## POSTPARTUM DEPRESSION

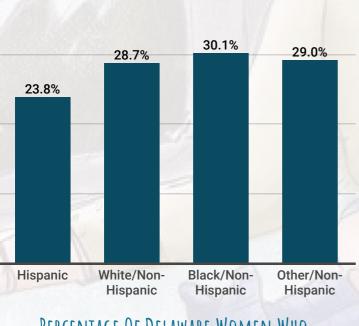


🔶 SIGNIFICANCE

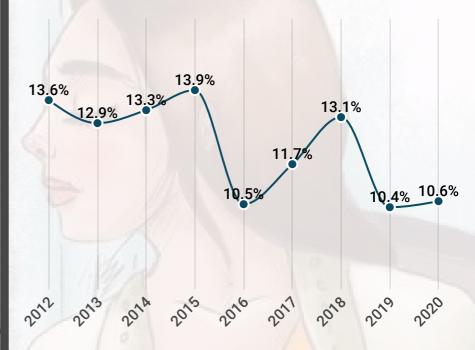
Postpartum depression (PPD) is common, affecting as many as 1 in 7 mothers. PPD generally occurs within 4 to 6 weeks after childbirth with symptoms that may include depressed mood, loss of interest or pleasure in activities, sleep disturbance, appetite disturbance, loss of energy, feelings of worthlessness or guilt, diminished concentration, irritability, anxiety, and thoughts of suicide.

## FEDERAL GOAL

To reduce the prevalence of postpartum depression.



PERCENTAGE OF DELAWARE WOMEN WHO EXPERIENCED POSTPARTUM DEPRESSIVE SYMPTOMS BASED ON RACE/ETHNICITY



PERCENTAGE OF DELAWARE WOMEN WHO EXPERIENCED POSTPARTUM DEPRESSIVE SYMPTOMS FOLLOWING A RECENT LIVE BIRTH

## PERCENTAGE OF DELAWARE WOMEN WHO EXPERIENCED POSTPARTUM DEPRESSIVE SYMPTOMS BASED ON AGE

