

HEALTHY MOMS, HEALTHY BABIES In Tennessee

Supporting mothers and babies with high-quality care during pregnancy, birth, and the first year promotes healthy growth, prevents future health problems, and benefits lifelong health.

A strong start to living life begins with supporting pregnant women. What can we do?

Foster a community-wide **commitment to prevention** and early intervention



Increase **accessibility** to pre and post-natal health and mental health care



Advocate for **policy change** that supports families

Tennessee maternity over the years

2020

Tennessee had the **7th highest teen birth rate** in the country, with 21.5 births per 1000 females aged 15-19 ¹

2021

32.6% of TN counties are **maternity care deserts**, where pregnant women cannot get care from a hospital or birth center ²

2022

55.1% of women in rural areas of TN live **30+ minutes** from a birthing hospital ³



Nearly **1/5** of pregnant women in TN experienced **postpartum depression** in 2020 ⁴



46% of counties in Tennessee have **ZERO active OBGYNs** ⁵

46%

POLICIES & PROGRAMS

- Woman, Infants, and Children (WIC)** is a federally funded program designed to provide supplemental food assistance and nutrition education to low-income pregnant, postpartum and breastfeeding women, infants, and children until age five.
- Growing Inside Free of Tobacco and Smoking (GIFTS)** assists with tobacco cessation for pregnant individuals using education, support, and accountability.

PLANNING FOR COLLABORATIVE ACTION

- Provide training for teens & young adults on sexual risk avoidance & family planning
- Connect community members to financial assistance programs such as SNAP, WIC, etc.
- Provide transportation resources to those impacted by maternity care deserts
- Encourage community to speak openly about mental health during the perinatal period
- Adopt breastfeeding promotion programs to increase breastfeeding rates
- Host a community baby shower to provide local & expecting parents with supplies, resources, and family-based services

BARRIERS TO CHANGE

Lack of access to prenatal care in rural areas

Disparities in maternal and infant health outcomes

Mental health stigma during the perinatal period



Read
More
Here

¹ [Journal of Adolescent Health](#)

² [March of Dimes: Peristats](#)

³ [March of Dimes: Maternity Care Report TN](#)

⁴ [TDH Pregnancy Risk Assessment Dashboard](#)

⁵ [Tennessee Commission on Children and Youth](#)

