



Maternal Mental Health

New Jersey — PRAMS, 2016



Background

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

Pregnancy Risk Assessment Monitoring System (PRAMS)

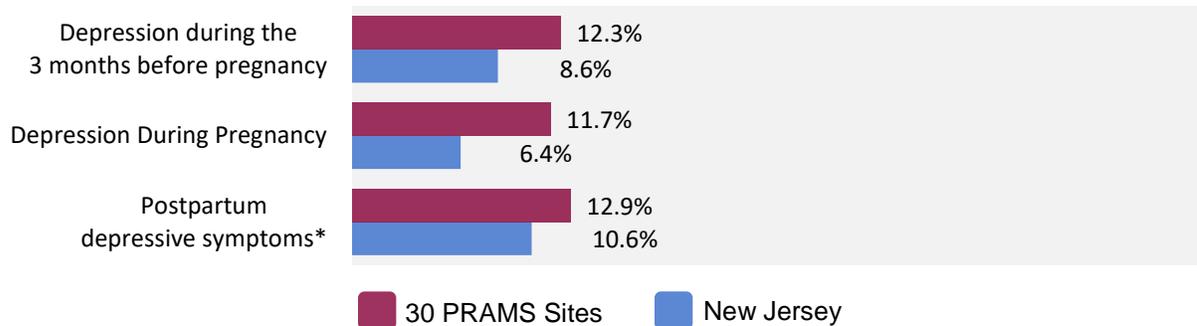
NJ Pregnancy Risk Assessment Monitoring System (PRAMS) is a joint project of the NJ Department of Health and the Centers for Disease Control and Prevention (CDC). Information from PRAMS is used to help plan better health programs for NJ mothers and infants. One out of every 50 mothers are sampled each month, when newborns are 2-6 months old. Survey questions address their feelings and experiences before, during, and after pregnancy. The PRAMS sample design oversamples smokers and minorities. Data are weighted to give representative estimates of proportions in specific categories and of actual persons. Almost 24,000 NJ mothers were included between 2002-2017, with an average response rate of 70%.

Maternal Mental Health National Goal

**Healthy People
2020 Objective²**

MICH-34 – (Developmental) Decrease the proportion of women delivering a live birth who experience postpartum depressive symptoms

Maternal Depression Before, During, and After Pregnancy



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

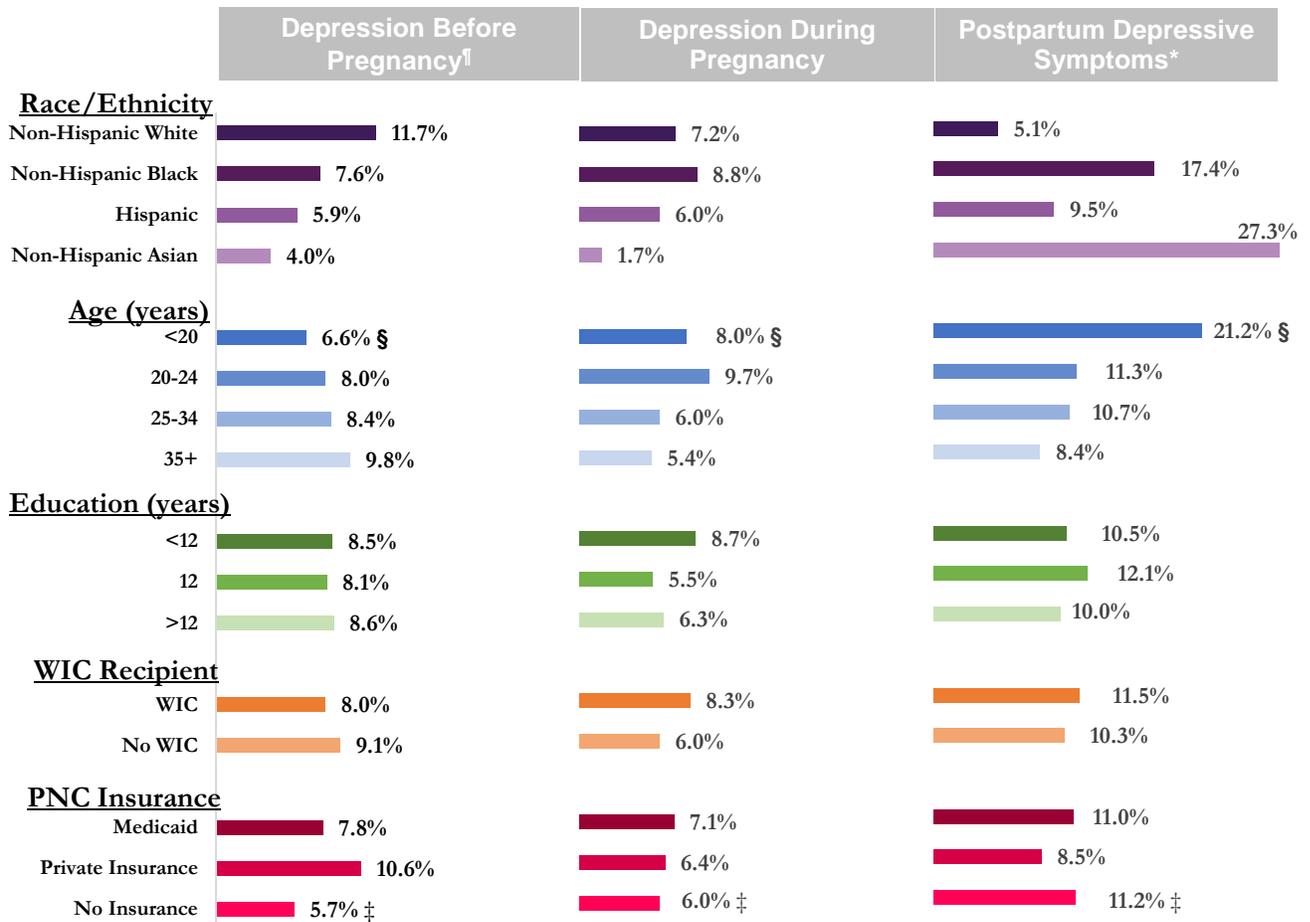
Screening for Depression Among Women Who Had Health Care Visits

PRAMS Indicator	New Jersey 2016 % †	30 PRAMS Sites 2016 % †
Asked by a health care worker in the 12 months before pregnancy if feeling down or depressed	36.5	47.1
Asked by a health care worker during a prenatal care visit if feeling down or depressed	70.7	74.3
Asked by a healthcare worker during the postpartum checkup if feeling down or depressed	82.5	82.4

† Weighted Percentage

New Jersey PRAMS: Maternal Mental Health

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



Abbreviations: NH=Non-Hispanic, WIC = Special Supplemental Nutrition Program for Women, Infants, and Children

*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

¶ 3 months before pregnancy

§ < 60 respondents; may not be reliable

‡ < 20 respondents; may not be reliable

Summary

- In New Jersey, 8.6% of PRAMS respondents reported depression before pregnancy, 6.4% reported depression during pregnancy, and 10.6% reported postpartum depressive symptoms.
- More than a third (36.5%) of women in New Jersey were screened for depression before pregnancy, almost three quarters (70.7%) were screened for depression during pregnancy, and most (82.5%) were screened for depression after pregnancy.
- Women who reported depression before pregnancy were more likely to be NH White (11.7%), 35 years of age or older (9.8%), not a WIC participant (9.1%), and have private insurance (10.6%). Depression during pregnancy was most common among NH Blacks (8.8%), women 20-24 years of age (9.7%), those with less than a high school education (8.7%), WIC participants (8.3%), and Medicaid recipients (7.1%). Women who reported postpartum depressive symptoms were more likely to be NH Asian (27.3%), less than 20 years of age (21.2%), have a high school education (12.1%), participate in WIC (11.5%), and have no insurance (11.2%).

New Jersey PRAMS: Maternal Mental Health

Resources

Mental Health Concerns for New Parents - <https://nj.gov/health/fhs/maternalchild/mentalhealth/>

Helpline – 1-800-328-3838 – Free, operates 24/7, and is available anywhere in NJ. Trained counselors can offer help on a variety of topics including postpartum 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>

To learn more about PRAMS methods and to see data availability by state and year visit: <https://www.cdc.gov/prams>
For more information on NJ PRAMS: <http://www.nj.gov/health/fhs/maternalchild/outcomes/prams/>

