

Kansas Special Committee on Mental Health
24 August 2023
Erin N. Bider, MD and Tara N. Chettiar, MD

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