

PREGNANCY RISKS IN DELAWARE AND THE U.S.

The United States is one of very few developed countries where deaths related to pregnancy or childbirth are increasing. Black mothers are particularly at risk.



IN DELAWARE, almost **9 OUT OF 10 PREGNANCY-RELATED DEATHS** occur while a woman is pregnant or within 42 days after delivery.



IN DELAWARE, risk factors such as **OBESITY, PRE-ECLAMPSIA, AND HIGH BLOOD PRESSURE ARE ON THE RISE** in women of reproductive age.



IN THE U.S., **BLACK WOMEN SUFFER** from life-threatening pregnancy complications **TWICE AS OFTEN AS WHITE WOMEN.**



IN DELAWARE, 7 out of 10 pregnancy-related deaths are **PREVENTABLE.**



IN THE U.S., **BLACK WOMEN ARE 3x MORE LIKELY TO DIE** from a pregnancy-related cause than white women.



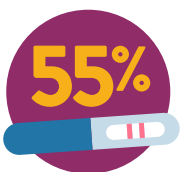
Almost 40% of Black mothers experience a **MATERNAL MENTAL HEALTH CONDITION** such as depression or anxiety. But compared with white women, **BLACK WOMEN ARE HALF AS LIKELY TO RECEIVE TREATMENT.**



IN DELAWARE, as in the U.S. overall, **SUBSTANCE ABUSE AND ADDICTION ARE ON THE RISE**, and impacting the health of mothers and their babies.



IN DELAWARE, about **1 OUT OF 3 WOMEN WHO DIED** from pregnancy-related causes had a **MENTAL HEALTH CONDITION** that may have directly contributed to their death.



IN DELAWARE, **55% OF WOMEN INDICATED THEIR PREGNANCY WAS PLANNED.**

Unplanned pregnancy rates are tied to poor maternal and childbirth outcomes. Your health matters now. Helping women be healthy and change behavior before pregnancy is part of the solution.



Sources: Centers for Disease Control and Prevention. Pregnancy Mortality Surveillance System. PRAMS (2019). Maternal Mental Health Leadership Alliance. Fact Sheet "Maternal Mental Health: Black Women & Birthing People." 2021. State of Delaware, Child Death Review Commission, Maternal Mortality Review, cases from 2011-2021.