

Utah maternal mental health data

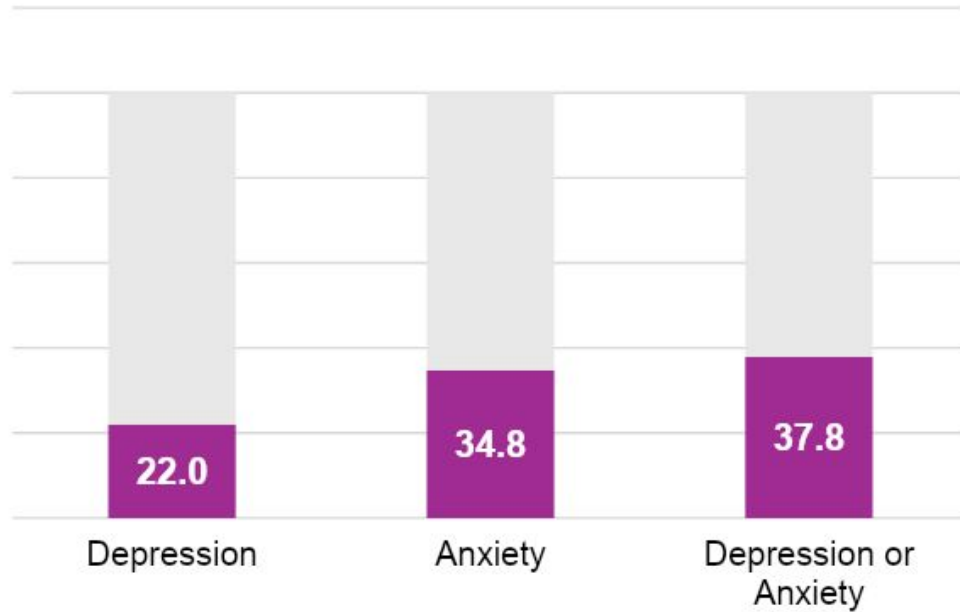
Jade Chavez, MPH
Maternal mental health program specialist

Pregnancy Risk Assessment Monitoring System (PRAMS) methodology

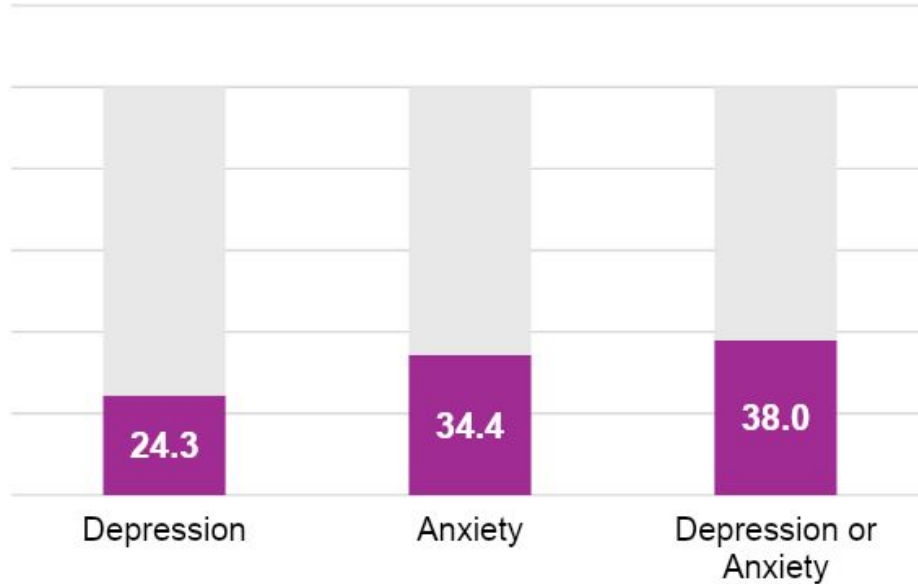
(2020-2021)

- Surveillance project of CDC.
 - 200 new mothers randomly selected from birth certificate data each month.
 - 2 to 4 months post-delivery.
 - Statewide mailings of the surveys and telephone follow-up.
 - Asks about experiences up to 3 months postpartum.
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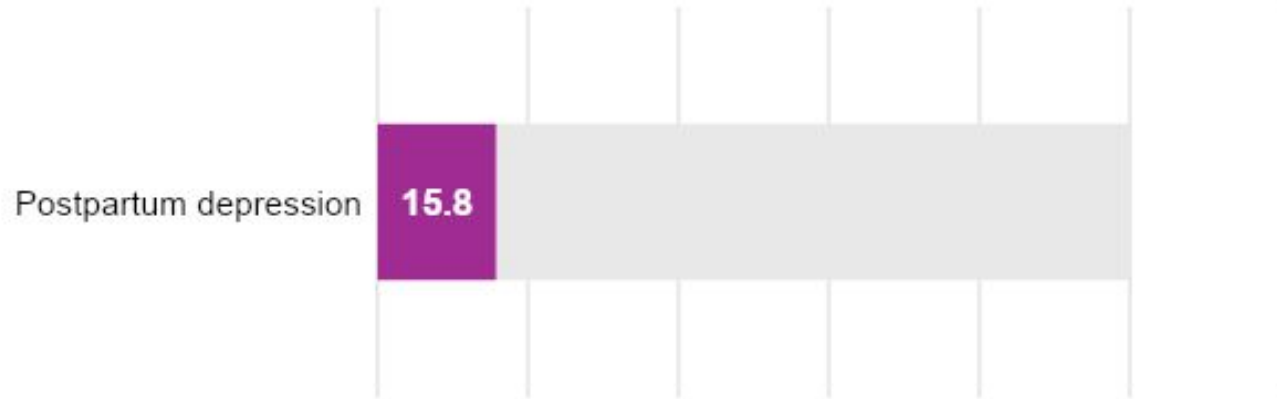
Mental health conditions 3 months prior to pregnancy



Mental health conditions during pregnancy



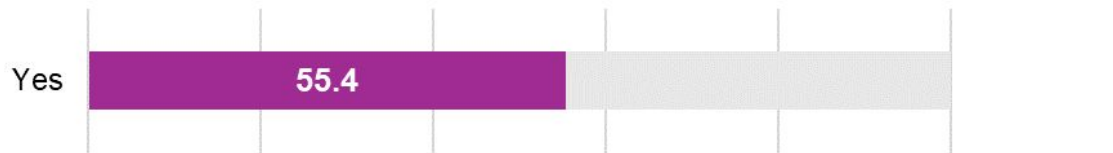
Postpartum depression



Seeking care for depression



Had a health care visit for depression or anxiety, 12 months before getting pregnant



If you had depression during your most recent pregnancy, did you ask for help for depression from a doctor, nurse, or other health care worker?

Seeking care for anxiety

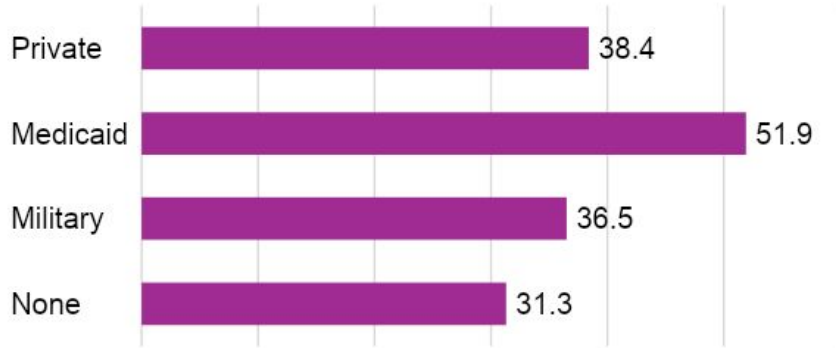


At any time during your most recent pregnancy, did you ask for help for anxiety from a doctor, nurse, or other health care worker?

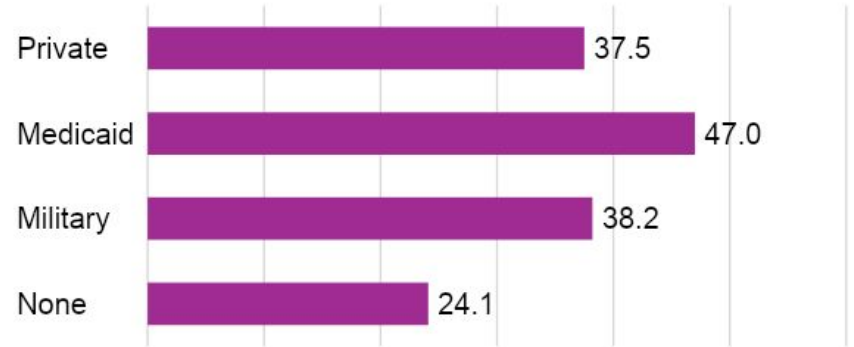


Since your new baby was born, have you asked for help for anxiety from a doctor, nurse, or other health care worker?

Insurance type



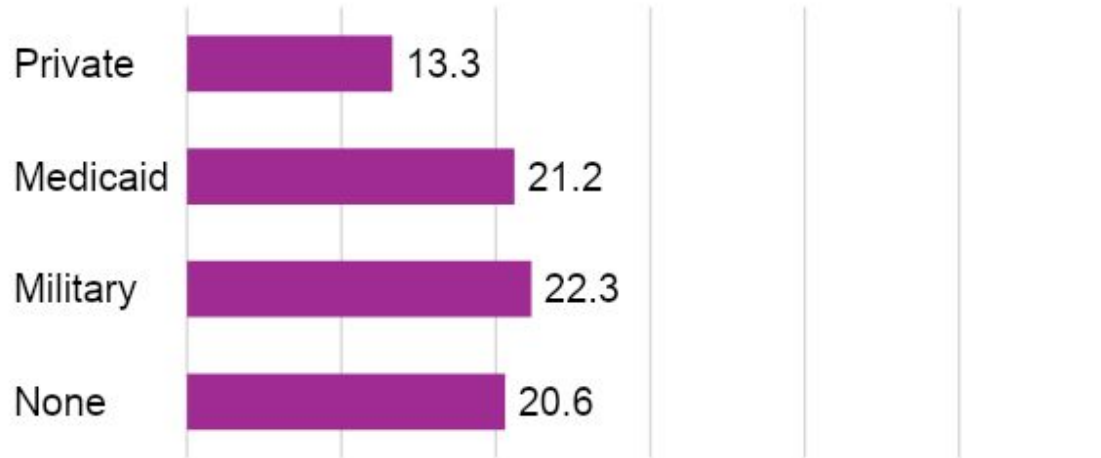
Anxiety or depression, by pre-pregnancy insurance type (%)



Anxiety or depression, by prenatal care insurance type (%)

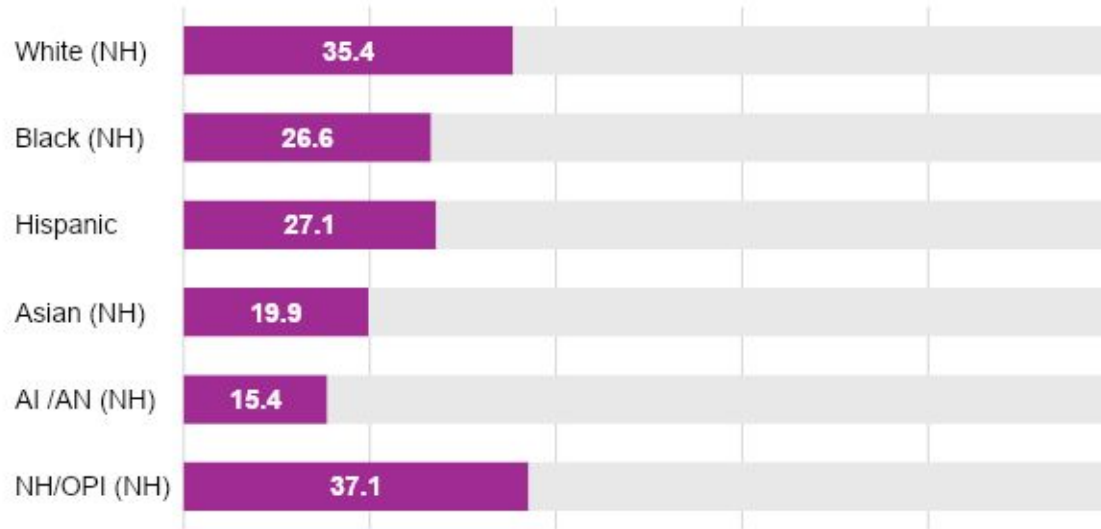
Insurance type

Postpartum depression, by current insurance type



Race/ethnicity data

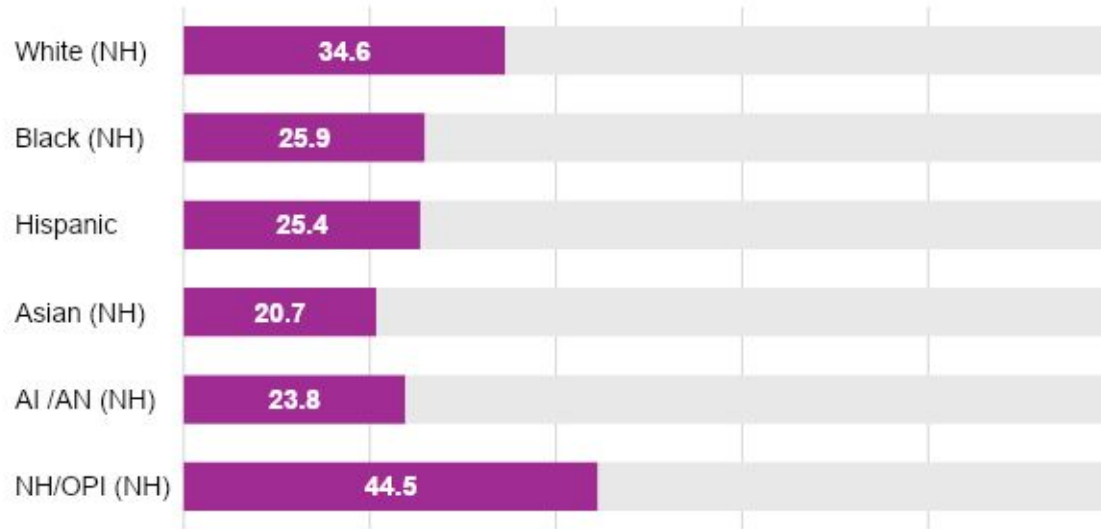
Depression or anxiety 3 months before getting pregnant, by race and ethnicity, 2017-2021



Notes: NH = Non-Hispanic; AI/AN = American Indian/Alaska Native; NH/OPI = Native Hawaiian/Other Pacific Islander

Race/ethnicity data

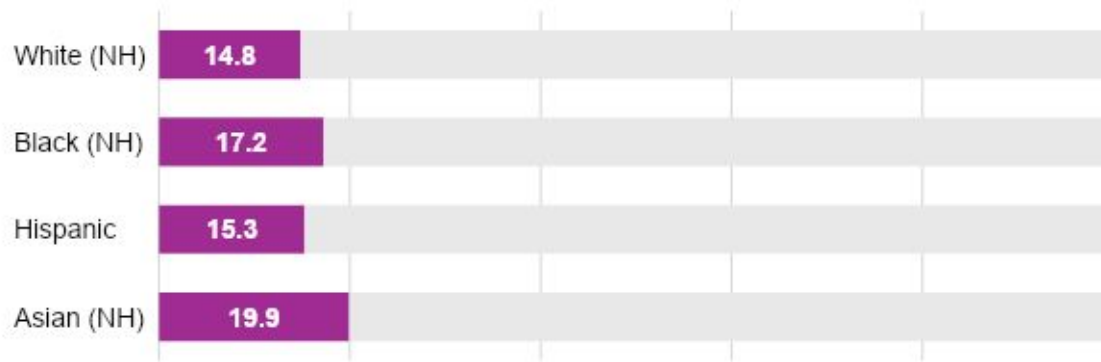
Depression or anxiety during pregnancy, by race and ethnicity, 2017-2021



Notes: NH = Non-Hispanic; AI/AN = American Indian/Alaska Native; NH/OPI = Native Hawaiian/Other Pacific Islander

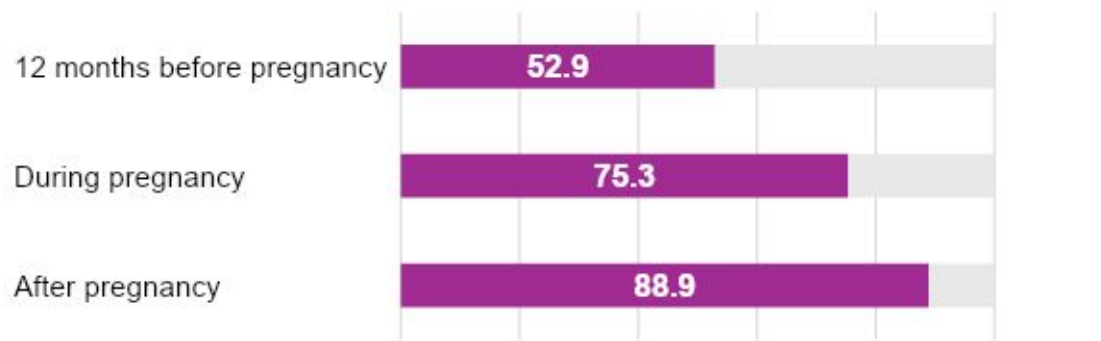
Race/ethnicity data

Postpartum depression by race and ethnicity, 2017-2021



Notes: NH = Non-Hispanic;

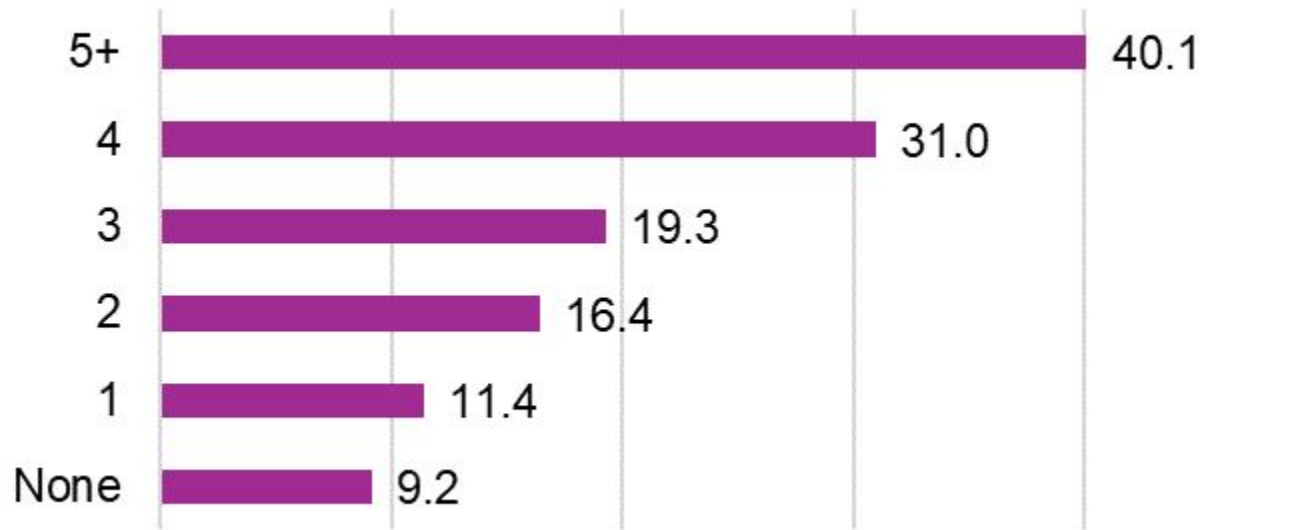
Did a doctor, nurse, or other health care worker ask if you were feeling down or depressed?



Stressful life events, 12 months before baby was born



Postpartum depression, by number of stressful events



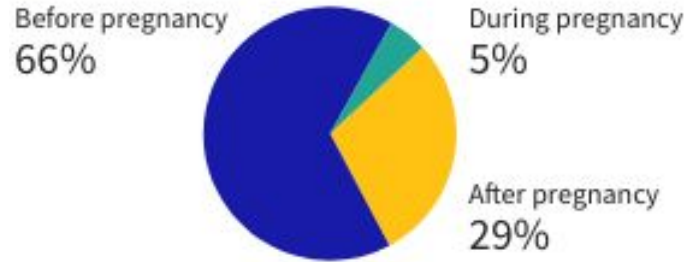
Postpartum Assessment of Health Survey (PAHS) methodology

- Collaboration between Columbia University researchers and 7 city and state departments of health.
- PRAMS respondents are contacted 1 year after delivery.
- Looks at experiences up to 1 year postpartum.

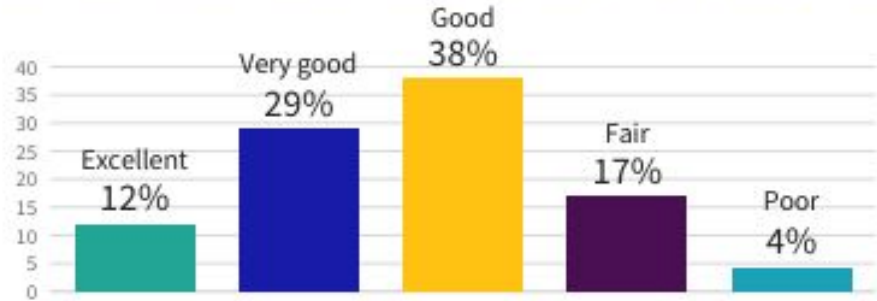
Postpartum diagnoses & self-reported mental health

Postpartum Diagnoses and Self-Reported Mental Health

Received Diagnosis of Depression, Anxiety or other Mood Disorder

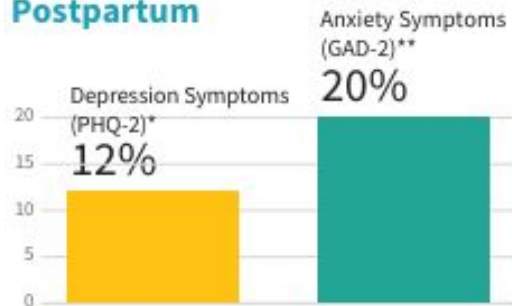


Self-Reported Mental Health at One Year Postpartum

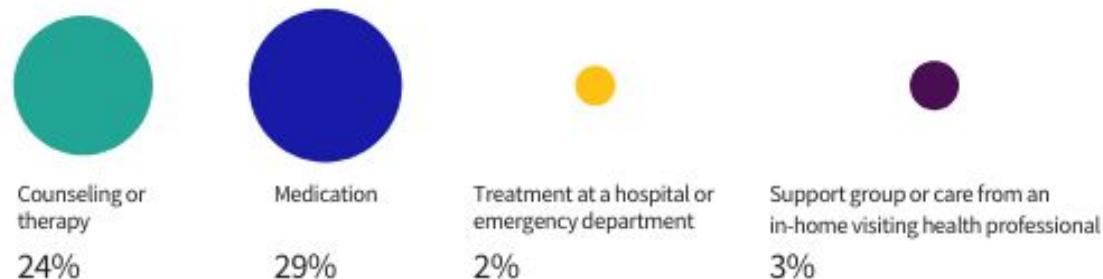


Postpartum mental health and treatment

Mental Health at One Year Postpartum

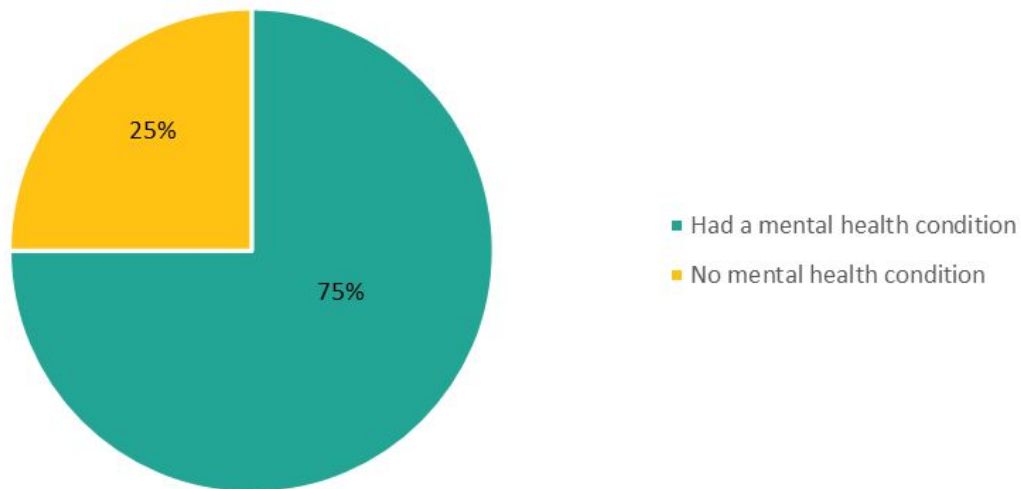


Types of Mental Health Treatment Received Since Childbirth



Maternal mortality data

Pre-existing Mental Health Condition, Utah,
2015 - 2016



What we know

- Perinatal depression & anxiety symptoms are prevalent among birthing individuals in Utah.
- Suicide and overdose are the leading causes of maternal death.
- A majority of maternal deaths are associated with a prior or current mental health condition.

What we can do

- Screenings
- Maternal Mental Health Referral Network
- Provider Toolkit
- Maternal Mental Health Subcommittee
- Care coordination
- Anti-stigma education and care
- Community based organizations
- Cultural humility and sensitivity
- AIM Patient Safety Bundle!!

Thank you!

If you have additional questions, contact:

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