

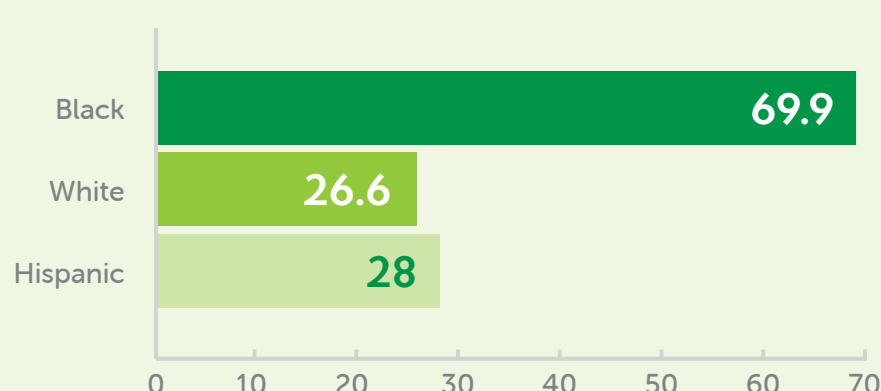
Maternal Health and the Role of Nutrition

THE U.S. MATERNAL HEALTH CRISIS

In 2021, the U.S. experienced the **highest rate of maternal mortality** in the country's history — **more than ten times** the estimated rates of other high-income countries.¹

WHICH AMERICAN WOMEN ARE DYING

U.S. deaths per 100,000 live births, 2018-2021²



WHEN WOMEN ARE DYING

Risk doesn't end when pregnancy ends. Potentially fatal postpregnancy complications include blood clots and hemorrhages.²



31%
While pregnant



17%
End of pregnancy to six weeks after

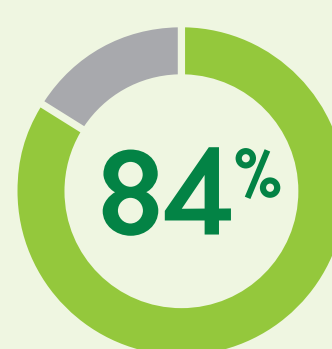
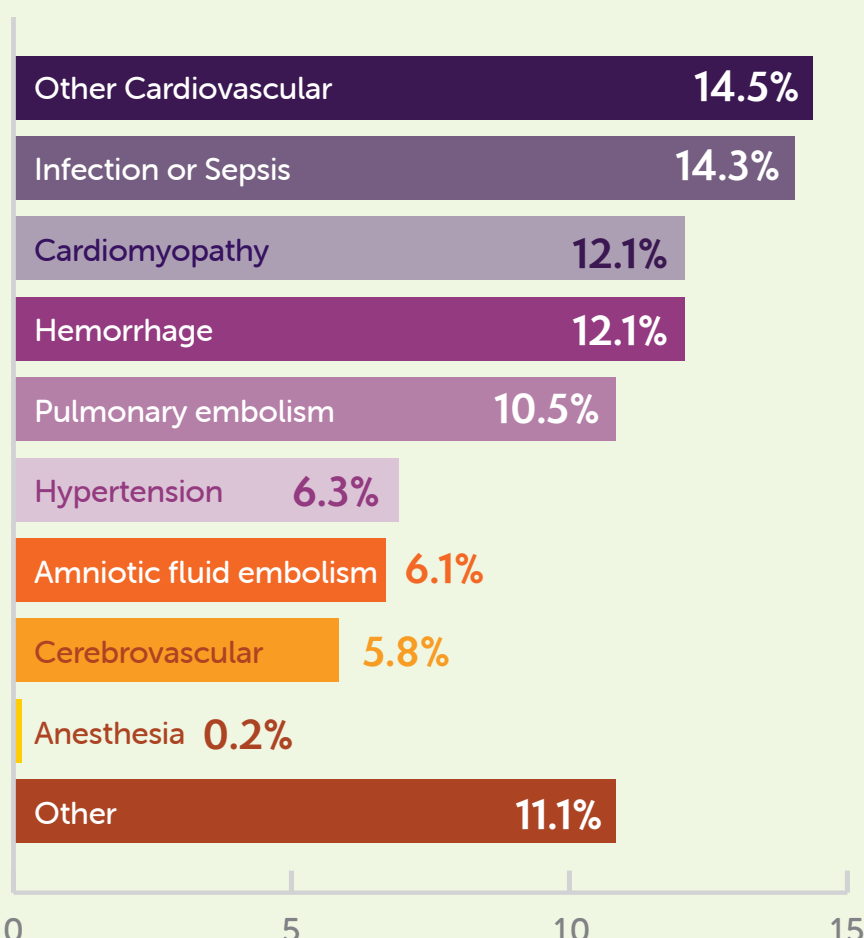


52%
Six weeks to one year after

HOW THEY'RE DYING

Heart-related problems are a leading cause of maternal death; heart attack risk increases with obesity and age.

2017-2019³



84% of maternal deaths are preventable.⁴

FACTORS IMPACTING MATERNAL HEALTH



LIMITED ACCESS TO PRENATAL, DELIVERY AND POSTNATAL CARE



CHRONIC CONDITIONS



AGE



HEALTH EQUITY

Social Determinants of Health (SDOH)

SDOH are non-medical factors that contribute to health disparities and inequities and are known to influence maternal health outcomes. Factors include:

- Food insecurity
- Socioeconomic status
- Unemployment
- Transportation access
- Social isolation
- Unsafe neighborhoods



QUALITY NUTRITION BEFORE, DURING AND AFTER PREGNANCY

OUTCOMES FOR PREGNANT WOMEN

- Supports healthy fetal development
- Improves ability to carry to full term
- Reduces health risks and complications for mother and baby, even after delivery
- Facilitates adherence to dietary guidelines for conditions like diabetes
- Promotes A1c (blood sugar control) and blood pressure control
- Addresses SDOH

OUTCOMES FOR HEALTH PLANS

- Supports a holistic approach to maternal and child health
- Lowers the cost of prenatal and postnatal care through minimizing high-cost utilization such as emergency transportation, emergency department visits, inpatient stays, observation and neonatal intensive care unit
- Impacts highest risk, hardest-to-engage members
- Drives postnatal Healthcare Effectiveness Data and Information Set measures

HOME-DELIVERED, MEDICALLY TAILORED MEALS

Mom's Meals® aren't just for at-risk women, they're ideal for every pregnant woman and new mother who needs convenient access to delicious quality nutrition whether they're facing:



Food insecurity



Recovering from delivery



Managing a chronic condition



Adjusting to new motherhood

With Mom's Meals' expertise in medically tailored meals interventions, we can help health plans — commercial payers, Medicaid plans and self-insured plans — build nutrition programs for all their pregnant members.

Sources:

¹ <https://www.commonwealthfund.org/publications/issue-briefs/2020/nov/maternal-mortality-maternity-care-us-compared-10-countries>

² <https://www.commonwealthfund.org/publications/issue-brief-report/2020/dec/maternal-mortality-united-states-primer>

³ <https://www.cdc.gov/reproductivehealth/maternal-mortality/pregnancy-mortality-surveillance-system.htm>

⁴ <https://www.cdc.gov/reproductivehealth/maternal-mortality/erase-mm/data-mmrc.html>