

# Postpartum Depression



## Introduction

The Florida Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing surveillance system, designed to collect data on maternal behaviors and experiences before, during, and shortly after pregnancy. Every year, approximately 2,500 new mothers in Florida are randomly selected to participate. In 2010, Florida PRAMS had a total of 1,400 new mothers to participate.

\* Data presented in this fact sheet are weighted to be representative of new mothers and infants in Florida.

## Background

Postpartum depression (PPD) is moderate to severe depression that affects 11 - 18% of women anytime after she has given birth.<sup>1</sup> Women with PPD may experience feelings of guilt, anxiety, irritation, decreased energy and motivation, and a sense of worthlessness. They may also experience sleep difficulties, loss of concentration, and changes in appetite.

Mothers with postpartum depression may also:

- Be unable to care for herself or baby,
- Be afraid to be left alone with her baby, and
- Have negative feelings toward the baby.

This fact sheet exams the prevalence of PPD among new mothers in Florida.

For this analysis postpartum depression was defined by a response of “always”, “often”, or “sometimes” to either one of these questions.

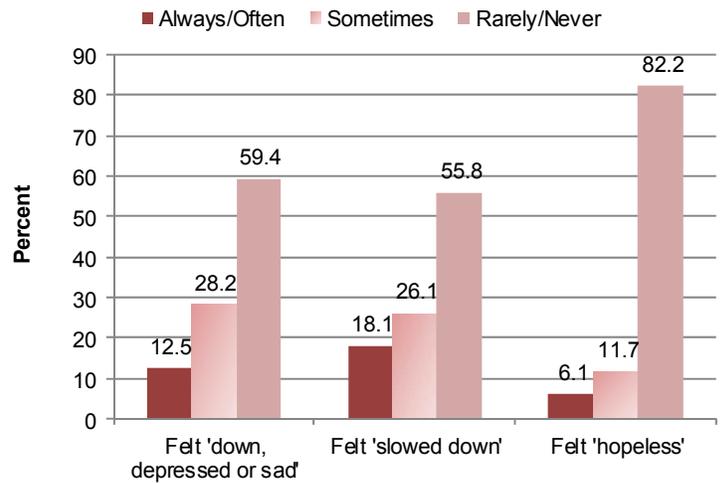
Florida PRAMS participants (who had a recent live birth) were asked the following questions:

- 1) *Since your new baby was born, how often have you felt down, depressed or sad?*
- 2) *Since your new baby was born, how often have you felt hopeless?*
- 3) *Since your new baby was born, how often have you felt slowed down?*

## Results

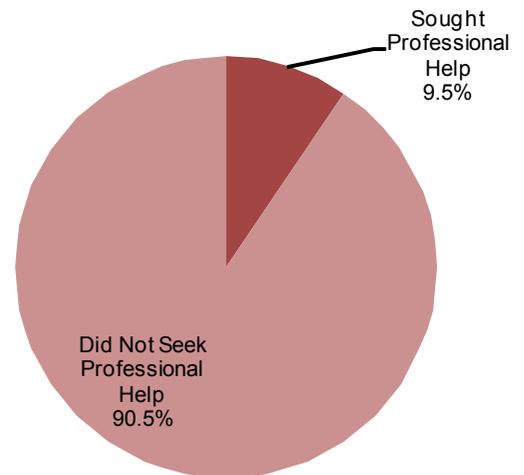
- In 2010, 12.5% of new mothers in Florida reported always/often feeling down, depressed or sad after childbirth; 18.1% reported always/often feeling slowed down after childbirth; and 6.1% reported always/often feeling hopeless after childbirth (Figure 1).
- Among mothers who reported experiencing PPD symptoms, 9.5% sought professional help in 2010 (Figure 2).

**Figure 1. Frequency of Self-Reported Postpartum Depression Symptoms, Florida, 2010**



Source: Florida PRAMS, 2010

**Figure 2. Proportion of Mothers Seeking Help for Postpartum Depression, Florida, 2010**



Source: Florida PRAMS, 2010

- In 2010, 58.8% of Florida mothers reported experiencing PPD symptoms after childbirth.

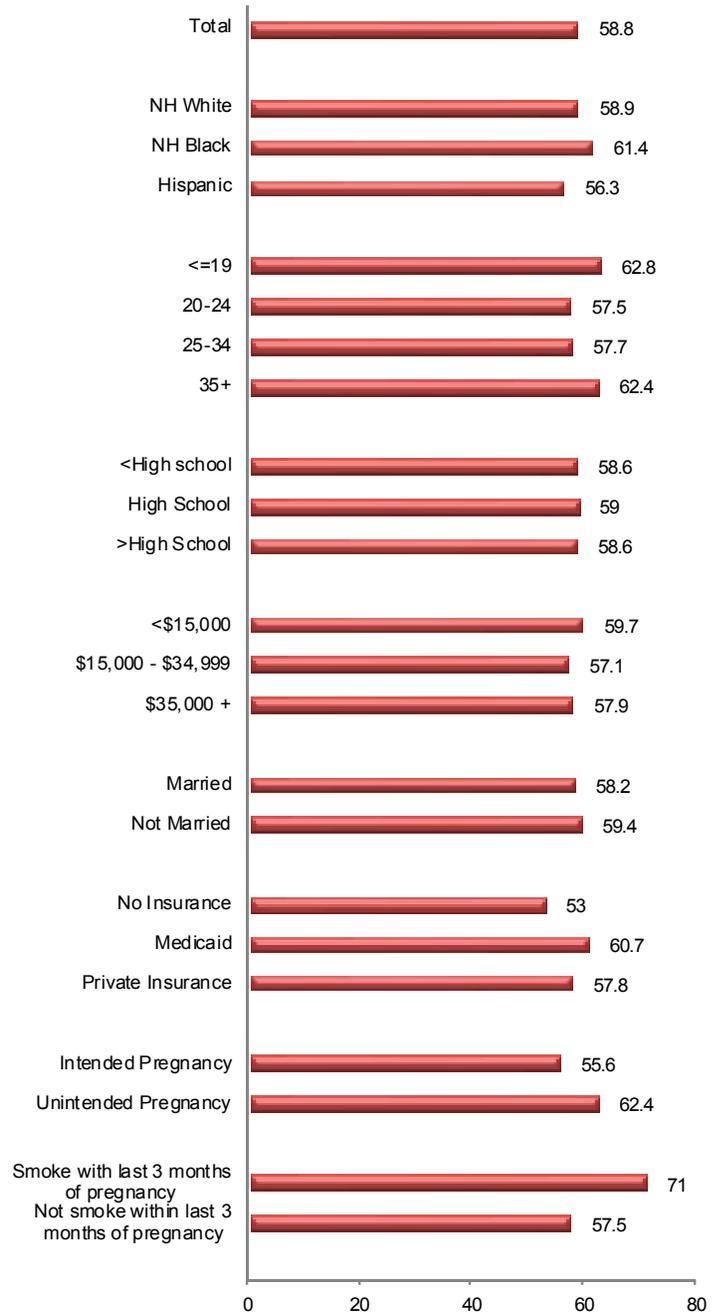
The prevalence of PPD among Florida PRAMS participants are:

- Higher among non-Hispanic (NH) black mothers compared to non-Hispanic white and Hispanic mothers.
- Higher among mothers 19 years and younger closely followed by mothers aged 35 years and older.
- Comparable across educational levels.
- Higher among mothers with an annual family income less than \$15,000 per year compared to mothers with an annual family income above \$15,000.
- Slightly higher among unmarried mothers compared to their married counterparts.
- Higher among mothers with Medicaid compared to mothers with private insurance and no insurance.
- Higher among mothers with unintended pregnancies compared to mothers whose pregnancy was intended.
- Significantly higher among mothers with who smoked within the last three months of pregnancy compared to mothers who did not (Figure 3).

### Summary

- More than 58% of moms in Florida experienced PPD symptoms months after childbirth in 2010. Among mothers who reported experiencing PPD symptoms 9.5% sought professional help.
- The proportion of mothers who experiencing PPD symptoms were higher among non-Hispanic black mothers, mothers 19 years and younger, mothers with a high school education, mothers with annual family incomes of less than \$15,000, unmarried mothers, mothers with Medicaid, mothers with an unintended pregnancy, and mothers who smoked within the last three months of pregnancy.

**Figure 3. The Prevalence of Postpartum Depression, Florida, 2010**



Source: Florida PRAMS, 2010

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### Selected Citation

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