

COVID-19, a tragedy for pregnant women

A total of 338 pregnant women passed away in Mexico due to COVID-19, which makes the pandemic to become the main reason of maternal death in 2020 and 2021

In 10 years' time, seven thousand 685 maternal deaths took place in Mexico, and Congregación Mariana Trinitaria is certain that this kind of deaths should not happen so, through its Welfare Ecosystem Model, it develops strategies and solutions to contribute to the healthcare system in the country; and also to education and food for mothers and their sons.



The desire of becoming a mother died with her. It was 07:45 hours on April 21, 2021; when a vehicle quickly got to the General Hospital "Aurelio Valdivieso" in Oaxaca city. Inside of it, a woman lost the battle against the virus SARS-CoV-2. The baby within died with her, waiting unsuccessfully for the moment to be born.

This way, we get to the day when we celebrate Mother's Day with hundreds of heartbreaking stories. Since the moment the COVID-19 pandemic started in Mexico, 338 pregnant women have passed away as a consequence of it, making that the main cause of death in pregnant women; according to data revealed by the Ministry of Health based on current information updated last April 25.

In 2021, 266 deaths took place due to several reasons, while in 2020, 139 deaths were registered. That shows an increase of 127 deaths (91.3 percent) in 2021 compared to 2020.

Nevertheless, the tragedy of maternal death in Mexico is not something new. In 10 years, seven thousand 685 women passed away while in pregnancy or postpartum period, being 2020 the year with the highest rate for the last eight years, as a consequence of the COVID-19 pandemic.

In numbers



As of April 25, 2021; 52 thousand 523 cases of women in pregnancy or puerperium are in observation due to COVID-19 infections.



30 percent tested positive to COVID-19, and 338 passed away; the lethality rate is 2.14 percent.



From January 1 to April 25, 2021; 21 thousand 260 cases were detected, a total number of five thousand 244 positive cases, and 133 deaths; with a lethality rate of 2.53.



The states with the highest rates on cases of women in pregnancy or puerperium testing positive to COVID-19 are: the State of Mexico with three thousand 198, Guanajuato with one thousand 164, and Nuevo León with one thousand 067.

Maternal deaths per year

Total deaths
7, 685

Year: 2012 - 2013

1, 821 deaths

1, 650 deaths

Year: 2014 - 2015

Year: 2016 - 2017

1, 570 deaths

1, 405 deaths

Year: 2018 - 2019

Year: 2020 - 2021

1, 239 deaths

2021 is a year of mourning for pregnant women

So far this year, 133 deaths were caused by COVID-19, and 30 of them took place in the State of Mexico, 12 in Mexico City, nine in Puebla, and eight in Jalisco; being those ones the states with the highest number of incidences.

Based on that, the states with the highest number of maternal deaths are: State of Mexico with 55 cases, Mexico City with 29 cases, Jalisco with 23 cases, Puebla with 16 cases; and also Michoacán, Nuevo León, and Veracruz with 14 cases each. All of them in total, make 54.1 percent of the deaths registered.

The rate of maternal deaths in 2021 is 50.8 deaths for each 100 thousand births, which represents an increase of 72 percent compared to the numbers registered the same week last year. That gives an idea of the impact of COVID-19 had on maternal mortality in Mexico.

In 2020, the estimated rate of maternal death was 46.6 deaths for each 100 thousand births, which represents an increase of 37.8 percent in contrast with 2019. According to the Ministry of Health, this year 934 women passed away while in pregnancy or postpartum period.

The states with the highest rates in 2020 were: the State of Mexico (121 cases), Chiapas (65), Puebla (51), Jalisco (49), Chihuahua, and Mexico City (45 each). In total, they make 40.3 percent of the deaths registered, being COVID-19 the main cause of death.

The biggest contrast occurs when we compare the deaths in 2019. Based on data provided by the Ministry of Health, that year the rate of maternal mortality was 30 deaths for 100 thousand births, which represented a decrease of 0.3 percent in comparison with the numbers in 2018.

A total number of 695 deaths took place in 2019, being the main causes of death: hypertensive diseases, edema and proteinuria during pregnancy, delivery and puerperium (18.7 percent), obstetrical hemorrhage (18 percent), and abortion (10.5 percent). The State of Mexico registered 31 cases and Chiapas 26; being those states the ones with the highest rates.

CMT and women

In 2020 and so far this year, humanity faced one of the biggest challenges in history, a pandemic that left millions of fatal victims. Nowadays, women in pregnancy or puerperium became a vulnerable group, and as an evidence we can observe the high numbers of maternal deaths registered.

Due to that, Congregación Mariana Trinitaria, A.C. (CMT), through its Welfare Ecosystem Model and its 11 Networks, develops strategies and solutions to avoid as much as possible tragedies such as maternal deaths.

By means of the Network of Health, it collaborates with the government so as to improve the healthcare infrastructure, hospitals and health centers located in far-away areas; to make sure they have the equipment and qualified personnel they need to respond to emergencies in the most efficient way.

Through programs like the one called "Connectivity", CMT promotes home office so that people do not leave home and they also avoid infections.

In the Network of Food, hundreds of thousands of liters of milk were delivered all over the country. Recently, a Milk Bank was opened in the municipality of Durango with the objective of helping mothers who are always concerned for their children's welfare.

Through this and many other actions, CMT collaborates with authorities and civil society, to allow vulnerable people to have a better quality of life, especially mothers who became the main family support.

CMT solutions in the Network of Food



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