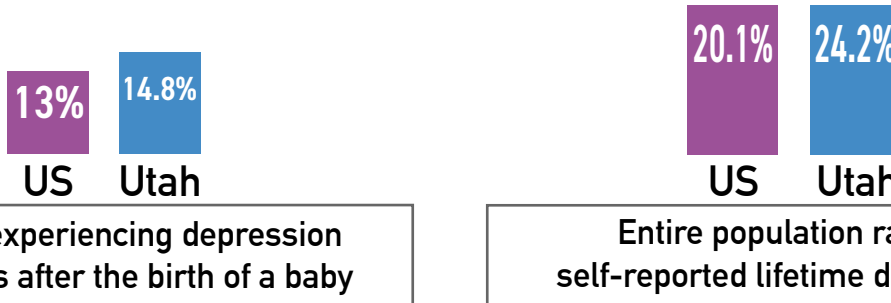


MATERNAL MENTAL HEALTH AMONG UTAH WOMEN

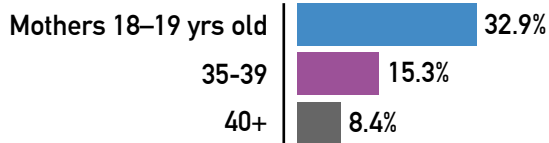
2023 Update

HOW DOES UTAH STACK UP?

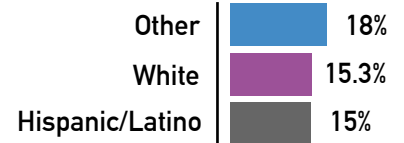
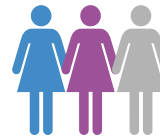


RACE, AGE, AND POSTPARTUM DEPRESSION SYMPTOMS

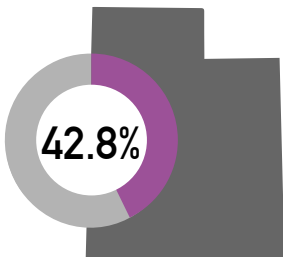
Age



Race

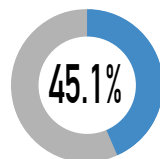


SYMPTOMS THROUGHOUT PREGNANCY

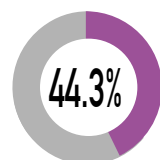


Utah

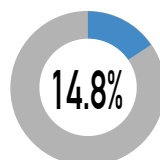
women who delivered a live infant reported depression and/or anxiety symptoms before pregnancy, during the prenatal period, or during the postpartum period. The same subset... Of these:



experienced depression or anxiety symptoms before pregnancy

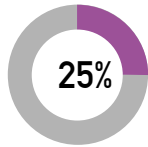


experienced anxiety symptoms during the prenatal period

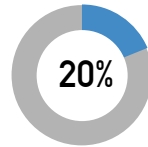


experienced symptoms of postpartum depression

LEADING CAUSES OF MATERNAL DEATHS



Accidental drug-related deaths



Suicide

Note: 75.0% of women had current or prior mental health conditions, such as depression and anxiety.

UTAH SCREENING RATES FOR DEPRESSION INCREASING

| Time Frame of Healthcare Visit | 2017-2019 | 2020-2021 |
|--------------------------------|-----------|-----------|
| Before Pregnancy | 43.7% | 53% |
| Prenatal Period | 68.9% | 75% |
| Postpartum Period | 85.9% | 89% |

RISK FACTORS

- Ambivalence Towards Pregnancy
- Chronic Disease
- History of Physical Abuse
- Lack of Partner Support
- Multiple Life Stressors
- No Education
- Poverty
- Traumatic Pregnancy, Labor, or Delivery
- Unintended Pregnancy
- Unmarried Mother

WHAT CAN WE DO?

Healthcare Providers



Improve screening rates of mothers (and of partners if present). Ensure that mental health resources are consistently shared with mothers, and that follow-up about diagnosis and treatment occurs as needed.

Policymakers



Remain informed about state statistics & support screening and treatment programs.

Everyone



Reduce stigma surrounding maternal mental health so those affected feel safe expressing their needs.

Friends & Extended Family



Understand symptoms, advocate for mothers, and offer emotional and practical support.

Women & Partners



Speak up and ask for help.