



Advocating to Diminish Postpartum Depression



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The Problem

- 1 in 8 women will experience postpartum depression symptoms—anxiety, sadness, loneliness, fear of losing child at/after birth, suicidal thoughts
- Studies find that 1 in 10 women battle depression. Those who have had depression are at greater risk for PPD if they are to later conceive
- Women of color are 38% more likely to have PPD
- Up to 60% of women of color will not get a screening for PPD
- Women of lower social economic statuses are 11-20% more likely to obtain depression or specifically PPD if a new mother

Factors to Address

- Resources such as screenings available in lower SES areas
- Barriers such as stigmas for cultural aspects like language and connection
- First time mothers/with or without significant other
- Transportation available to resources (doctor appointments, grocers, work)
- Daily stress of biomarkers

The Solution

- Create better access to screenings—use of mobile screenings and home visits to accommodate transportation needs
- Better 1 on 1 experience with rapport and trust
- Break stigma barriers for showing depression as a weakness
- -(Doctors of different races, bilingual, cultural competency, relatability)
- Access to information and additional resources

What does Postpartum Depression look like?

The infographic provides a comprehensive overview of PPD. It features a central graphic with the text "1 in 7 women have PPD" and "Support For You and Your Baby through Pregnancy and Child Birth". It includes a map of the United States showing that 600,000 births each year result in PPD. A statistic states that women of color are 38% more prevalent for PPD. Another statistic notes that people living in poverty or with poor access to education and health care are 11 times more likely to get PPD. A list of symptoms includes: -GUILT, -LONELINESS, -LACK OF ENERGY, -LACK OF SLEEP PATTERNS, and -SUICIDAL THOUGHTS. A section titled "WAYS TO BETTER TREAT PPD:" lists: -BETTER ACCESS TO SCREENINGS, -BREAK THE STIGMA BARRIERS, -ACCESS TO COMMUNICATION OF EXPERIENCE, and -BALANCED DIET/PHYSICAL ACTIVITY. The infographic is credited to "Made with PosterMyWall.com".

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Additional Questions?

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Advocacy Efforts: Generate Health

The primary advocacy plan is to promote racial equity in maternal health while focusing to decrease maternal mortality. The objective are:

- Improve access to affordable and equitable women's healthcare before, during, between, and after pregnancies
- Promote women's reproductive health and preventative care, and behavioral health treatment for substance use and mental health disorders
- Develop provider capacity to decrease implicit bias and racism, and to build trust through trauma-awareness and cultural humility
- Promote trauma-informed services through home visiting, community health workers, doulas, etc.

Work of advocacy will be completed by home visits and creating access to needed resources (nurses, educators, community health workers such as health education and promotion specialists).

5 Ways You Can Get Involved:



- Bring awareness to those around you/support those you know pregnant
- Talk to local agencies to see if they have volunteer opportunities or resources you can help provide others with
- Do your research and stay informed on what current laws and legislation are going on around the world today
- Contact officials/vocalize opinions that can work towards policy change
- Be comfortable asking for help/being a helping hand to someone else