

Maternal Mortality and Substance Use in Tennessee

In 2018, 82 women in Tennessee died while pregnant or within one year of pregnancy.

34%

of all pregnancy-associated deaths in 2018 had substance use disorder as a contributing factor.



61% of pregnancy-associated deaths with substance use disorder as a contributing factor also had a mental health condition.



93% of maternal substance use disorder-related deaths were determined to be preventable.

79% of maternal substance use disorder-related deaths occurred between 43-365 days postpartum.

Prevention Opportunities



Hospitals and Health Care Providers

- Develop/implement protocols for screening and management of substance use and mental health disorders
- Implement standardization of practice for women with SUD and pain management during the peripartum period
- Implement implicit bias training for all staff



Community & Local Agencies

- Evaluate opportunities for expanding access to MAT through healthcare providers while minimizing risks of diversion
- Increase knowledge and access to naloxone
- Increase funding for inpatient and outpatient SUD and mental health treatment for pregnant and postpartum women



Women and Families

- Seek care with earliest symptoms of depression and take medication as written
- Seek positive peer interactions and reach out to trusted individuals to improve connectedness and build resilience
- Seek resources or trainings surrounding coping skills
TDMHSAS Helpline: 800-560-5767

Do you need help finding free or state funded addiction treatment and recovery services in Tennessee? Call or text the Tennessee **REDLINE** now at **1 (800) 889-9789**.



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