

Maternal Mental Health

Virginia- PRAMS 2021



Background

Maternal mental health refers to the emotional well-being of women during pregnancy and the postpartum period, encompassing the psychological and social aspects of their experiences as mothers. It is a critical component of overall maternal health, recognizing that mental well-being profoundly influences not only the mother's quality of life but also the health and development of her child. Perinatal mental health conditions are the leading cause of maternal mortality or pregnancy-related death in the United States.¹ Previous PRAMS Virginia data (2016) show that about 1 in 8 PRAMS respondents reported depression before pregnancy (12.3%), during pregnancy (11.7%), and/or experienced postpartum depressive symptoms (12.9%).² Addressing maternal mental health is essential for promoting healthy outcomes for both mothers and their infants, fostering positive parent-child relationships, and creating a foundation for the well-being of families.

Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS collects site-specific, population-based data on maternal experiences and behaviors before, during, and shortly after pregnancy. Women are sampled for PRAMS between 2 and 6 months after having a live birth.

Screening for Depression Among Women [◇] Who Had Health Care Visits

PRAMS Indicator	Virginia 2016 % (95% CI) ¶	Virginia 2021 % (95% CI) ¶
Asked by a health care worker in the 12 months before pregnancy if feeling down or depressed	51.3 (45.3 - 57.2)	53.2 (46.6-59.8)
Asked by a health care worker during a prenatal care visit if feeling down or depressed	76.9 (72.6 - 80.7)	75.7 (71.0-80.3)
Asked by a healthcare worker during the postpartum checkup if feeling down or depressed	87.7 (84.0 - 90.7)	92.3 (89.3-95.3)



26.5% of Medicaid recipients reported depression **prior to pregnancy**, compared with 9.6% of those with private insurance.

[◇] Women with a recent live birth

[¶] Weighted percent (95% Confidence Interval)

Women Who Reported Depression During Their Most Recent Pregnancy, by Characteristics – Virginia, 2021

Characteristics	Reported Depression <u>During their Most Recent Pregnancy</u> % (95% CI)¶	Reported Symptoms of <u>Postpartum Depression</u> % (95% CI)¶
Maternal Race/Ethnicity		
Non-Hispanic White	16.1 (10.8-21.5)	9.1 (4.9-13.4)
Non-Hispanic Black	27.0 (14.9-39.1)	11.6 (3.5-19.8)
Hispanic	14.2 (3.9-24.5)^	11.3 (2.8-19.9)^
Non-Hispanic Asian or Pacific Islander	4.3 (0-12.3)^	31.1 (10.3-51.8)^
Non-Hispanic American Indian or Alaska Native	#	#
Another race	0.9 (0.0-2.5)^	12.6 (0.0-36.2)^
Insurance		
Private	13.1 (8.1-18.0)	10.4 (5.9-14.9)
Medicaid	26.6 (15.2-38.0)	12.0(3.9-20.2)
Other	10.4 (1.0-19.8)^	5.0 (0.0-11.4)^
None	18.0 (5.3-30.7)^	21.2 (8.0-34.3)^
Income		
\$24,000 or less	27.8(16.0-39.6)	13.2 (4.5-21.9)^
\$24,001-\$57,000	21.9 (11.8-31.9)	15.4 (6.6-24.3)
More than \$57,000	9.2 (4.9-13.5)	7.3 (3.5-11.1)

◇ * ¶ See footnotes in first table
 # Data not available
 ^ < 30 respondents, may not be reliable

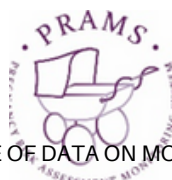
Summary

It is clear that efforts need to be made to better support mental health in pregnant and postpartum women. PRAMS 2021 data shows that only 53.2% of women were screened for depression/anxiety in the 12 months before their pregnancy, as opposed to the increased screening rates during pregnancy and postpartum. There is an opportunity for prevention-focused work prioritizing women prior to pregnancy, to ensure any mental health struggles experienced prior to pregnancy are not exacerbated during pregnancy and/or the postpartum period. The Maternal Mortality Review Team published the 2022 Triennial Report: 2018-2020 stating the rate of pregnancy-associated deaths by suicide increased from 1.0 per 100,000 live births in 2018 to 7.4 per 100,000 live births in 2020. Maternal deaths linked to mental health are preventable, making these data critical for shaping policies on preventive measures and healthcare delivery.

To learn more about PRAMS methods and to see data availability visit:

<https://www.cdc.gov/prams>

<https://www.vdh.virginia.gov/prams/>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES



- Centers for Disease Control (CDC). (2022). Four in 5 pregnancy-related deaths in the U.S. are preventable. <https://www.cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths.html>
- Virginia Department of Health (VDH). (2016). Maternal Mental Health Virginia. <https://www.vdh.virginia.gov/content/uploads/sites/67/2018/12/Virginia-Mental-Health-PRAMS-2016.pdf>
- VDH. (2023). Virginia Maternal Mortality Review Team Triennial Report: 2018-2020. <https://www.vdh.virginia.gov/content/uploads/sites/18/2023/07/VDH-32.1-283.8G-Maternal-Mortality-Team-FINAL.pdf>

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>