

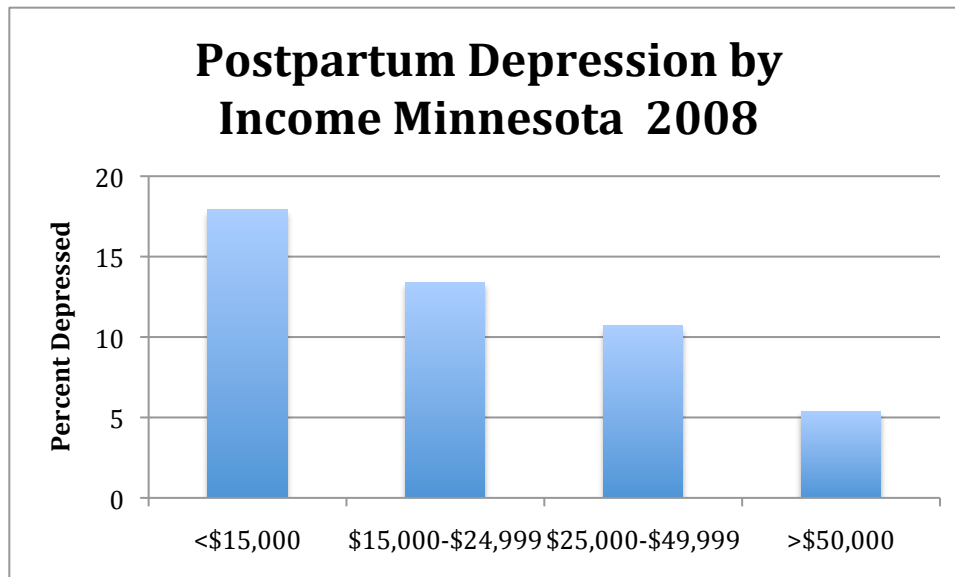
## Maternal Depression in Minnesota

It is estimated that more than half of all new mothers experience the 'baby blues' (feeling overwhelmed and extremely fatigued) after the birth of their baby. For 10% to 20% of new mothers, though, the blues do not lift after a week or two. Instead, these mothers experience severe and longer-lasting depression, which can affect their baby's health and development.

A nationally conducted survey of new mothers collects annual data on a variety of issues. Based on the self-report survey in Minnesota, approximately 10% of new mothers experienced feelings of depression and hopelessness after the birth of their baby in 2008.

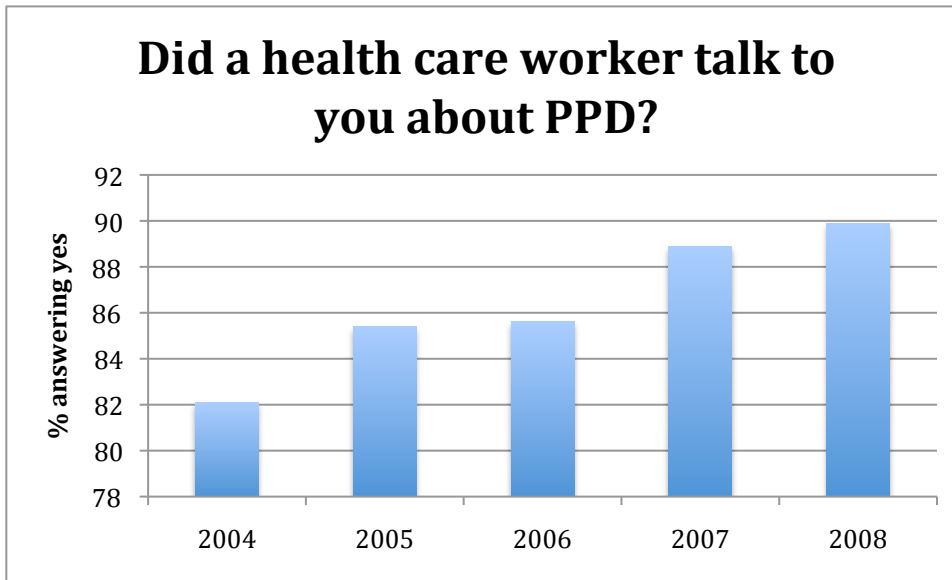
Some groups of women are more susceptible to developing postpartum depression (PPD) than others.

- Income is highly correlated with PPD. Researchers believe the high levels of stress associated with low incomes (unsafe neighborhoods, poor housing, etc.) triggers or exacerbates depression in many families.



- Women with less than a high school diploma are more than four times likely to experience PPD.
- African American mothers and American Indian mothers are more than twice as likely to experience PPD.

State legislation passed in 2005 requires hospitals and other health care providers to share information about PPD with new families. Data from the PRAMS indicates increasing numbers of new mothers report receiving information about PPD.



However, women in the highest risk groups report the lowest rate of receiving the information.

**Percent of Women Reporting They Did Not Receive Information about PPD from their Health Care Provider**

American Indian	16%
High School Diploma Only	12%
Not Married	12%
Income less than \$15,000/year	13%

Source: PRAMS 2008

Data Source:

Minnesota Pregnancy Risk Assessment Monitoring System (PRAMS), Center for Health Statist, Office of Health Policy, Statistics and informatics, <http://www.health.state.mn.us/divs/cfh/prams/>  
 Personal Communication, MDH, staff, August 2010

Other:

Center on the Developing Child at Harvard University. (2009). *Maternal Depression Can Undermine the Development of Young Children*. Working Paper No. 8: <http://developingchild.harvard.edu/>

