

REQUEST:

How many women have been diagnosed or treated for Postpartum Depression in the Greater Houston Area, or by county (Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, Waller), or evaluated/treated at Texas Children's Hospital? Latest data.

RESPONSE:

Postpartum depression (PPD) is a common complication of pregnancy and childbirth. However, it is challenging to identify the incidence and prevalence rates of PPD due to the absence of a standardized screening and reporting mechanism. Also, because PPD is seen as a mental health issue, data surrounding diagnosis and treatment are subject to greater confidentiality restrictions than most other health-related data.

According to the CDC's Pregnancy Risk Assessment Monitoring System (PRAMS), **12.9% of new mothers in Texas** reported frequent PPD symptoms in the years 2009 – 2011.<sup>3</sup> Most experts agree that the prevalence of PPD in the general population ranges between 10 and 20%.<sup>4,5</sup> Moreover, the estimated rates of PPD increase among lower income population, reaching around 25% of women.<sup>6,7</sup> The Pregnancy and Postpartum Health Alliance of Texas (<http://pphatx.org/>) claims that only 15% of women with PPD receive professional treatment. The Table below estimates the incidence of PPD, based on the PRAMS assessment.

**Table: Estimated Incidence of Postpartum Depression in 2013 for the Greater Houston Area**

County	Total Births 2013	Estimated PPD
Brazoria	4,675	603
Chambers	461	59
Fort Bend	8,532	1,101
Galveston	3,960	511
Harris	68,292	8,810
Liberty	1,078	139
Montgomery	6,624	854
Waller	594	77

**References:**

1. CDC. PRAMStat Reproductive Health. <http://www.cdc.gov/prams/pramstat/index.html>. Published 2011. Accessed July 20, 2016.

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3. Sit DKY, Wisner KL. Identification of postpartum depression. *Clin Obstet Gynecol*. 2009;52(3):456-468. doi:10.1097/GRF.0b013e3181b5a57c.
4. Lanzi RG, Pascoe JM, Keltner B, Ramey SL. Correlates of maternal depressive symptoms in a national Head Start program sample. *Arch Pediatr Adolesc Med*. 1999;153(8):801-807. <http://www.ncbi.nlm.nih.gov/pubmed/10437751>. Accessed July 20, 2016.
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