



# What's Worrying Moms?

**A Mom Congress report by HealthyWomen and 2020 Mom**

MAY 7, 2019

Mom Congress is partnering with HealthyWomen, the nation's leading independent source for women's health information, to study moms nationwide to pinpoint their top worries. Our goal with this report is to synthesize the chief concerns troubling moms today to help advocates and legislators work together to improve the very real lives of women and their families.

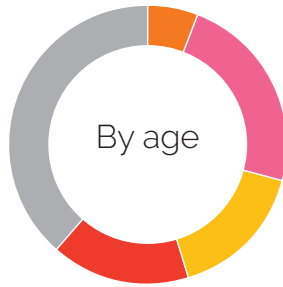
The 2019 Mom Congress has invited hundreds of informed volunteers to canvass Capitol Hill for change. This year the focus is on improving medical and mental health care surrounding birth, as well as creating better supports for moms in the postpartum period. From here, our advocacy will grow into even more policy arenas. To that end, this survey serves as a roadmap to those future policy efforts.

Together, HealthyWomen and the Mom Congress Coalition surveyed a broad spectrum of moms, including stay-at-home and working, mothers with new babies and toddlers, those with high school students and even those with adult children. We asked moms to tell us everything — from how work impacts family life and how they handle child care to how they pay for health care and whether they feel supported by health care professionals.

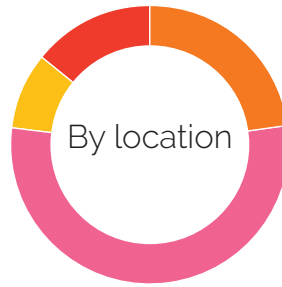
All told, nearly 850 moms shared their concerns with us. This is their story.

[#ItsTimeToSupportMoms](#) [#UseYourMomVoice](#) [#BeHealthier](#)

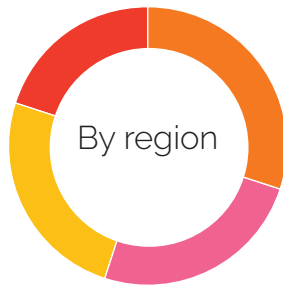
# Who We Surveyed



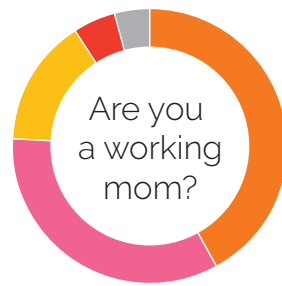
- 6% 20-29
- 23% 30-39
- 16% 40-49
- 16% 50-59
- 38% 60+



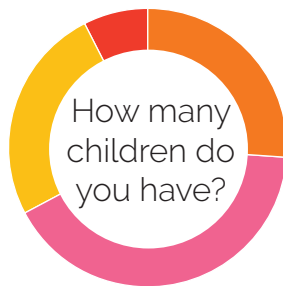
- 23% City
- 54% Suburbs
- 9% Town/Village
- 14% Rural



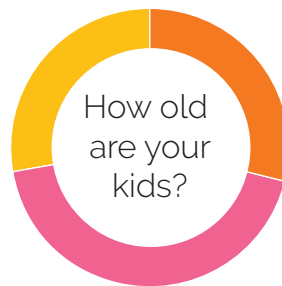
- 30% Northeast
- 25% South
- 25% West
- 20% Midwest



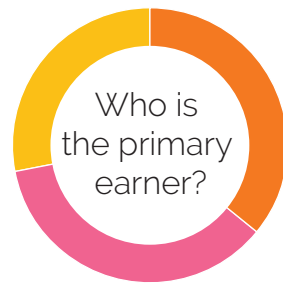
- 42% Stay-at-Home
- 34% Work full-time
- 15% Work part-time
- 5% Consultant
- 4% Business owner



- 29% One
- 45% Two
- 18% Three
- 8% Four or more



- 24% Ages 0 to 3
- 36% Ages 4 to 10
- 23% Ages 11 to 18



Today, women are the primary earner in 40 percent of families nationwide. Here's how our survey stacked up.

- 36% Me
- 36% My partner
- 28% Both equally

Moms who are the primary earner for their family say they worry more about their personal health than other working moms.



# Key Findings

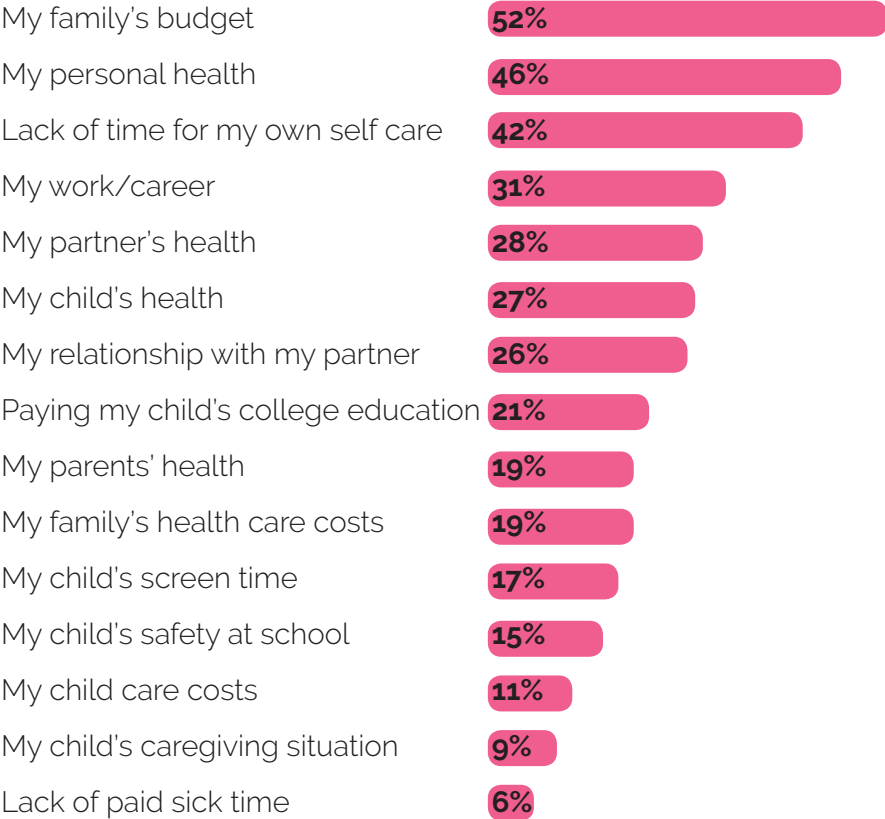
## Who's Stressed? Moms Are.

On any given day, most women (59 percent) say they feel somewhat stressed, while 15 percent feel very stressed. What causes the most headaches for moms is the family budget, followed closely by worries about our own health and that of our partner and children. According to our survey, new moms report feeling the highest pressure to juggle it all.

## What Causes Our Stress?

You name it, we're dealing with it. Here's what stresses us out the most.

Even though 96% of our survey respondents have health insurance, 58% still worry about paying medical bills.

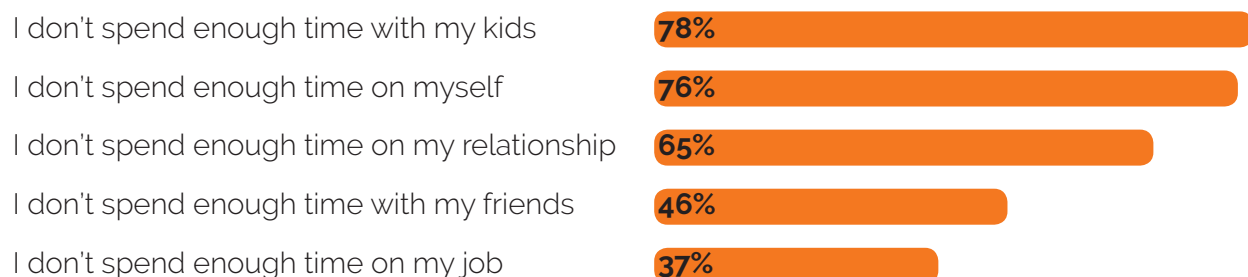


*\*Note respondents could choose more than one answer*

## Our Work Life vs. Personal Life

More than half (51 percent) of the moms we surveyed say they worry about how their work schedule affects their family, with moms with the youngest kids (under age 5) showing the highest level of concern. Notably, women who are the primary earners for their families worry less about the impact of their work schedule than moms who earn equal or less than their partner.

## Top 5 Work Schedule Worries Among Moms



*\*Note respondents could choose more than one answer*

## Pregnancy and Post-Partum

When it comes to new motherhood, most women rank the “first postpartum week after birth,” as the most stressful, with “delivering the baby” and “the year after birth” close behind. Even so, more than 30 percent told us that they felt no support from their health care provider during the first postpartum week after birth, nor during the first year following birth.

Employer support fared even worse among new moms, most of whom say they received no support during their pregnancy (44 percent) and post-partum period (53 percent). Nearly 45 percent reported receiving no support from their employer upon their return to work.

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## Methodology

A total of 842 female respondents, ages 18 years and older, who have children, were surveyed between March 20, 2019 and April 16, 2019.



HealthyWomen is the nation's leading independent, nonprofit health information source for women. Our mission is to educate women to make informed health choices for ourselves and our families. For 30 years, millions of women have turned to HealthyWomen for answers to their most personal health care questions. HealthyWomen provides objective, medically accurate, research-based health information. Consumers, health care professionals, nonprofit and corporate partners and the media trust HealthyWomen as a valued and reliable health information source. Learn more at [HealthyWomen.org](https://HealthyWomen.org).

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Mom Congress is a three-day event that brings together moms and those who support them to talk with government leaders about what matters most in maternal and child health — from the care we receive during pregnancy, birth and the postpartum period to supporting working moms of teens. Our work builds on the momentum of the recent successful efforts addressing maternity care, including reversing the rising maternal mortality rates and health disparities among African American mothers, as well as efforts to identify and treat maternal mental health disorders like postpartum depression. Learn more at [mom-congress.com](https://mom-congress.com).

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