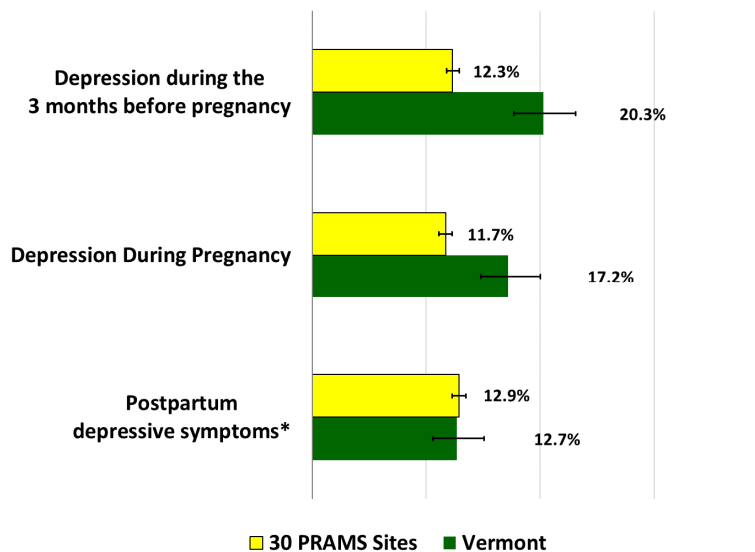


This is a report on maternal depression. Depression is a serious mood disorder that may last for weeks or months at a time. Postpartum depression is depression that occurs after having a baby. Feelings of postpartum depression are more intense and last longer than those of “baby blues,” a term used to describe the worry, sadness, and tiredness many women experience after having a baby.¹

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey of women who recently gave birth that asks about their experiences, behaviors and healthcare utilization before, during and shortly after their pregnancy. Vermont has participated in PRAMS since 2001. The 30 PRAMS sites that met or exceeded the response rate threshold for 2016ⁱ are included in overall estimates. Results presented in this report include responses to questions asked by all PRAMS sites.

Maternal Depression Before, During, and After Pregnancy, PRAMS 2016

Vermont mothers reported significantly higher rates of depression before and during pregnancy but did not report a higher rate of postpartum depressive symptoms.



*Defined as “always” or “often” feeling down, depressed, or hopeless or having little interest or little pleasure in doing things she usually enjoyed since delivery

Screening for Depression Among Women Who Had Health Care Visits

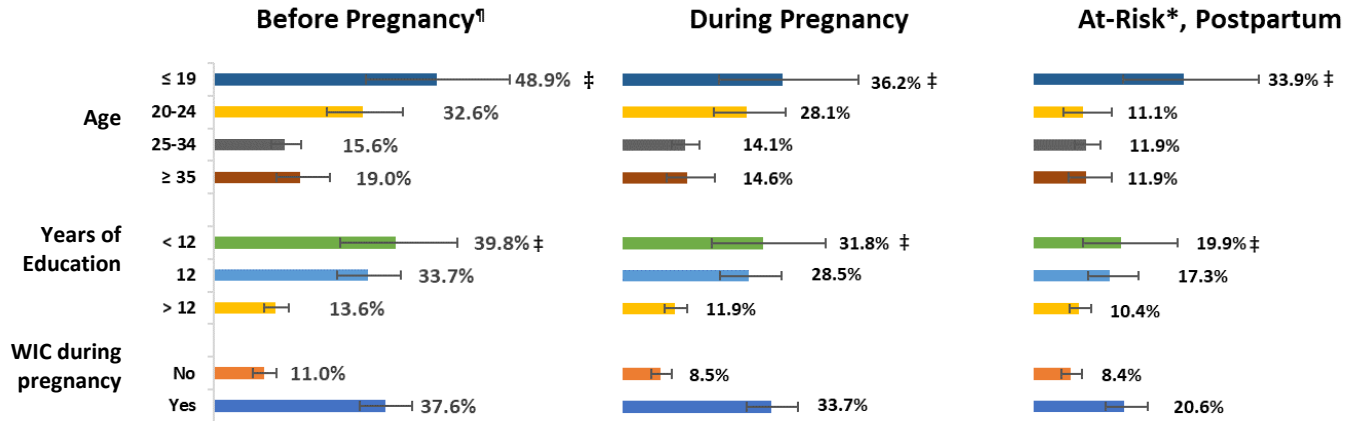
Vermont had higher rates of depression screening at health care visits than the all-PRAMS rate.

PRAMS Indicator	Vermont 2016 ⁱⁱ	30 PRAMS Sites 2016 ⁱⁱ
Asked by a health care worker in the 12 months before pregnancy if feeling down or depressed	58.8 (55.1 – 62.4)	47.1 (46.1 – 48.1)
Asked by a health care worker during a prenatal care visit if feeling down or depressed	86.7 (84.3 – 88.8)	74.3 (73.5 – 75.1)
Asked by a healthcare worker during the postpartum checkup if feeling down or depressed	93.3 (91.3 – 94.8)	82.4 (81.6 – 83.0)

Women who reported depression before[¶] or during pregnancy, or postpartum depressive symptoms*, by maternal characteristics — Vermont PRAMS, 2016

Among Vermont mothers, rates of depression before and during pregnancy were higher among younger women, women without any college education, and those enrolled in WIC during pregnancy. WIC enrollees were also significantly more likely to report postpartum depressive symptoms.

Women under 20 were more likely to report postpartum depressive symptoms, though this should be interpreted with caution due to a small number of women within that age group.



[¶] 3 months before pregnancy

*Defined as “always” or “often” feeling down, depressed, or hopeless or having little interest or little pleasure in doing things she usually enjoyed since delivery

‡ < 60 respondents; may not be reliable

Resources

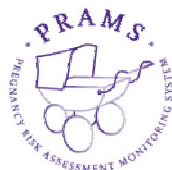
Maternal Depression: <http://www.healthvermont.gov/family/pregnancy/maternal-depression>

Depression During and After Pregnancy: <https://www.cdc.gov/features/maternal-depression/index.html>

Postpartum Depression Facts: <https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>

References:

1. Depression During and After Pregnancy: <https://www.cdc.gov/features/maternal-depression/index.html>
2. Healthy People 2020 Objectives: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

<https://www.cdc.gov/prams>

ⁱ For 2016, the response rate threshold was 55%.

ⁱⁱ Weighted Percentage (95% Confidence Interval)