

**Yolo County  
Board of Supervisors**

**Resolution No. 23-77**

**Declaring May 2023 as Maternal Mental Health Awareness Month in Yolo County**

**WHEREAS**, the month of May 2023, as declared by the Yolo County Board of Supervisors, is **Maternal Mental Health Awareness Month** throughout Yolo County; and

**WHEREAS**, maternal health, more specifically, the mental health of women before, during, and after pregnancy is an issue of great concern to women and their families and, therefore, of interest to Yolo County; and

**WHEREAS**, maternal mental health conditions, such as anxiety, pre- and post-partum depression, birth-related PTSD, are the most common complications of pregnancy and childbirth, affecting 1 in 5 women. Among those affected, 75% go untreated; and

**WHEREAS**, the maternal mortality rate in the US has almost doubled from 17.4 deaths per 100,000 live births in 2018, to 32.9 deaths in 2021; and

**WHEREAS**, Yolo County reported 1,951 live births in 2021; likely resulting in over 350+ instances of both diagnosed and undiagnosed maternal mental health conditions; and

**WHEREAS**, maternal mental health can have a profound impact on the family and significantly contribute to adverse developmental and behavioral outcomes and attachment disorders in the young children of affected women; and

**WHEREAS**, women of color are more likely to experience these conditions and are also less likely to seek help due to mental health and culturally related stigma; and

**WHEREAS**, these conditions overwhelmingly have positive outcomes with early interventions and/or treatment to include therapeutic intervention such as medication, professional therapy and counseling, support groups and community support services including crisis hotlines; and

**WHEREAS**, the Yolo County Health and Human Services Agency is uniquely positioned to improve health outcomes for pregnant and/or parenting individuals through its' strong partnerships with local FQHCs and CBOs who provide such early intervention and treatment services, in addition to the support received from state and federal agencies; and

**WHEREAS**, Yolo County Public Health is committed to addressing health disparities that exist across marginalized communities and communities of color by taking a health equity approach to policy, program, and collaborative efforts that impact the social determinants of health; and

**WHEREAS**, the Yolo County Board of Supervisors, through their county strategic plan, have prioritized Health Equity and Health In All Policies initiatives.

**NOW, THEREFORE, BE IT RESOLVED** that the Yolo County Board of Supervisors hereby declares every May 2023 as **Maternal Mental Health Awareness Month** and to observe this month by increasing awareness, education and improve access to treatment, preventative and supportive services to improve maternal mental health outcomes for *all* women in Yolo County.

**PASSED AND ADOPTED** this 23rd day of May, 2023 by the following vote:

**AYES:** Frerichs, Sandy, Provenza, Barajas, Villegas.

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Oscar E. Villegas, Chair  
Yolo County Board of Supervisors