

Postpartum Depression Among Mississippi Women in 2020

Introduction

- Many new moms experience "**baby blues**" after childbirth, which commonly includes mood swings, crying, restlessness, anxiety and difficulty sleeping. These are **hormonal changes** that go away within the first two weeks after giving birth.
- The baby blues can be normal, but if the symptoms get worse or don't go away after two weeks, the mom may be experiencing **postpartum depression (PPD)**.
- PPD affects **13% of mothers** in the United States and can have a major impact on their lives and those of their children.
- The **Pregnancy Risk Assessment Monitoring System (PRAMS)** is an ongoing, population-based surveillance sponsored by the Centers for Disease Control and Prevention and the Mississippi State Department of Health. PRAMS participants are randomly selected between 2 and 6 months **postpartum**.
- In this study we analyzed Mississippi PRAMS data from 1,012 women who had a live birth in 2020 in Mississippi to assess **postpartum depression**.

Postpartum Depression in Mississippi in 2020

- Approximately 21% of women reported postpartum depressive symptoms. (Figure 1)
- Women with **lower income** reported a **significantly higher** percentage of PPD compared to women with higher income. (Figure 2)
- The percentage of PPD was **highest** among women **under the age of 20 years, Black women, those who were not married and those with less than high school education**; however, the differences were not statistically significant. (Figure 2)

Definitions

- In this report, women were categorized as having reported **postpartum depression (PPD) symptoms** if they answered 'Always' or 'Often' to either of these questions:
 1. "Since your new baby was born, how often have you felt down, depressed, or hopeless?"
 2. "Since your new baby was born, how often have you had little interest or little pleasure in doing things?" (Answer options included: always, often, sometimes, rarely, never)
- In this report, estimates for women who reported their race to be anything other than White or Black are suppressed due to low response.
- The difference between two estimates is considered **statistically significant** (also stated as "significantly higher/lower" or "significant" in this fact sheet) if the 95% confidence intervals do not overlap.

Figure 1. Prevalence of PPD, MS, 2020

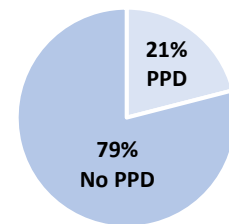
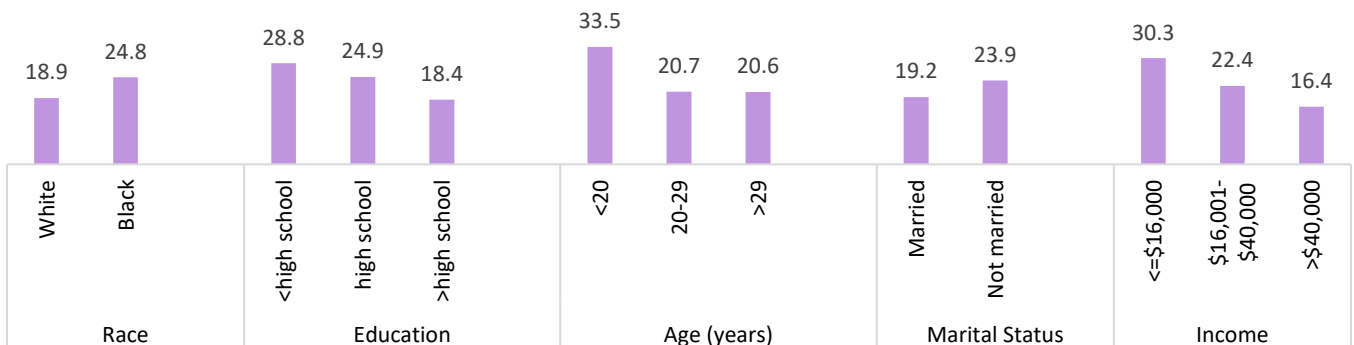


Figure 2. Prevalence of PPD among Mississippi Women by Demographic Characteristics (%)



References

- 1) Manso-Córdoba S, Pickering S, Ortega MA, Asúnsolo Á, Romero D. Factors Related to Seeking Help for Postpartum Depression: A Secondary Analysis of New York City PRAMS Data. Int J Environ Res Public Health. 2020 Dec 13;17(24):9328. doi: 10.3390/ijerph17249328. PMID: 33322171; PMCID: PMC7763494.
- 2) Centers for Disease Control and Prevention. PRAMS. <https://www.cdc.gov/reproductivehealth/depression/index.htm#Postpartum>

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