

Assembly Concurrent Resolution

No. 75

Introduced by Assembly Member Waldron

April 26, 2021

Assembly Concurrent Resolution No. 75—Relative to Maternal Mental Health Awareness Month.

LEGISLATIVE COUNSEL’S DIGEST

ACR 75, as introduced, Waldron. Maternal Mental Health Awareness Month.

This measure would dedicate the month of May 2021 as Maternal Mental Health Awareness Month.

Fiscal committee: no.

- 1 WHEREAS, In the United States, maternal depression is the
2 most common complication of pregnancy. Maternal mental health
3 disorders encompass a range of mental health conditions, such as
4 depression, anxiety, and postpartum psychosis; and
5 WHEREAS, Maternal mental health affects one in five women
6 during or after pregnancy, but all women are at risk of suffering
7 from maternal mental health disorders. Specifically, in California,
8 one in five Californian mothers suffers from pregnancy-related
9 depression; and
10 WHEREAS, Fewer than 15 percent of identified cases of
11 maternal mental health disorders are treated as a result of personal,
12 structural, and systemic barriers within the health care system; and
13 WHEREAS, Untreated maternal mental health disorders
14 significantly and negatively impact the short- and long-term health
15 and well-being of affected women and their children; and

1 WHEREAS, Untreated maternal mental health disorders cause
2 adverse birth outcomes, impaired maternal-infant bonding, poor
3 infant growth, childhood emotional and behavioral problems, and
4 significant medical and economic costs, estimated to be \$22,500
5 per mother; and

6 WHEREAS, Lack of understanding and social stigma of mental
7 health disorders prevent women and families from understanding
8 the signs, symptoms, and risks involved with maternal mental
9 health and disproportionately affect women who lack access to
10 social support networks; now, therefore, be it

11 *Resolved by the Assembly of the State of California, the Senate*
12 *thereof concurring,* That the Legislature dedicates the month of
13 May 2021 as Maternal Mental Health Awareness Month; and be
14 it further

15 *Resolved,* That the Chief Clerk of the Assembly transmit copies
16 of this resolution to the author for appropriate distribution.

O