

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.

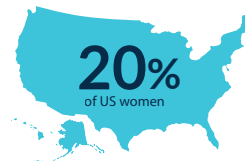
33% of working mothers reported that their mental health had worsened in the last year.

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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