

# Postpartum Depression in Illinois

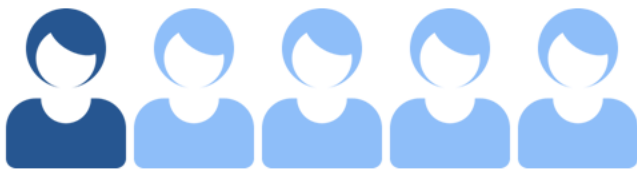
## What is Postpartum Depression?

- A mood disorder in women after childbirth
- Symptoms include feelings of extreme sadness, anxiety, and exhaustion that may make it difficult to complete daily activities
- The feelings are more intense and last longer than those of “baby blues,” a term used to describe worry, sadness, and tiredness many women experience after the birth of a baby
- It does not have a single cause, but results from a combination of physical and emotional factors

## Why is it important?

- Without treatment, postpartum depression can last up to months or years
- There are long term consequences for mother’s and baby’s health
- It may interfere with the mother’s ability to connect with and care for her baby
- It may cause the baby to have problems with sleeping, eating, and behavior
- There are effective treatment options, including counseling and medication

In Illinois, **1 in 5** new moms experience postpartum depression



That’s **30,000** women each year

Enough to fill almost **100** commercial airplanes!



## Women in Illinois are more likely to experience postpartum depression if they:



Live in a Rural Area



Do not have a high school degree



Experienced domestic abuse



Are low income



Are under 20 years old



Had a low birth weight infant



Smoked before pregnancy



Risks are greater if you have **more than one** factor. For example, women who are younger than 20 and live in rural areas have the highest rates (about 2 in 5)

**Questions?**  
Contact the Illinois Department of Public Health

Office of Women’s Health & Family Services  
DPH.MCH@illinois.gov



# Postpartum Depression in Illinois



Many women are afraid to admit they have symptoms or to seek any help because of shame



Only **3 in 5** women with postpartum depression are diagnosed and only **1 in 5** receive treatment



Stressful events, relationship problems, little social support, poverty, and lack of education can intensify symptoms



## Resources

### Know the Signs

- Depressed mood or mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Eating less or more than usual
- Inability to sleep or sleeping too much
- Fatigue or loss of energy
- Less interest and pleasure in activities
- Intense irritability and anger
- Severe anxiety and panic attacks
- Feelings of worthlessness
- Reduced ability to think clearly
- Thoughts of harming yourself or baby

### Seek Help

If you or someone you know shows signs, call:

**Postpartum Depression Alliance of Illinois:**  
**1-847-205-4455**

**North Shore University Health System 24/7 hotline:**  
**1-866-364-6667**

**Illinois DocAssist**  
**1-866-986-2778**

**National Alliance for the Mentally Ill**  
**1-800-950-6264**

**For more information, please visit:**  
<http://www.dph.illinois.gov/topics-services/life-stages-populations/maternal-child-family-health-services/maternal-health>

### Data Sources and Methodology

#### Illinois Pregnancy Risk Assessment Monitoring Survey (PRAMS), 2012-2013

PRAMS is a mail and phone survey of new moms that is completed three-four months after the birth of their baby. PRAMS is weighted to be representative of all Illinois new mothers. Women reported how often they felt sad/hopeless, whether they had been diagnosed with depression, and whether they were receiving any treatment for depression.

Learn more at: <http://www.dph.illinois.gov/data-statistics/prams>

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