

PROFILE OF MATERNAL MENTAL HEALTH IN MONTEREY COUNTY AND CALIFORNIA

Maternal depression affects many families, and can have potentially far-reaching, negative effects on mother-child bonding, parenting and the development of children.¹

Presented here are both California-wide and Monterey County specific data regarding maternal mental health. Steps for systemic action to support mothers with or at risk of developing perinatal depression include:

- Increase awareness of symptoms, prevalence, and treatment options.
- Increase socio-emotional and community supports for pregnant and parenting mothers and families.
- Promote better access to mental health services, uniform and consistent screening, and treatment for maternal mental health concerns and other challenges.
- Support collaborative systems change to reduce equity gaps and disparities.

Based on statewide data (2013-2015)², we know certain mothers are at highest risk for postpartum depression symptoms. Of the women who experienced symptoms of depression *during* pregnancy, **53%** went on to report **postpartum depression symptoms**. In California:

15% of all Latina and Black women reported postpartum depression symptoms, compared to **12%** of Asian/Pacific Islander women and **11%** of White women.

17% of women with Medi-Cal for prenatal care reported postpartum depression symptoms.

25% of women with four or more childhood hardships (such as financial, parental substance use, foster care) reported postpartum depression symptoms.

18% of women with an income that falls below the 100% Federal Poverty Guideline reported postpartum depression symptoms.

39% of women with four or more pregnancy stressors (such as intimate partner violence, lack of support, separation) reported postpartum depression symptoms.

¹ Maternal Depression Can Undermine the Development of Young Children. Harvard University, 2009.

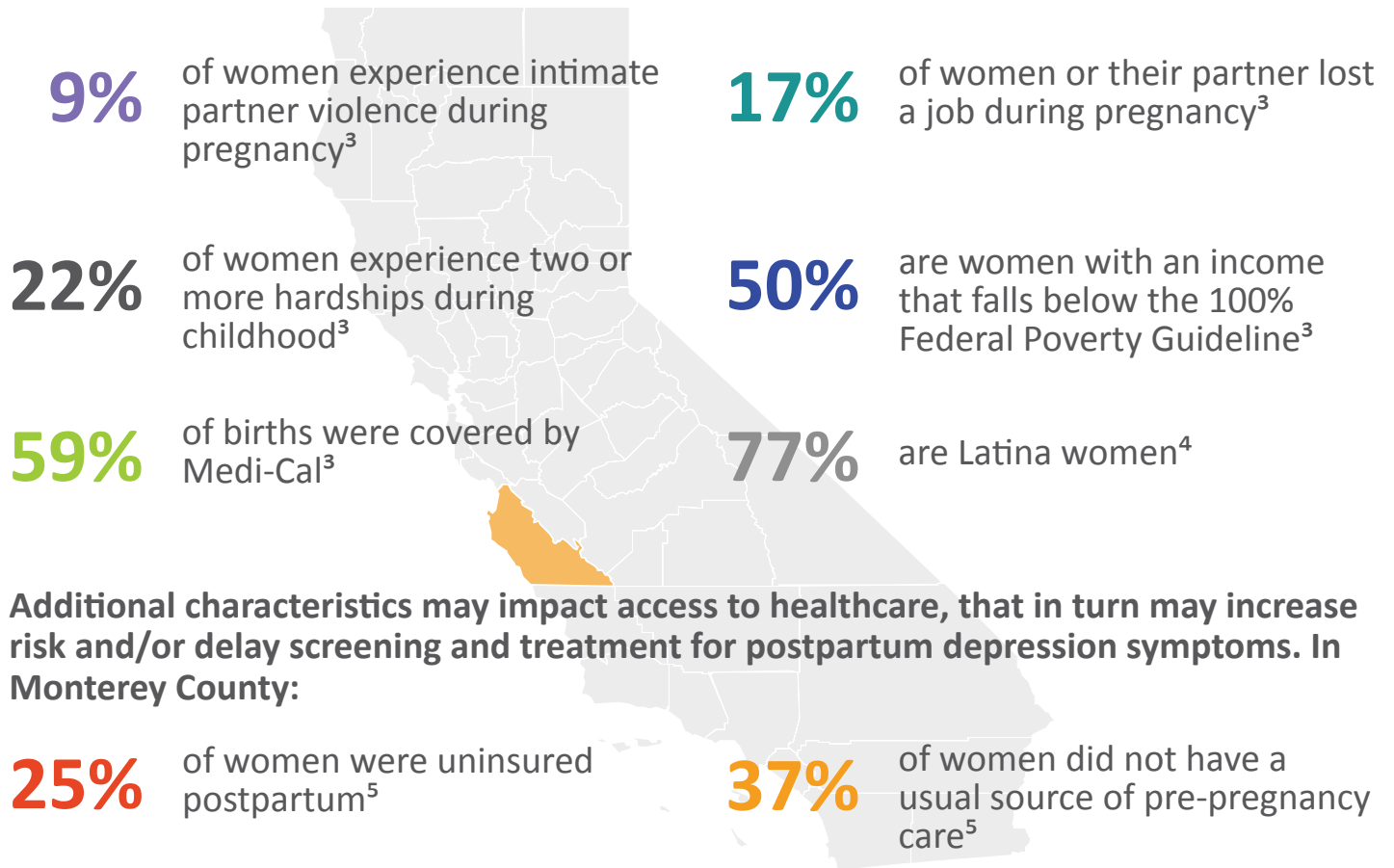
² Maternal and Infant Health Assessment Survey. CA Dept of Public Health, 2018.

More than 15% of Monterey County women experienced **postpartum depression symptoms**. That's about 1,000 women a year.²

18% of Monterey County women experienced *prenatal* symptoms of depression. That's about **1,100 women annually**, and significantly higher than the CA state average.²

Many women giving birth in Monterey County have a similar demographic profile as the women in California who also have a high likelihood of experiencing symptoms for **postpartum depression**.

Of all women giving birth (2013-2015) in **Monterey County**:



Additional characteristics may impact access to healthcare, that in turn may increase risk and/or delay screening and treatment for postpartum depression symptoms. In Monterey County:

FOR MORE INFORMATION

2020mom.org • thebluedotproject.org • [#AskHer](https://twitter.com/AskHer)
brightbeginningsmc.org/maternal-mental-health-task-force/

³ Monterey County Maternal Child and Adolescent Health Community Profile 2017-18. California Department of Public Health, 2018.

⁴ Data Snapshot: Monterey County by Education 2013-2015. California Department of Public Health, 2018.

⁵ Maternal Infant Health Assessment Data Snapshot, 2013-2014. California Department of Public Health, 2016.