FACT SHEET

Connecticut Health FOUNDATION
Changing Systems, Improving Lives.

HEALTH DISPARITIES IN CONNECTICUT

SEVERE MATERNAL MORBIDITY

WHAT IS SEVERE MATERNAL MORBIDITY?

Unexpected, life-threatening complications related to pregnancy are known as severe maternal morbidity (SMM).[1] These complications can have significant short- or long-term consequences on a person's health. Severe maternal morbidity can occur at any time during pregnancy or within one year of childbirth. Severe maternal morbidity is considered highly preventable.

Examples include:


Heart attack


Aneurysm


Eclampsia

PREVALENCE

Severe maternal morbidity rates
per 10,000 deliveries, 2022 [2]

Connecticut rate	107.2
U.S. rate	94.7

37th
CT ranks in the bottom half of the nation for severe maternal morbidity. [3]

5x
In CT, from 2018 to 2020, mothers who experienced severe maternal morbidity were five times more likely to have their fetus or infant die.[4]

For every **maternal death**, there are an estimated 70-80 incidents of **severe maternal morbidity** in the U.S. [5]



Learn more about health disparities and what we can do to improve health for everyone at www.cthealth.org.

RACIAL DISPARITIES

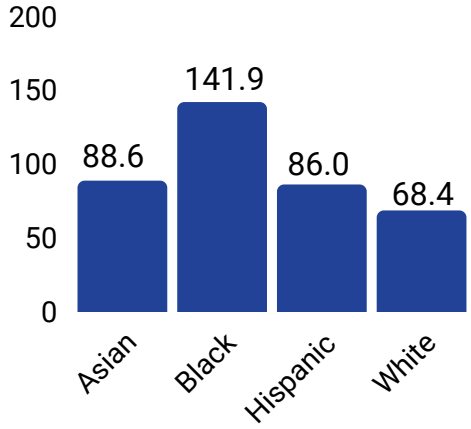
Black women in Connecticut are twice as likely as their white counterparts to experience severe maternal morbidity.

These disparities are rooted in **structural racism** and **discrimination**.

Black women face more barriers to a healthy pregnancy and birth and they are less likely to receive quality, evidence-based, timely care. [7]

Severe maternal morbidity rates in Connecticut by race/ethnicity [6]

per 10,000 births, 2018-2020



WHAT WE CAN DO

One key next step that Connecticut can take to reduce severe maternal morbidity is to **establish a statewide severe maternal morbidity review process.** Regular severe maternal morbidity reviews can be highly effective for identifying trends and opportunities to intervene.

LEARN MORE

CT Health's **Maternal Health Equity: A Blueprint for Connecticut** outlines potential solutions to reduce severe maternal morbidity.

READ THE BLUEPRINT

SOURCES

1 Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP); Division of Reproductive Health, May 15, 2024.
2 America's Health Rankings analysis of U.S. DHHS, AHRQ, Healthcare Cost and Utilization Project, State Inpatient Database via Health Resources and Services Administration, Maternal and Child Health Bureau, Federally Available Data (FAD) Resource Document, United Health Foundation, AmericasHealthRankings.org, accessed 2026.
3 Ibid.
4 Connecticut Department of Public Health, "Connecticut's Severe Maternal Morbidity Report: 2010–2020," 2023 (page 10).
5 Eugene Declercq and Laurie Zephyrin, Severe Maternal Morbidity in the United States: A Primer Commonwealth Fund, Oct. 2021.
6 Connecticut Department of Public Health, "Connecticut's Severe Maternal Morbidity Report: 2010–2020," 2023 (page 11).
7 Connecticut Health Foundation. Maternal health equity: A blueprint for Connecticut. Hartford, CT; Nov. 6, 2025.