



Maternal Mental Health

South Dakota — PRAMS, 2017

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)

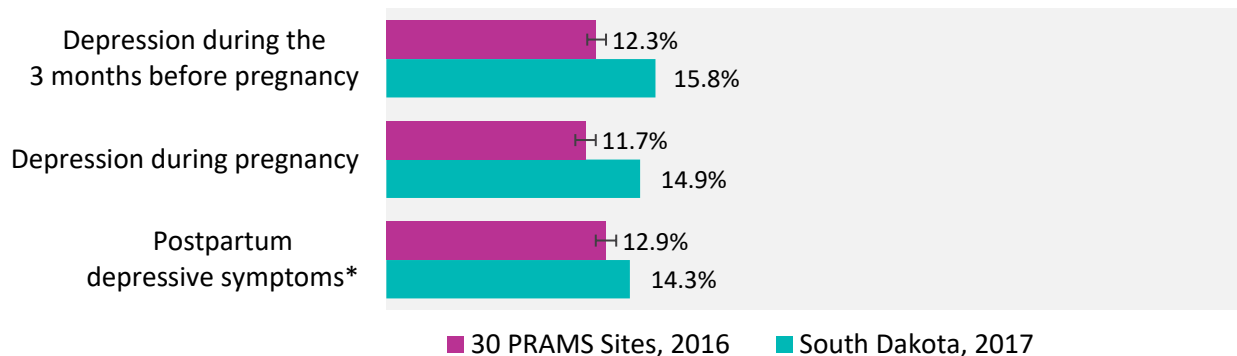
PRAMS collects site-specific, population-based data on maternal attitudes and experiences before, during, and shortly after delivery. PRAMS surveys are typically completed 3 to 6 months after delivery. PRAMS sites that met or exceeded the response rate thresholds for 2016 (55%) are included in overall estimates and the South Dakota weighted response rate was 67%. Results presented in this report include responses to “Core” questions (asked by all PRAMS sites).

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



*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. Note: Bars display 95% Confidence Intervals

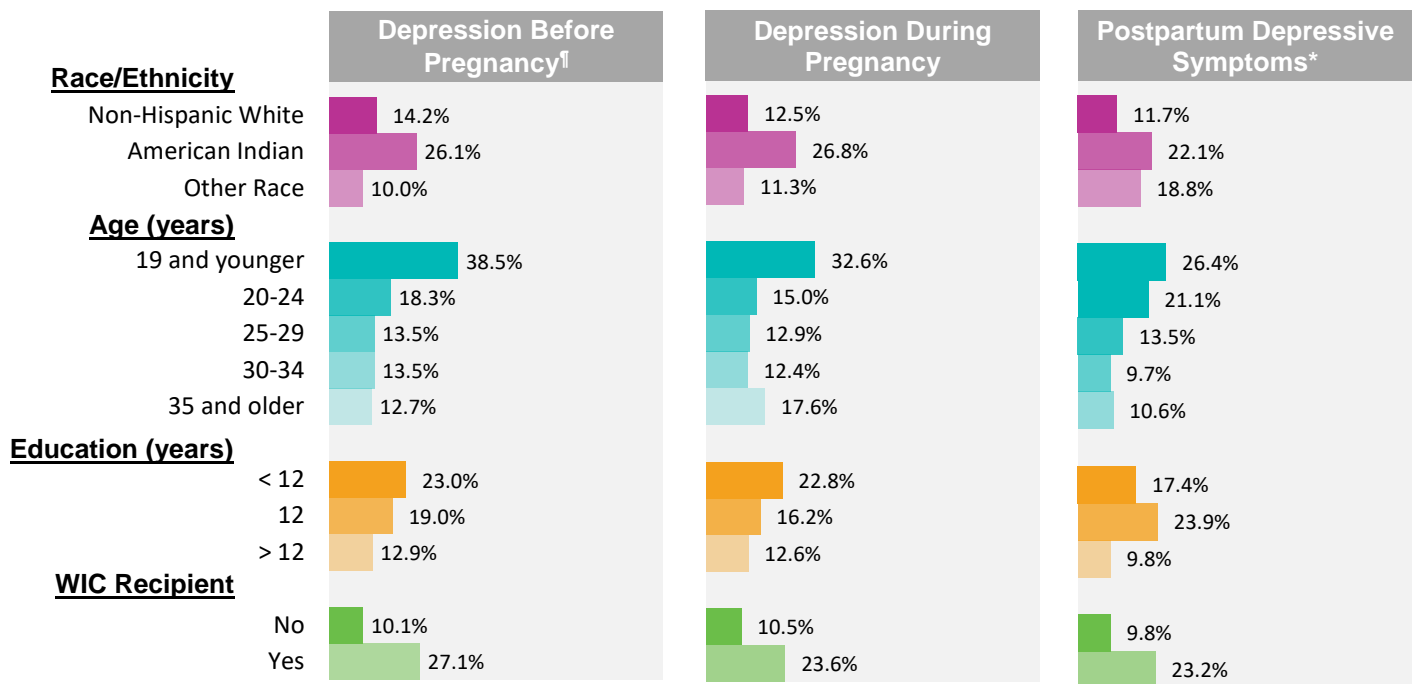
Screening for Depression Among Women Who Had Health Care Visits

PRAMS Indicator	South Dakota 2017†	30 PRAMS Sites 2016†
Asked by a health care worker in the 12 months before pregnancy if feeling down or depressed	60.2 (56.1 – 64.3)	47.1 (46.1 – 48.1)
Asked by a health care worker during a prenatal care visit if feeling down or depressed	88.0 (85.8 – 90.2)	74.3 (73.5 – 75.1)
Asked by a healthcare worker during the postpartum checkup if feeling down or depressed	92.0 (90.5 – 93.9)	82.4 (81.6 – 83.0)

† Weighted Percentage (95% Confidence Interval)

South Dakota PRAMS: Maternal Mental Health

Women who reported depression before[†] or during pregnancy, or postpartum depressive symptoms*, by maternal characteristics — South Dakota, 2017



Abbreviations: 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

Summary

Based on results from the South Dakota PRAMS:

- About one in seven PRAMS respondents reported depression before pregnancy (15.8%), during pregnancy (14.9%), and or postpartum depressive symptoms (14.3%).
- Overall, over half of women were screened for depression before pregnancy (60.2%), about more than three quarters were screened for depression during pregnancy (88.0%), and most were screened for depression after pregnancy (92.0%).

Resources

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>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES