

Maternal Mortality and Substance Use in Tennessee



In 2019, 62 women in Tennessee died while pregnant or within one year of pregnancy.

34%

of all pregnancy-associated deaths in 2019 had substance use disorder as a contributing factor.



29% of pregnancy-associated deaths with substance use disorder as a contributing factor also had a mental health condition.



81% of maternal substance use disorder-related deaths were determined to be preventable.

76% of maternal substance use disorder-related deaths occurred between 43-365 days postpartum.

Prevention Opportunities



Hospitals and Health Care Providers

- Establish policies and procedures for women with substance use disorder for pain management needs during pregnancy
- Offer substance use treatment and naloxone to both patients and significant others
- Implement multidisciplinary collaboration in patient care throughout the pregnancy and postpartum period.



Community & Local Agencies

- Increase mental health providers and provide training to recognize and intervene in partner violence
- Continue to educate the public on substance use and mental health and seek funding to increase services
- Mental health agencies should continue to provide support to women affected by trauma



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
- Women should seek education and resources for smoking cessation and addiction in pregnancy

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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