



MAY 2025

Arizona

Maternal Mental Health State Fact Sheet



Table 1: Maternal Mental Health Snapshot

Number of births – 2022 (1)	78,547	
PRAMS postpartum depression rate (2)	11.7%	
Number impacted (estimate)	11.7% x 78,547 births	9,190 impacted (est)
Number untreated (estimate 75% remain untreated) (3)	75% x 9,190 impacted	6,892 untreated (est)
Cost of untreated MMH conditions (estimate \$32,000 per mother-infant dyad) (4)	\$32,000 x 6,892 untreated	\$221 million (est)

- (1) Centers for Disease Control and Prevention. National Vital Statistics Report. Births: Final Data for 2022. [LINK](#)
 (2) Centers for Disease Control and Prevention. Pregnancy Risk Assessment Monitoring System. 2022. [LINK](#)
 (3) Byatt et al. *Obstetrics & Gynecology* 126(5):1048-1058, November 2015. [LINK](#)
 (4) Luca et al. *American Journal of Public Health* 110(6):888-89, June 2020. [LINK](#)

Table 2: Facts & Figures (2022)

Population Overview	State		National	
Population (5)	7,377,566		340,110,988	
Number of Live Births (6)	78,547		3,667,758	
Births By Race and Ethnicity (6)	Number	Percent	Number	Percent
American Indian / Alaska Native	3,436	4%	25,631	<1%
Asian	2,748	4%	218,994	6%
Black	4,425	6%	511,439	14%
Native Hawaiian / Pacific Islander	205	<1%	9,833	<1%
White	30,499	39%	1,840,739	50%
Hispanic	34,839	4%	937,421	26%
Important Indicators	State		National	
Births Financed by Medicaid (7)	46%		41%	
Births Financed by Private Insurance (7)	44%		51%	
Cesarean Section Rate (8)	29%		32%	
Preterm Birth Rate (9)	10%		10%	
PRAMS Postpartum Depression Rate (10)	11.7%		12.7%	
Infant Mortality Rate (11)	6.17 / 1,000 live births		5.6 / 1,000 live births	
Maternal Mortality Rate (12)	30 / 100,000 live births		22.3 / 100,000 live births	

- (5) United States Census Bureau. [LINK](#)
 (6) Centers for Disease Control and Prevention. National Vital Statistics Report. Births: Final Data for 2022. [LINK](#)
 (7) KFF. State Health Facts. Birth by Source of Payment for Delivery. 2022. [LINK](#)
 (8) Centers for Disease Control and Prevention. National Center for Health Statistics. Cesarean Delivery Rate by State. 2022. [LINK](#)
 (9) Centers for Disease Control and Prevention. National Center for Health Statistics. Percentage of Births Born Preterm. 2022. [LINK](#)
 (10) Centers for Disease Control and Prevention. Pregnancy Risk Assessment Monitoring System. 2022. [LINK](#)
 (11) Centers for Disease Control and Prevention. National Center for Health Statistics. Infant Mortality by State. 2022. [LINK](#)
 (12) Centers for Disease Control and Prevention. National Center for Health Statistics. Maternal Deaths. 2022. [LINK](#)

Funding for MMHLA's State Fact Sheets is provided by



Table 3: Maternal Mental Health Information and Resources

Academic or Hospital Programs	Phoenix Children’s Hospital Center for Perinatal and Infant Mental Health LINK
CVS Health MinuteClinic®	Licensed therapists are trained in treating MMH conditions and are available in person and virtually LINK
Perinatal Psychiatry Access Program	Arizona Perinatal Psychiatry Access Line (APAL) LINK
Postpartum Support International (PS) Chapter	PSI Arizona Chapter LINK
Policy Center for MMH Report Card	Report Card (Grade: C) LINK
Psychiatry Fellowship Program	N/A
Substance Use During / Following Pregnancy	<ul style="list-style-type: none"> • AZ Pregnant / Parenting Women Resource Guide LINK • Arizona Women’s Recovery Center LINK • University of Arizona - Pregnant and Postpartum Women with Substance Use Disorder Program LINK
Treatment: Inpatient Program	N/A
Treatment: Outpatient Program	N/A
Other	<ul style="list-style-type: none"> • Arizona Maternal Mental Health Advisory Committee Report January 2023 LINK • Maternal Mental Health and Substance Use Related Deaths in Arizona Report (March 2022) LINK • Overview of Maternal Mental Health in Arizona Powerpoint Presentation June 2024 LINK

Table 4: Medicaid Policies Impacting Maternal Health

Medicaid expansion (13)	Yes
Medicaid pregnancy-related extension (14)	Yes
Medicaid coverage for doula services (15)	Action proposed, not taken
Medicaid coverage for home visiting services (16)	No
Medicaid coverage for maternal depression screening (MDS) at well-child visits (WCV) (17)	Recommends MDS Screening at WCV Medicaid reimburses 96160 and 96161
Medicaid State Fact Sheet	KFF Medicaid State Fact Sheet LINK
<p>(13) KFF. Status of Medicaid Expansion Decisions. Nov 2024. LINK</p> <p>(14) KFF. Medicaid Postpartum Coverage Extension Tracker. Jan 2025. LINK</p> <p>(15) Georgetown University McCourt School of Public Policy. State Momentum on Medicaid Doula Coverage. Apr 2024. LINK</p> <p>(16) National Academy for State Health Policy. Medicaid Reimbursement for Home Visiting. May 2023. LINK</p> <p>(17) National Academy for State Health Policy. Medicaid Policies for Caregiver and Maternal Depression Screening During Well Child Visits. Mar 2023. LINK</p>	

Table 5: Additional Maternal-Child Health Information

Child Psychiatry Access Program	Arizona Pediatric Psychiatry Access Line (APAL) LINK
Coalition / Commission / Task Force	Arizona AIM Collaborative LINK Arizona Maternal Health Task Force LINK
Department of Health Services	Women’s and Children’s Health LINK
March of Dimes Information	State Summary LINK ; Report Card (Grade: C) LINK
Maternal Mortality Review Committee	Maternal Mortality Review Program (MMRP) LINK
MIECHV Home Visiting Information	Arizona MIECHV Program FY 2023 LINK
Perinatal Quality Collaborative	Arizona Perinatal Trust LINK (not federally funded)
Title V Block Grant	AMCHP Title V State Profile LINK
University of Michigan	National Perinatal Mental Health Dashboard LINK ; State Profiles LINK

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