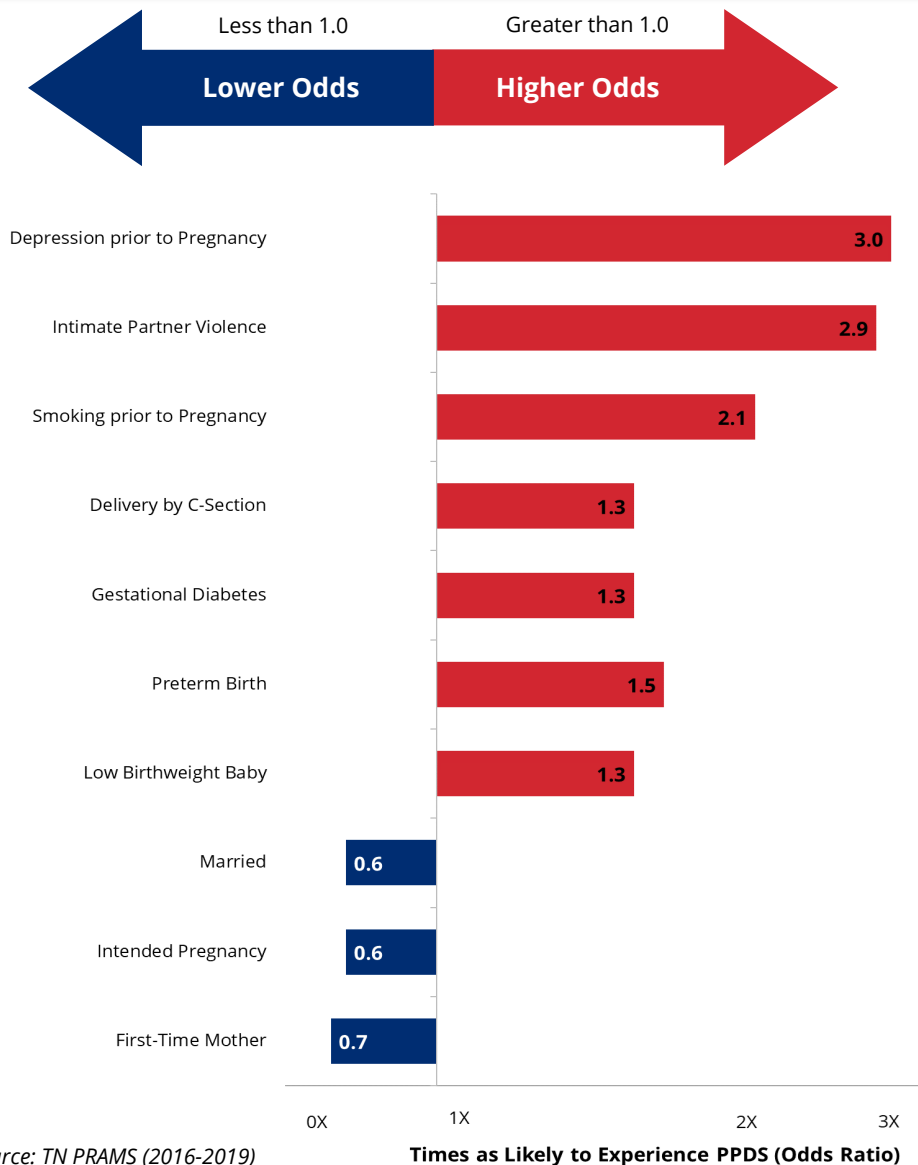


Postpartum depressive symptoms (**PPDS**)—instances of either feeling down, depressed, or hopeless or having decreased interest or pleasure in activities during the postpartum period—are an unpredictable complication of birth that can interrupt a mother’s ability to bond with or care for her new infant, care for herself, and maintain relationships with others.<sup>1</sup>

Tennessee generally has a higher percent of mothers with reported PPDS compared to the rest of the U.S. Knowing potential risk factors can help healthcare providers better recognize and treat women for PPDS during postpartum health visits. Data from the Tennessee Pregnancy Risk Assessment Monitoring System (**PRAMS**) was used to identify experiences and behaviors among Tennessee women that may put some at greater risk of experiencing PPDS.

**1 in 6 Tennessee women reported postpartum depressive symptoms during 2016-2019.<sup>2</sup>**

## Factors associated with PPDS among Tennessee women (2016-2019)<sup>2</sup>



Source: TN PRAMS (2016-2019)

Times as Likely to Experience PPDS (Odds Ratio)

\*All estimates adjusted for: age, education, race/ethnicity, and Federal Poverty Level. Estimates shown were statistically significant.

## What Does This Mean for New Mothers?

Health (mental and physical) before pregnancy is just as important as health during pregnancy. Being healthy before pregnancy sets women up for a healthy pregnancy.<sup>3</sup> The idea of “healthy” can be different for everyone depending on their needs, but includes elements such as:

- Quitting smoking,
- Working closely with a healthcare provider to manage pre-existing depression,
- Improving access to effective contraception and pregnancy planning options,
- And promoting awareness of and resources for seeking help in domestic violence situations

can help increase physical and mental health before pregnancy. Women who have questions or concerns about any health-related issue are encouraged to talk to a healthcare provider or seek help from other resources.

## What Resources are Available for Those Experiencing PPDS?

PRAMS respondents were asked about symptoms of postpartum depression, but were not asked whether they had been diagnosed with postpartum depression. If you, or someone you know is experiencing signs or symptoms, there are many resources available, in addition to speaking with a healthcare provider, including call/text lines, support groups, and one-on-one help for individuals.

- **Tennessee Statewide Crisis Line:** The Tennessee Statewide Crisis Line, available 24 hours a day/365 days a year is a free resource for anyone experiencing a mental health crisis. Call **855-CRISIS-1** or TEXT “TN” to 741-741
- **Postpartum Support International Helpline:** Postpartum Support International provides information, resources, and promotion for perinatal mental health. Call or TEXT **1-800-944-4773** or visit <https://www.postpartum.net/>
- For providers needing assistance with a PPDS patient: Call **1-877-499-4773**
- **National Suicide & Crisis Lifeline:** The national three-digit number that will connect anyone with the National Suicide & Crisis Lifeline and its trained counselors who can help. Call **988** or visit <https://www.tn.gov/behavioral-health/need-help/crisis-services/988-suicide-crisis-lifeline.html>

## What is the Tennessee Pregnancy Risk Assessment Monitoring System?

The Pregnancy Risk Assessment Monitoring System (**PRAMS**) is a state-run program that collects information on the experiences, feelings, and health of women with a recent (within 2-6 months at the time of survey) live birth. For questions related to Tennessee PRAMS, contact the **TN PRAMS Coordinator**.

**E-mail:** [tnprams.health@tn.gov](mailto:tnprams.health@tn.gov)



## References

1. What Is Postpartum Depression?. Psychiatry.org. <https://www.psychiatry.org/patients-families/postpartum-depression/what-is-postpartum-depression>. Published 2017. Accessed September 17, 2020.
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