

ARIZONA MATERNAL MENTAL HEALTH

State Overview

National Institute on Minority
Health and Health Disparities
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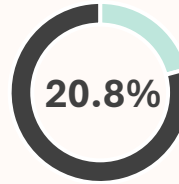
ARIZONA

Maternal Mental Health State Overview

Population Overview



- 7.37 million people¹
- **14th** largest population in the US
- 2.2% of US population



MEDICAID

Medicaid provided insurance coverage for 20.8% of Arizona residents in 2022, compared to 21.2% nationally²

National Comparison of Birth-Related Outcomes

This section leverages publicly available datasets representative of the general US population to compare Arizona to national benchmarks in birth-related outcomes in 2022.

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US

78,547 Live Births³
43.7% All Private Insurance/ **46.0%** Medicaid

3,667,758 Live Births
50.8% All Private Insurance/ **41.0%** Medicaid

Maternal mortality rate⁴
30.0/100k live births

Maternal mortality rate
23.2/100k live births

28.6% C-section rate⁵

32.1% C-section rate

9.8% of all births were pre-term⁶
7.3% resulted in a NICU stay

10.4% of all births were pre-term
9.5% resulted in a NICU stay

Infant mortality rate
6.2/100k live births⁷

Infant mortality rate
5.6/100k live births⁸

Rates of Birth-Related Outcomes In Commercial Insurance: State-National Comparison

This section compares Arizona to national benchmarks in birth-related outcomes with evidence of perinatal mood and anxiety disorders (PMAD) diagnoses using 2016-2020 data in Optum's de-identified Clinformatics® Data Mart Database (CDM). CDM is derived from a database of administrative health claims for members of large commercial and Medicare Advantage health plans. For demographic results by race and ethnicity, please refer to the Arizona CDM report.

PMAD Diagnoses



Psychotherapy within PMAD



Antidepressant Use within PMAD



Suicidality within PMAD



Severe Maternal Morbidity within PMAD



Substance Related Disorders within PMAD





ARIZONA

Maternal Mental Health State Overview

Provider Landscape

PSYCHIATRISTS

AZ **9.44** PROVIDERS PER 100K POPULATION⁹
US **12.48** PROVIDERS PER 100K POPULATION⁹

OBSTETRICS/GYNECOLOGY

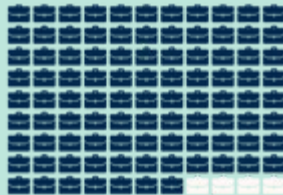
AZ **10.06** PROVIDERS PER 100K POPULATION¹⁰
US **12.23** PROVIDERS PER 100K POPULATION¹⁰

Includes active Obstetrics and Gynecology M.D. or Psychiatry M.D. employed by federal government or non-federal industry.

Arizona Population Characteristics

This section displays demographic characteristics of Arizona's population compared to the United States, as described through publicly-available data from 2022.

Unemployment¹¹



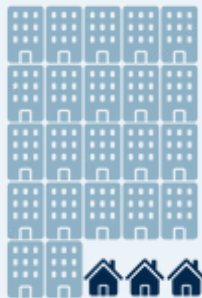
Arizona's unemployment rate in 2022 was 3.8%, compared to the national unemployment rate of 3.6%

Immigrant population¹³



Arizona's immigrant population in 2022 was 13.1%, with 50.4% being non-citizens. The US immigrant population was 13.9%, with 46.9% being non-citizens

Rural and urban residency¹²



89.3% of Arizona residents lived in metropolitan areas, 10.7% lived in a non-metro area

Household financial stability^{14, 15}

National median \$74.7K



\$74.6K Arizona

Arizona's median household income in 2022 was \$74,568, compared to \$74,755 nationally¹⁴



The poverty rate was 12.5%, compared to 12.6% nationally¹⁵

12.5%

Additional State Level Reports and Info

National Maternal Mental Health Hotline



CALL OR TEXT

1-833-TLC-MAMA



- [KFF State Profiles – Maternal and Infant Health Data](#)
- [March of Dimes 2024 Maternity Care Desert Report](#)
- [March of Dimes Report Cards](#)
- [March of Dimes State Summaries](#)
- [Maternal Mental Health Leadership Alliance State Reports](#)
- [Policy Center for MMH 2024 Maternal Mental Health State Report Cards](#)





ARIZONA

Maternal Mental Health State Overview

Relevant Arizona Maternal Health Policies

Policy	Status in the State
Medicaid Expansion ¹⁶ Medicaid 12-month postpartum extension ¹⁷	Yes; Expansion implemented 1/1/2014 Yes; Extension approved 4/6/2023
Medicaid coverage for doula service ¹⁸	Yes; Actively reimbursing, effective 2024
Medicaid policy on depression screening during well child visit and tracking, referral, and follow-up guidance ¹⁹	Arizona requires caregiver depression screening in a well-child visit. Requires a validated screening tool.
State offers home visiting services for perinatal health Medicaid reimbursement for home visiting services ²⁰	Yes; Offers home visiting services for perinatal health but does not reimburse
Medicaid expanded coverage for substance use screening and treatment during pregnancy ²¹	Yes; Offers full continuum of care, including outpatient, intensive outpatient, residential, and inpatient services.
Medicaid coverage and benefits for identified high-risk outcomes ²²	Yes; Arizonan contractors must determine "high-risk pregnancies" through standardized risk-assessment and ensure high-risk patients are provided "appropriate care."
Payment reform: state provides financial incentives for providers to improve maternal health outcomes ²³	Yes; Bundled payments for maternity episode of care
Performance Improvement and Quality Measures for Pregnancy Related Care ²⁴	Yes; Quality measures include prenatal and postpartum care, timeliness of prenatal care entry/early prenatal care, postpartum contraceptive use, and low birthweight deliveries
Paid leave policy* (paid family leave and medical leave, paid sick days, paid time off) ²⁵	No paid family leave policy Does offer paid sick leave and paid time off

***Paid Family Leave and Medical Leave:** Paid family and medical leave typically provides a set number of weeks or months to be used for a worker's own serious, longer-term health condition, to care for a family member with a serious health condition, or to care for or bond with a new child, and for reasons related to a family's member's military service. On average, it provides six to twelve weeks of fully or partially paid leave per year, without the need for accrual. Paid family and medical leave may be insured and is often funded by contributions from the employer and/or the worker.

Paid Sick Days: Paid sick leave can be used to recover from a short-term injury or illness such as a cold or for doctor's appointments and in some cases, for workplace, school, or childcare closures associated with a public health emergency. Paid sick leave is often provided on an accrual basis up to a set number of hours or days per year, such as one hour of leave earned for every 30 hours worked up to seven days per year and replaces 100% of the worker's regular wages. On average, private sector workers are offered seven days of paid sick leave per year. Paid sick leave benefits are paid by the employer.

Paid Time Off: Paid time off laws may combine vacation, sick time, and personal time for workers to use as needed.





ARIZONA

Maternal Mental Health State Overview

Arizona Perinatal Mental Health Resources

Arizona Maternal Mortality Review	The Arizona Maternal Mortality Review (MMR) is a multi-disciplinary committee that reviews deaths that occur during and within one year of pregnancy. The committee determines the cause of death, contributing factors, and preventability. They also develop actionable recommendations to prevent future deaths.
Arizona Perinatal Trust	The Arizona Perinatal Trust (APT), also known as the Arizona Perinatal Regional System, is Arizona's perinatal quality collaborative. The APT is a volunteer collaborative of healthcare professionals and state representatives that aims to improve the health of Arizona's mothers and infants by improving perinatal health outcomes and targeting health disparities and equitable care.
Postpartum Support International: Arizona Chapter	The Arizona chapter of Postpartum Support International (PSI) aims to increase awareness, education, prevention, and treatment of perinatal mental health issues affecting individuals, families, and support systems in Arizona. The chapter includes local volunteers and support groups.
Perinatal Psychiatry Access Program: Arizona Perinatal Psychiatry Access Line	The Arizona Perinatal Psychiatry Access Line (APAL) is Arizona's Perinatal Psychiatry Access Program. The program offers no-cost psychiatry support to healthcare providers who treat mental health and substance abuse in perinatal, pregnant, and postpartum patients in Arizona.

Inpatient treatment program or intensive outpatient programs, academic treatment centers

Inpatient	None
HEAL Intensive Outpatient Program	Offers a 12-week multidisciplinary outpatient program focused on physical, mental, and relational health of mothers, babies, and families. Services include prenatal, delivery, and postpartum support in all aspects of pregnancy, infant bonding, parenting, and recovery from substance abuse.
Academic Centers	None

