

118TH CONGRESS
2D SESSION

H. RES. 1193

Recognizing Maternal Mental Health Awareness Week to raise awareness about maternal mental health and its effects on maternal-child health.

IN THE HOUSE OF REPRESENTATIVES

MAY 6, 2024

Mrs. KIM of California (for herself, Ms. KELLY of Illinois, Mr. SWALWELL, Mr. KRISHNAMOORTHY, Ms. MOORE of Wisconsin, Mrs. WATSON COLEMAN, Ms. LETLOW, and Ms. WILD) submitted the following resolution; which was referred to the Committee on Energy and Commerce

RESOLUTION

Recognizing Maternal Mental Health Awareness Week to raise awareness about maternal mental health and its effects on maternal-child health.

Whereas May 5, 2024, through May 11, 2024, marks Maternal Mental Health Awareness Week;

Whereas maternal mental health is foundational to strong and thriving families, children, and society;

Whereas maternal mental health disorders occur during pregnancy and in the postpartum period, and include a range of disorders like anxiety, depression, obsessive-compulsive disorder, psychosis, as well as other disabling conditions;

Whereas maternal mental health disorders are the most common complication of pregnancy and childbearing, yet far

too often, these disorders go undiagnosed and untreated, leaving women and families to suffer alone and in silence;

Whereas less than 15 percent of mothers suffering from maternal mental health disorders receive treatment due to barriers within the health care system;

Whereas untreated maternal mental health disorders have been linked to adverse birth outcomes, including premature and low birth weight babies, impaired maternal-infant bonding and parenting activities, impaired cognitive development in children, and increased risk of emotional and mental health disorders like depression, anxiety, and attention deficit disorder in children;

Whereas, untreated maternal mental health disorders impact 1 in 5, or roughly 800,000, mothers annually;

Whereas the cost of untreated maternal mental health disorders is multigenerational and is estimated to be \$14,200,000,000 annually in the United States;

Whereas maternal mental health conditions, including psychiatric and substance use disorders, are the leading cause of pregnancy-related deaths, with 23 percent of deaths tied to suicide or overdose;

Whereas advocacy organizations have recognized the blue dot as the universal symbol of maternal mental health awareness, survivorship and support;

Whereas, during Maternal Mental Health Awareness Week, we raise awareness on the importance of maternal mental health, remember those we lost to the maternal mental health crisis, and highlight steps to support the well-being of America's mothers and families;

Whereas, in recent years, the Food and Drug Administration approved the first drug treatment specifically for

postpartum depression, as well as digital therapeutics for maternal mental health;

Whereas, although more research has been conducted to begin to understand the biology that places some women at higher risk for these disorders than others, we need additional research and innovation in new technologies to pinpoint mental health disorders more quickly;

Whereas it is critical to address workforce shortages to ensure all women have access to obstetric providers, mental health professionals, and community-based supports by providing training opportunities, adequate provider reimbursements, and alternative treatment models;

Whereas there is a burgeoning understanding of maternal mental health disorder risk factors, such as younger or older age, high levels of stress, early life adversity, having multiple children, and the lack of family and social support;

Whereas low-income mothers who face food and housing instability are at greatest risk; and

Whereas, despite recent efforts that have been made in the United States, maternal mental health conditions will continue to take a heartbreaking toll on mothers, babies, and families, a burden disproportionately impacting underserved populations and communities: Now, therefore, be it

- 1 *Resolved*, That the House of Representatives supports
- 2 the goals and ideals of Maternal Mental Health Awareness
- 3 Week, including—
- 4 (1) raising awareness of the risk factors, signs,
- 5 symptoms, and treatment options for maternal men-

1 tal health conditions for pregnant and postpartum
2 women and their families, the providers who care for
3 them, and the public;

4 (2) recognizing that maternal mental health
5 disorders and maternal suicide are serious public
6 health problems;

7 (3) honoring the mothers who have died by sui-
8 cide and the children and families left behind;

9 (4) encouraging research on safe and effective
10 treatments for pregnant and postpartum women,
11 dissemination of updated data on evidence-based
12 treatments to the medical community and public,
13 and provider training on the treatment of maternal
14 mental health disorders; and

15 (5) promoting initiatives that address provider
16 shortages and increase affordable access to treat-
17 ment for maternal mental health disorders so that
18 suffering mothers and their families can recover and
19 thrive.

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