

# MATERNAL HEALTH AWARENESS DAY

Welcome to the OH-CAMH newsletter! As we kick off the new year, we want to highlight an important upcoming date: **Maternal Health Awareness Day**, observed on **Tuesday, January 23, 2025**. This day serves as a moment to reflect, honor, and take action to improve maternal health outcomes.

Maternal Health Awareness Day is dedicated to honoring and remembering the mothers we have lost while also recommitting ourselves to taking meaningful action. It serves as a powerful reminder of the importance of listening to moms and families as well as the need for collaboration across public health organizations, community agencies, and healthcare providers/systems to address the root causes of maternal mortality and severe maternal morbidity. In Ohio, efforts such as the work of the Ohio Council to Advance Maternal Health (OH-CAMH) and the findings from the Pregnancy-Associated Mortality Review (PAMR) committee are helping in guiding solutions that improve outcomes for mothers. Maternal Health Awareness Day invites us to reflect on the progress we've made and challenges us to take bold steps forward in our mission to make maternal healthcare safer and more equitable.

## As we approach this day, we challenge each of us to reflect, engage, and act:

- **Reflect:** Acknowledge the barriers we face and the progress we've made in improving maternal mortality. Use this day to reflect on the changes you've implemented in the work you do.
- **Engage and Act:** Challenge yourself to continue to be a part of change for moms. Reevaluate projects that haven't shown improvements, bring more changemakers to the table, listen to those with lived experience, and join groups focused on improving the health of pregnant and postpartum women.

## Call to Action: How You Can Get Involved

### 1. Center Moms

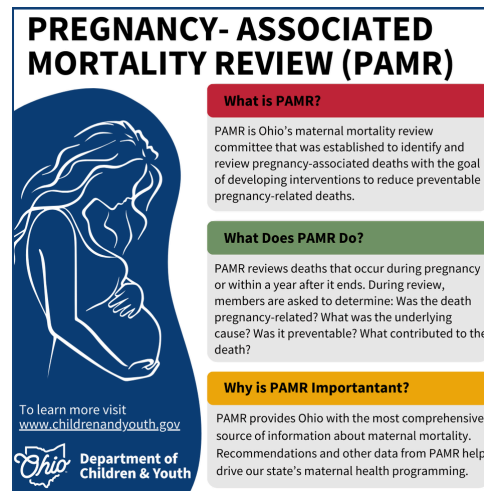
- Make space to ask the moms we serve how we can improve our services to better meet her needs.
- Integrate [Urgent Maternal Warning Signs](#) and/or [HEAR HER](#) resources into your practice or share both resources with your community and facility.

### 2. Set Aside Time to Learn

- Make time to learn more about a maternal health strategy, intervention, or research you've been meaning to explore.
  - [Maternal Health Learning & Innovation Center resources.](#)
  - [Maternal Health Blueprint.](#)
  - [Alliance for Innovation on Maternal Health Community Care Initiative \(AIM CCI\).](#)
  - [National Maternal Mental Health Hotline.](#)
  - [Maternal Mortality Reports and Articles.](#)

### 3. Raise Awareness

- Bring attention to Maternal Health Awareness Day by sharing the infographics below and attached.



- You can also leverage [social media resources](#) from the U.S. Centers for Disease Control and Prevention's (CDC's) Hear Her campaign.

### 4. Join the Effort

- Join a Task Force or Workgroup:** Help shape the future of maternal health in Ohio.
  - [Ohio Council to Advance Maternal Health.](#)
  - [Ohio Perinatal Mental Health Task Force.](#)
  - [Groundwork Ohio Coalitions and Councils.](#)
- Engage with advocacy networks:**
  - [Groundwork Ohio's Advocacy Toolkit.](#)
  - [Center for Community Solutions Maternal & Infant Health.](#)
  - [March of Dimes Get Involved with Advocacy.](#)

### 5. Celebrate and Share Successes

- Learning from one another is a powerful resource for improving Ohio's maternal health outcomes. Whether it's implementation of a best practice, authentic engagement with moms, translating experience to action, or another local effort, your stories of success inspire and inform our collective efforts. Consider submitting a success story or lesson learned to [OHCAMH@childrenand youth.ohio.gov](mailto:OHCAMH@childrenand youth.ohio.gov) for future newsletters.

Together, we can lead efforts to improve maternal health outcomes and reduce disparities. For more information, resources, or ways to get involved, email [OHCAMH@childrenand youth.ohio.gov](mailto:OHCAMH@childrenand youth.ohio.gov).

Thank you for your dedication to advancing maternal health!