

Maternal Mental Health

Prevalence & Range of Disorders

- Maternal Mental Health disorders, like postpartum depression, are the leading complication of childbirth, impacting 1 in 5 U.S. women.¹
- It's not just depression: There are a range of Maternal Mental Health (MMH) disorders, which include depression, anxiety, OCD, bipolar disorder, and psychosis.
- It's not just the postpartum: maternal depression occurs as frequently during the pregnancy as it does during the postpartum period.²



A Leading Cause of Preventable Maternal Death

- According to the CDC, Maternal Mental Health Conditions (suicide and overdose) are the leading cause of pregnancy-related death (maternal mortality).⁶

Detection and Treatment

- Screening is the process used to detect mental health disorders. It consists of a questionnaire used to understand if/what symptoms exist.
- Though awareness and federal efforts have been increasing, less than 20% of women are screened for MMH disorders.¹⁴
- Less than 15% of women receive treatment for maternal depression:⁷
 - 15% receive treatment for postpartum depression
 - 13% receive treatment for depression during pregnancy
 - Less than 9% receive adequate treatment



Why It Matters

- Depression during pregnancy can cause preterm birth and babies with low birth weight.³
- Untreated maternal mental health disorders can lead to negative early childhood development outcomes.⁴
- Untreated maternal mental health disorders are estimated to have an annual economic cost of 14.2 billion dollars.⁵

Risk Factors

- A history of prior psychiatric disorders increases a woman's risk of developing a maternal mental health disorder.⁸
- Those living in poverty suffer postpartum depression (PPD) at double the rates of those who don't live in poverty.⁹
- With a greater number of women unable to terminate unplanned pregnancies, rates of depression and anxiety are expected to rise significantly.



Disparities

- People of color have an increased risk for maternal mental health disorders, like depression:
 - Up to 30% of American Indians & Alaskan Natives suffer from PPD¹⁰
 - Up to 40% of Black and Latina moms suffer from PPD, twice the rate of their White counterparts¹¹
- Latina and Black women are 57% and 41%, respectively, less likely to start treatment for maternal depression than White women.¹²
- Gen Z is more than twice as likely as Boomers to suffer from a mental health disorder.¹³

Visit [PolicyCenterMMH.org](https://www.policycentermmh.org) to learn how we are working to solve these challenges, and sign up for eNews to stay informed.

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