



# Maternal Mental Health

## Illinois — 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.<sup>1</sup>

### Pregnancy Risk Assessment Monitoring System (PRAMS)

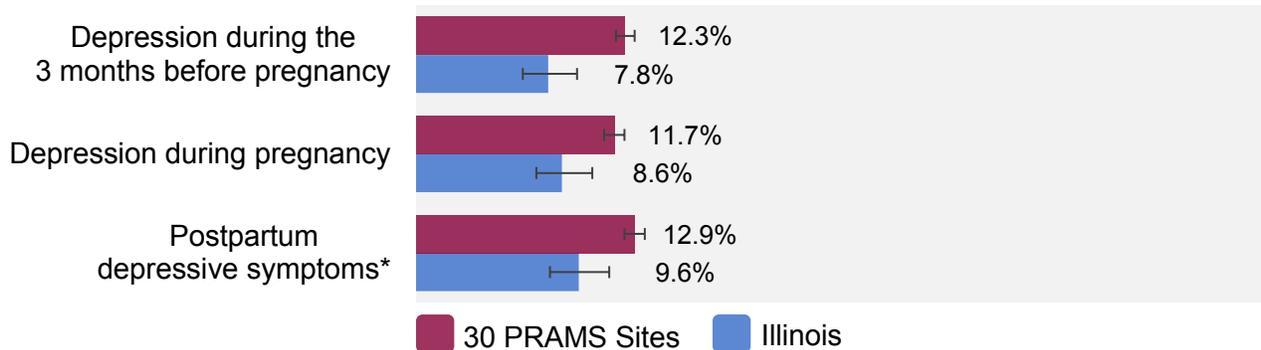
PRAMS collects site-specific, population-based data on maternal attitudes and experiences before, during, and shortly after delivery. PRAMS surveys are typically completed three to six months after delivery. PRAMS sites that met or exceeded the response rate threshold for 2016 (55%) are included in overall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

### Maternal Mental Health National Goal

**Healthy People  
2020 Objective<sup>2</sup>**

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

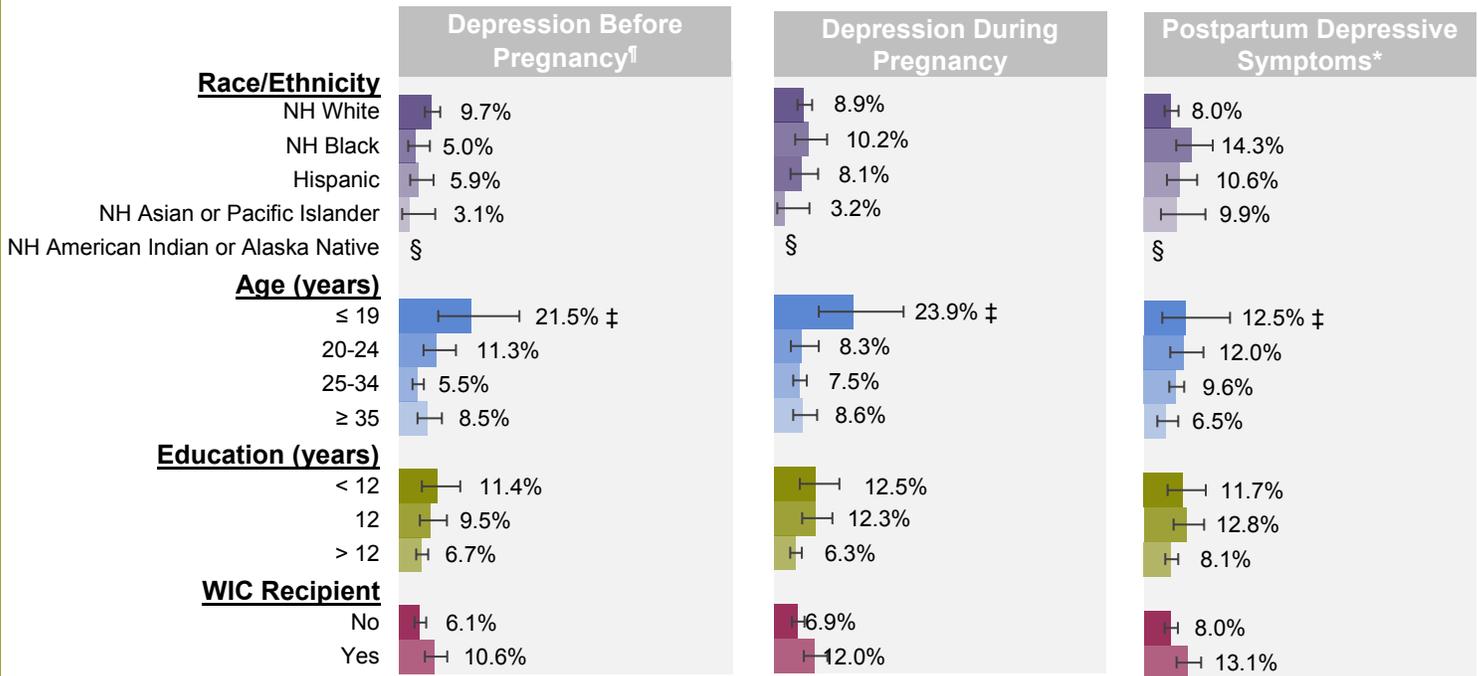
### Screening for Depression among Women Who Had Health Care Visits

PRAMS Indicator	Illinois 2016 % (95% Confidence Interval)	30 PRAMS Sites 2016 % (95% Confidence Interval) <sup>†</sup>
Asked by a health care worker in the 12 months before pregnancy if feeling down or depressed	50.0 (46.5 – 53.4)	47.1 (46.1 – 48.1)
Asked by a health care worker during a prenatal care visit if feeling down or depressed	77.8 (75.3 – 80.2)	74.3 (73.5 – 75.1)
Asked by a healthcare worker during the postpartum checkup if feeling down or depressed	88.8 (86.8 – 90.6)	82.4 (81.6 – 83.0)

<sup>†</sup> Weighted Percentage (95% Confidence Interval)

# Illinois PRAMS: Maternal Mental Health

## Women who reported depression before<sup>¶</sup> or during pregnancy, or postpartum depressive symptoms\*, by maternal characteristics — Illinois, 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

§ < 30 respondents; not reported

‡ < 60 respondents; may not be reliable

Note: Bars display 95% Confidence Intervals

## Summary

Based on results from the estimates:

- Illinois PRAMS respondents reported depression before pregnancy (7.8%), during pregnancy (8.6%), and postpartum (9.6%) at lower rates compared to the 30 PRAMS sites.
- In Illinois, half of women were screened for depression before pregnancy (50.0%), three quarters were screened for depression during pregnancy (77.8%), and nearly 9 of 10 were screened for depression after pregnancy (88.8%).

## 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