

# If health is wealth, America's working mothers are living in extreme poverty.



## Mental health burdens

### Diagnosis of depression and/or anxiety:

42% of working mothers

35% of working fathers

28% of general population

25% of coworkers without kids

Mental health issues are the leading cause of maternal mortality, which is bad and getting worse.



**68%**

of working mothers report parental burnout compared to 42% of working fathers.



**50%**

of women report needing mental health care in the past year compared to 35% of men.

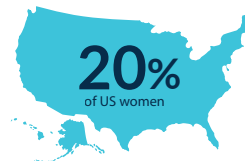
33% of working mothers reported that their mental health had worsened in the last year.

## Physical health burdens

Mental health burdens can cause and exacerbate physical health issues.

Women in the US have the highest rate of emotional distress compared to other countries.

A 2022 CDC review highlighted that 84% of pregnancy-related deaths were preventable.



report having two or more of the following chronic conditions, compared to 10% or less in Germany, the Netherlands, and Australia.



joint pain or arthritis



high blood pressure



diabetes



heart disease, including heart attack



asthma or chronic lung disease

## Economic burdens

### Impact on families:



The cost of childcare has risen 214% since 1990, outpacing the cost of all other household expenses. Comparatively, average family income has only increased by 143%.



National childcare costs average \$10,000 annually, which is unaffordable for nearly two-thirds of working parents in the US.

### Impact on employers:



Without paid leave and to avoid lost income, many mothers return to work before healing from birth. This results in 55% feeling depressed and 71% feeling anxious for several days/more often.



Missed days from work and more utilization in health care services due to mental distress cost the economy \$47.6B in 2020.

### Impact on the country:



Declining births have negative consequences for the tax base and the aging population.



The US is the only developed country without universal paid leave.



### Sources:

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