CALIFORNIA PERINATAL DEPRESSION

"Sadly, in(my wife) Kelly's case, her postpartum depression devolved into a vicious postpartum psychosis that took her life just before our daughter reached 3 months of age. Unfortunately, we were not aware of the risk factors for postpartum depression or that Kelly had many of these risk factors.

-Raul Martinez

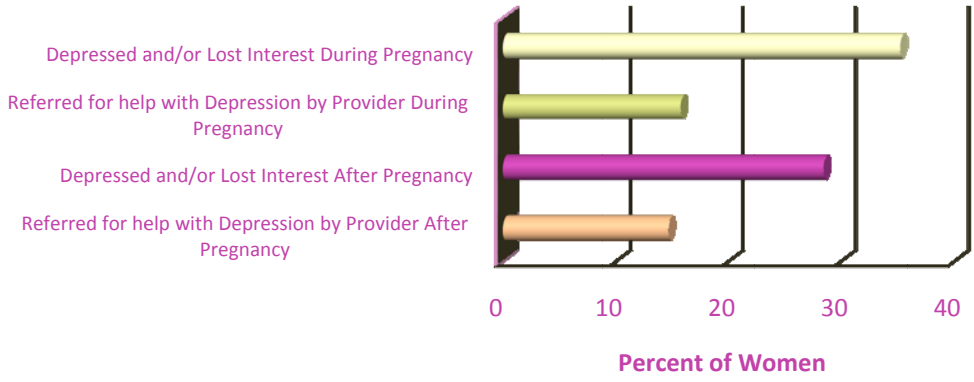
"Maternal depression is a widespread public health issue that impacts the well-being and livelihood of mothers, their infants, and their families."

-Los Angeles Best Babies Network

*For more information and references please visit our website

- **Untreated depression is the number one complication of pregnancy.**
- Untreated depression during pregnancy is the leading risk factor of postpartum depression.
- Other important risk factors include; income, age, education and a history of depression.
- Untreated depression during pregnancy has been associated with: inadequate prenatal care, poor birth outcomes, substance abuse, pre-eclampsia, reduced fetal growth and increased risk for preterm labor.
- Perinatal depression has far reaching harmful effects on the cognitive, social and emotional development of infants and children.

Maternal Infant Health Assessment Survey, (MIHA)
California 2008, CA Dept. of Public Health



- 19% of women felt sad and lost interest during pregnancy.
- 16% of women felt sad and lost interest since giving birth.
- 42% of new mothers in California were not asked about feeling depressed during their pregnancy and 47% of mothers were not asked after the birth of their child.
- 19**%** of women rated their mental health as fair or poor during their pregnancy.
- 6.3% of new mothers in California reported that daily activities were often difficult to do because of their emotional problems.
- While 35% of women felt depressed and/or lost interest only 16% reported being referred to a counselor.

The Los Angeles County Perinatal Mental Health Task Force seeks to raise awareness and remove stigma(s) associated with perinatal depression, provide training for health professionals and all service and community providers who work with pregnant and postpartum women and their children to establish responsive and effective policies to address and integrate maternal mental health and healthy infant development into overall care provided to pregnant and postpartum women.

The State Public Affairs Committee of the Junior Leagues of CA is a non-partisan, volunteer organization representing 11,000 members throughout the state. Collectively, the Junior Leagues of CA contribute over one million dollars and thousands of volunteer hours to their local communities each year.