

REQUEST:

What information exists on the prevalence of postpartum depression, particularly in women 200% and below the federal poverty limit (FPL), including how often the condition goes untreated in these populations? Data broken out nationwide and specific to Texas would be helpful.

RESPONSE:

No specific data on the prevalence of postpartum depression (PPD) on Texas women at or below 200% of FPL could be located. The following information provides relevant data on the prevalence of PPD in US women by income, estimated PPD prevalence in Texas, and estimated rates of untreated PPD.

Several studies have estimated the prevalence of PPD in low income women to be around 23% (Yonkers 2001; Bombard 2012). Ko et al. (2012) break down their findings via income bracket (see Table 1). Across all US women prevalence of PPD is estimated to be between 10% and 15% (Gress-Smith et al., 2012; Gaynes et al., 2005).

<b>Table 1. Percentage of pregnant women with positive Inventory to Diagnose Depression (IDD) screen by income, Ko et al. 2012</b>	
<b>Income</b>	<b>Percent Positive</b>
<10,000	28.3
10,000–19,999	30.2
20,000–29,999	17.1
30,000–39,999	16.8
40,000–49,999	12.5
50,000–59,999	8.7
60,000–69,999	8.2
70,000 +	6.7

In Texas it is estimated that between 36,825 and 41,646 mothers living 200% and below of the Federal Poverty Limit (FPL) experience postpartum depression (PPD) (see Table 2). This is likely an underestimate because a majority of Texas mothers hospitalized for perinatal disorders are covered by Medicaid, therefore their coverage ends 60 days after giving birth, whereas PPD can occur anytime during the first year after birth.

<b>Table 2. Estimated Number of Women Experiencing PPD in Harris County and Texas</b>				
	<b>Number of Births</b>	<b>Mothers living &lt;200% of FPL</b>	<b>Mothers living ≥200% of FPL</b>	<b>Number of Mothers Experiencing PPD*</b>
Harris County	70,284	55%	45%	12,827-14,408
Texas	387,079	53%	47%	69,481-78,577

\* Computed using 10% as the low end and 15% as the high end for mothers living ≥200% federal poverty line (FPL), 25% was used in calculations for both regions for mothers living below 200% FPL

Regarding untreated PPD, in one national study, up to 65.9% of Major Depressive Episode (MDE) in pregnant women went undiagnosed, and only half of diagnosed depressed pregnant women (49.6%) received treatment (Ko et al., 2012). National data suggests less than half of women suffering major depression disorder are diagnosed and treated (Depression Guideline Panel, 1993). In a study conducted with the Kelsey Seybold Clinic in Harris County, which primarily treats patients with private insurance, researchers showed that out of 569 recent mothers, 28 (4.9%) screened positively for depression, only 5 (17.9%) of which reported pursuit of further behavioral healthcare following screening and referral (Rowan et al., 2012). Data demonstrating the number of these women who received treatment is not available.

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