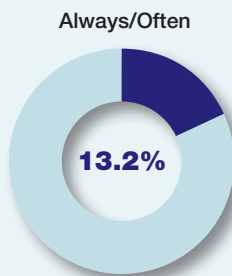


Self-reported symptoms of postpartum depression in the United States, 2018

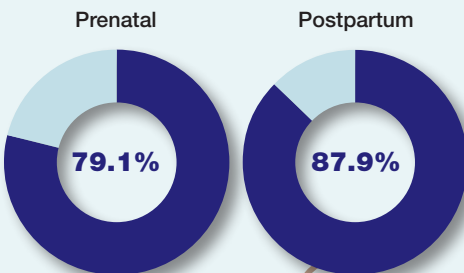
The Pregnancy Risk Assessment Monitoring System (PRAMS) includes 50 sites that collect self-reported maternal behaviors and experiences around the time of pregnancy. PRAMS 2018 data from 32,659 women who had a live birth at 31 of these sites indicated that approximately 1 in 8 women reported experiencing postpartum depressive symptoms.

PRAMS Survey

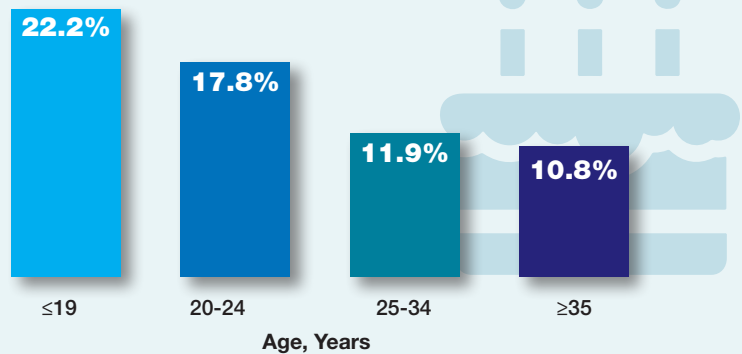
Q: Since your baby was born, how often have you felt down, depressed, or hopeless? How often have you had little interest or pleasure in doing things?



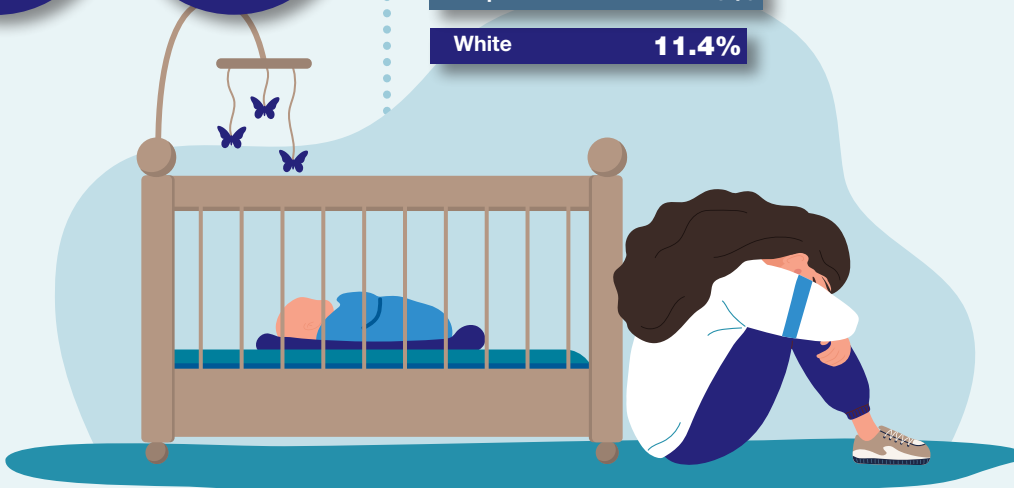
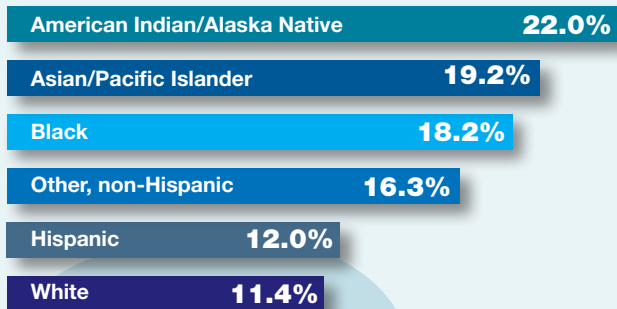
Q: Did a doctor, nurse, or health care worker ask you if you were feeling down or depressed?



Reported depressive symptoms decreased with age



American Indian/Alaska Native women reported the highest rates of depressive symptoms



Source: Bauman BL, Ko JY, Cox S, et al. Vital signs: postpartum depressive symptoms and provider discussions about perinatal depression—United States, 2018. *MMWR Morb Mortal Wkly Rep.* 2020;15;69:575-581. doi: 10.15585/mmwr.mm6919a2