

# Maternal Mortality in North Carolina

2018-2020

The North Carolina Maternal Mortality Review Committee (MMRC) was established by state law in 2015. The purpose of the MMRC is to review all maternal deaths of NC residents and develop actionable recommendations aimed at the prevention of future maternal deaths. This fact sheet highlights data for all pregnancy-related deaths that occurred from 2018 to 2020 in North Carolina.



## Pregnancy-Related Mortality Ratio (PRMR)

**38** pregnancy-related deaths per 100,000 live births

Source: NCDHHS; Division of Public Health; Women, Infant and Community Wellness Section; Maternal Health Branch; NC Maternal Mortality Review Committee

## Important to Know

**87%** of Pregnancy-Related deaths in NC were deemed Preventable

*\*Based in NC MMRC review of 2018-2020 deaths*

## PRMR by Race/Ethnicity

**57** pregnancy-related deaths per 100,000 live births among Non-Hispanic Black women

**32** pregnancy-related deaths per 100,000 live births

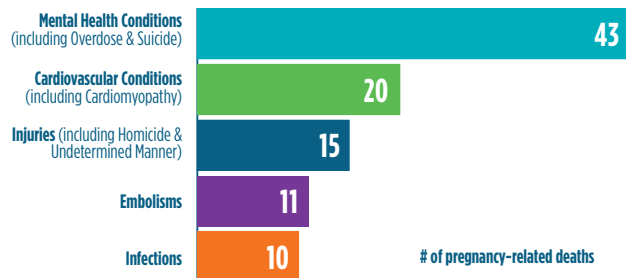
**25** pregnancy-related deaths per 100,000 live births among Hispanic women

**46** pregnancy-related deaths per 100,000 live births among Non-Hispanic women of other races



Note: The number of pregnancy-related deaths for NH Asian/Pacific Islander, Multiracial and American Indian/Alaskan Native groups are too small to calculate reliable PRMRs)

## Leading Causes of Pregnancy-Related Deaths



- Mental Health Conditions (including Overdose & Suicide) are the Leading Cause of Pregnancy-Related Death for:
  - Non-Hispanic White (29 deaths)
  - Hispanics (7 deaths)
  - Non-Hispanic Other Races\* (5 deaths)
- Cardiovascular Conditions (including Cardiomyopathy) are the Leading Cause of Pregnancy-Related Death for:
  - Non-Hispanic Blacks (12 deaths)

Note: The number of deaths for NH Asian/Pacific Islander, Multiracial & American Indian/Alaskan Native groups are too small to report (<5 deaths overall) the leading cause of death



## Timing of Pregnancy-Related Deaths

**17%** During pregnancy

**35%** 1-42 days after end of pregnancy

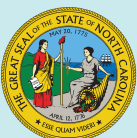
**48%** 43 days-1 year after end of pregnancy

## Common themes in NC MMRC recommendations to prevent maternal deaths based on 2018-2020 reviews

- Identification, management, and support of individuals experiencing mental health challenges
- Overdose Prevention and Substance Use Disorders
- Management of Chronic Diseases in Pregnancy
- Management of Obstetric & Postpartum Emergencies
- Access to Care

*\*Note: Please see the full 2018-2020 MMRC report for recommendations*

**Definition:** Pregnancy-related death: A death while pregnant or within one year of the end of pregnancy from a pregnancy complication, a chain of events initiated by pregnancy, or aggravation of an unrelated condition by the physiologic effects of pregnancy. (Q: "If she had not been pregnant, would she have died?")



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