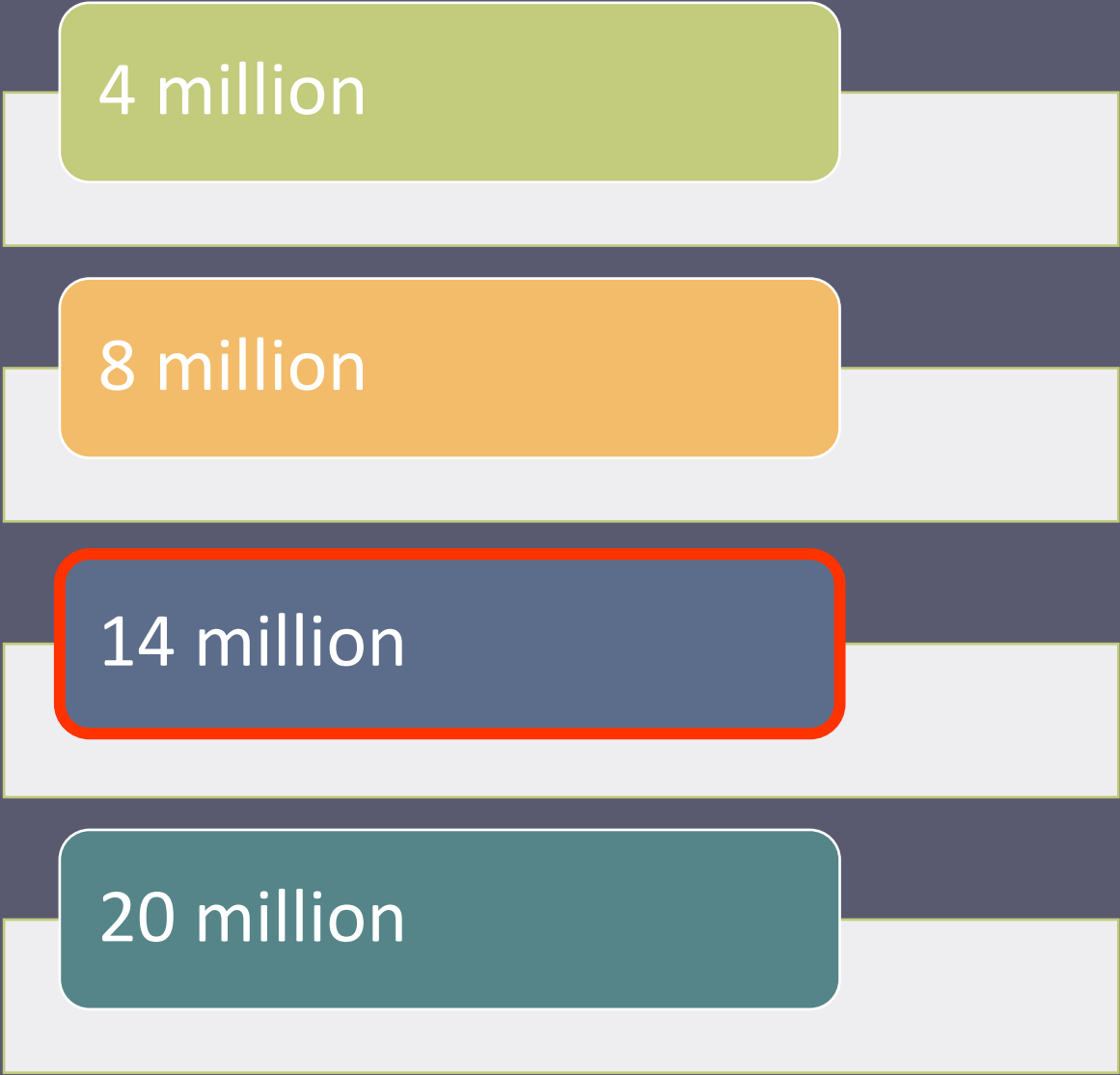
### Developmental Screening

- Delaware required any applicant for a child care facility license to commit that each enrolled child between 0-5 years old will undergo developmental and social emotional screening.

**How many children in the United States have a special healthcare need?**



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# Children and Youth with Special Health Care Needs (CYSHCN)

- Children who have or are at increased risk for chronic physical, developmental, behavioral, or emotional conditions
- About **14 million** children under 18 years old (~20%) have a special healthcare need
- 25% of homes have one or more children with a special healthcare need

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- 25% of homes have one or more children with a special healthcare need
- CYSHCN are more likely to live in poverty, be non-Hispanic Black, and have public insurance than non-CYSHCN

## Cost and Coverage

- Nebraska added a family support waiver for severely disabled children and their families.

## Specialized Programs

- Ohio increased funding for the Ohio Autism Scholarship program.



What is one success or challenge  
your state has faced in addressing  
child health?

OR

What's one question or next step  
that you are walking away with?

## Table Discussion

10 minutes

# Resources

- Legislative Database | [Maternal and Child Health](#)
- Policy Brief | [State Approaches to Ensuring Healthy Pregnancies Through Prenatal Care](#)
- Policy Brief | [Preventing Infant and Maternal Mortality: State Policy Options](#)
- Podcast | [CDC and States Working to Reduce Maternal Mortality](#)
- Webinar | [Saving Moms: Strategies to Reduce Maternal Mortality in the U.S.](#)
- Webinar | [State Policies on Midwives and Doulas](#)

HEALTH

**State Approaches to Ensuring Healthy Pregnancies Through Prenatal Care**



 **NCSL**  
NATIONAL CONFERENCE OF STATE LEGISLATURES

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