

**Yolo County  
Board of Supervisors**

**Resolution No. 25-40**

***Declaring May 2025 as Maternal Mental Health Awareness Month in Yolo County***

**WHEREAS**, the month of May 2025, as declared by the Yolo County Board of Supervisors, is **Maternal Mental Health Awareness Month** throughout 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 mental health of women before, during, and after pregnancy is an issue of vital importance to women and their families and, therefore, of significant concern to Yolo County; and

**WHEREAS**, the maternal mortality rate in the US has risen significantly 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 approximately 350+ cases of both diagnosed and undiagnosed maternal mental health conditions; and

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

**WHEREAS**, women of color experience these conditions at higher rates and are also less likely to seek assistance due to mental health stigma and cultural barriers; and

**WHEREAS**, these conditions generally respond well to early interventions and/or treatment including therapeutic approaches 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 providing early intervention and treatment services, in addition to the support received from state and federal agencies; and

**WHEREAS**, Yolo County Public Health remains committed to addressing health disparities that exist across marginalized communities and communities of color by implementing health equity approaches 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, has 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 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 enhance maternal mental health outcomes for all women in Yolo County.

**PASSED AND ADOPTED** this 29th day of April, 2025 by the following vote:

**AYES:** Allen, Barajas, Villegas, Frerichs, Vixie Sandy.

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Mary Vixie Sandy, Chair  
Yolo County Board of Supervisors