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The Prevalence of Postpartum Depression in Black and Hispanic Women in New Jersey

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Chineme, Courtney; Shmuts, Rachel; and Canlas, Chris, "The Prevalence of Postpartum Depression in Black and Hispanic Women in New Jersey" (2021). *Stratford Campus Research Day*. 66.
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The Prevalence of Postpartum Depression in Black and Hispanic Women in New Jersey



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Introduction

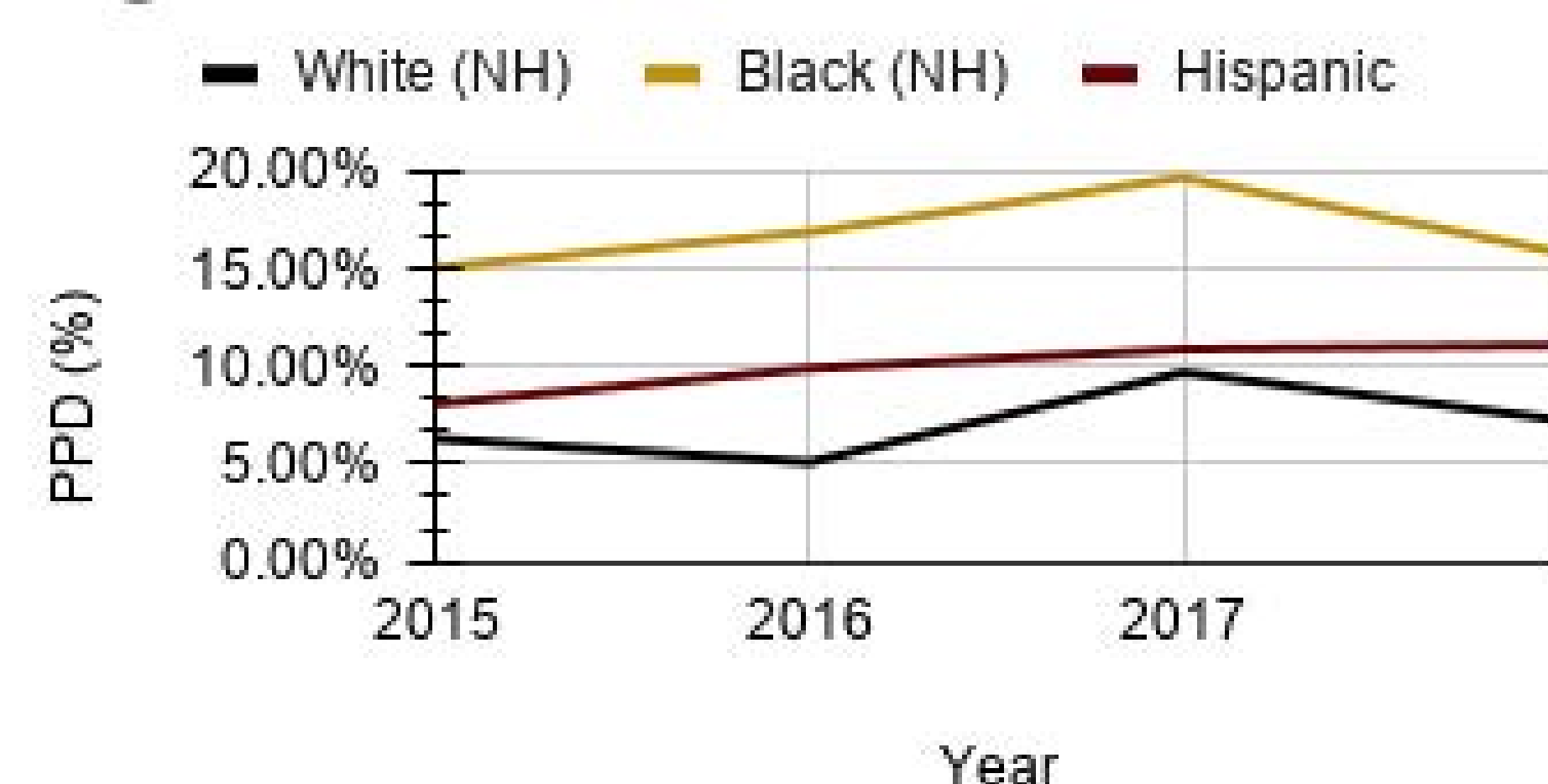
Postpartum depression (PPD) is defined as symptoms of major depressive disorder (MDD) within one month of giving birth with the prevalence in the United States being 10-15%¹. There are well documented instances of racial differences and their effects on maternal outcomes including infant, maternal mortality and postpartum mood disorders². In New Jersey, there are monitoring systems that explore the relationships between maternal characteristics such as race, age, education level, insurance status, and racial bias and how they may correlate with higher incidences of Postpartum Depression (PPD) in these communities of women. The purpose of this comparative study is to analyze the prevalence of postpartum depression among Black and Hispanic mothers in the state of New Jersey.

Methods

Accessing data on the NJ Pregnancy Risk Assessment Monitoring System (PRAMS) query builder, which is maintained by the NJDOH, Maternal and Child Health Epidemiology Program. Multiple data queries were performed assessing the correlation between several risk factors which were used to compare Black and Hispanic women to White women in the state of NJ. In addition to this source, data was collected from NJ PRAMS briefs focusing on racial bias and its effects on the presence of PPD symptoms in mothers.

Results

Figure 1. Mother's Race



Results (cont.)

Figure 2. Mother's Age

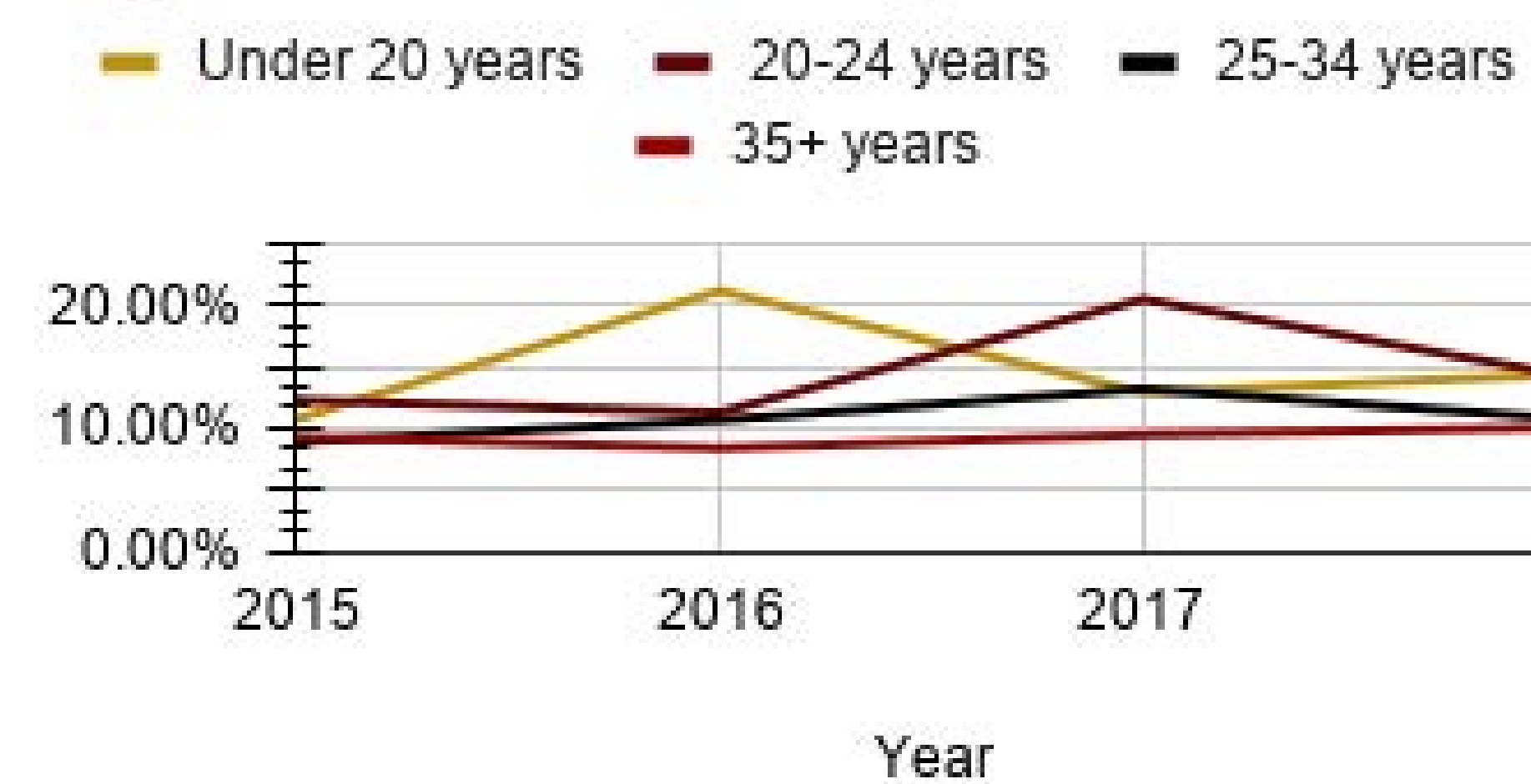


Figure 3. Education Status

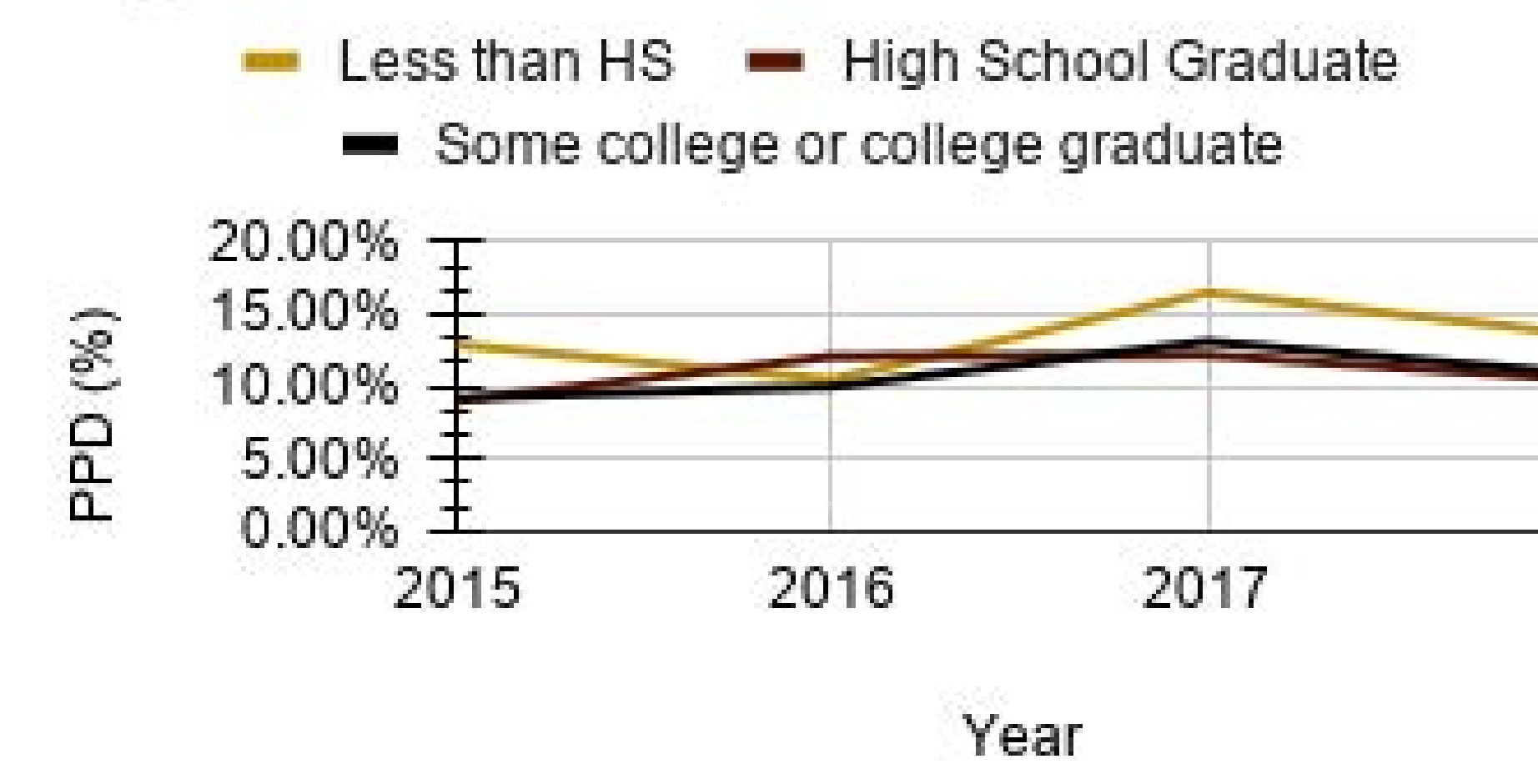


Figure 4. Postpartum Insurance Status

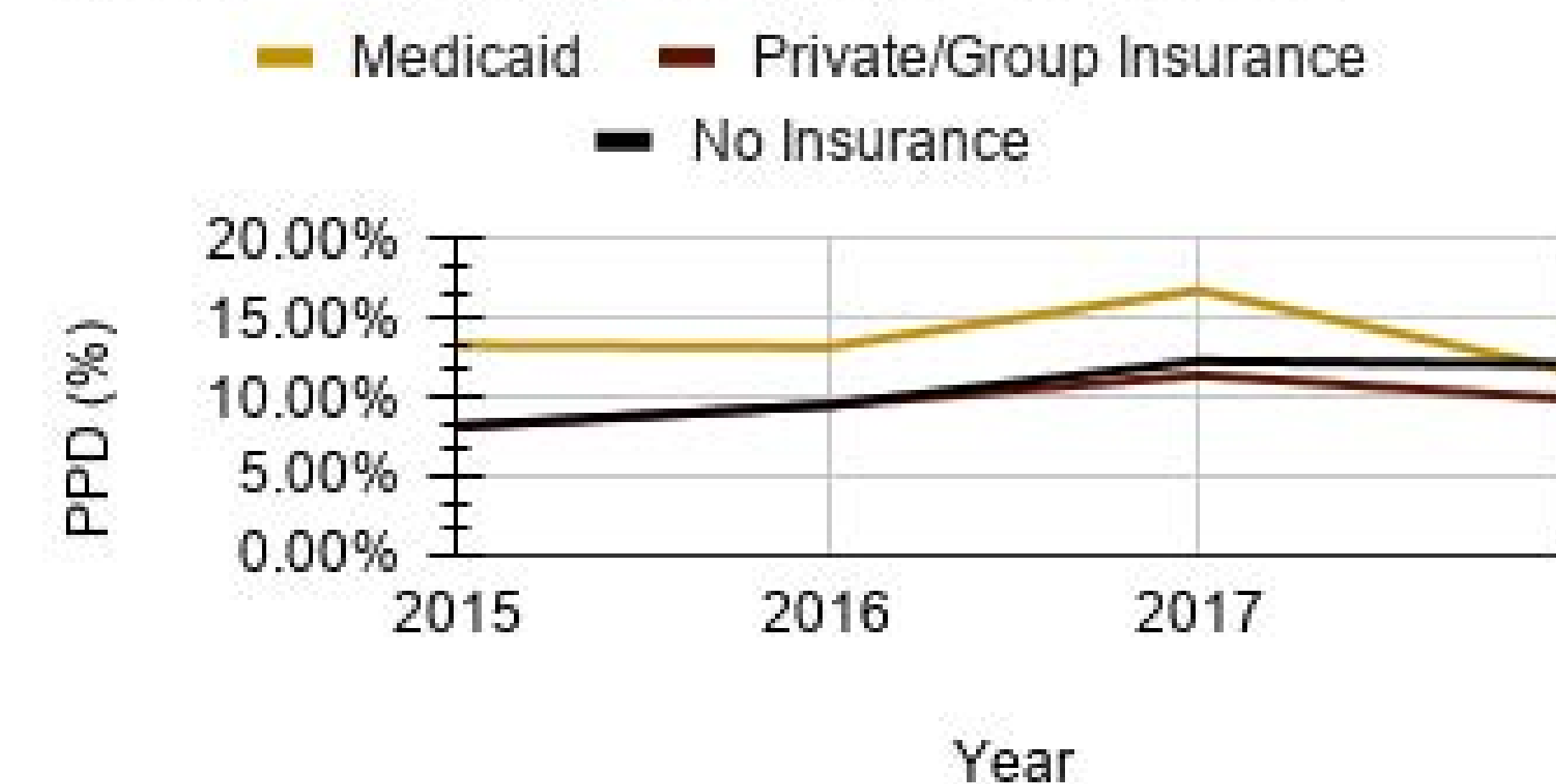


Figure 5. PPD Symptoms Among Mothers Who Reported Racial Bias by Maternal Characteristics in NJ, 2016-2017

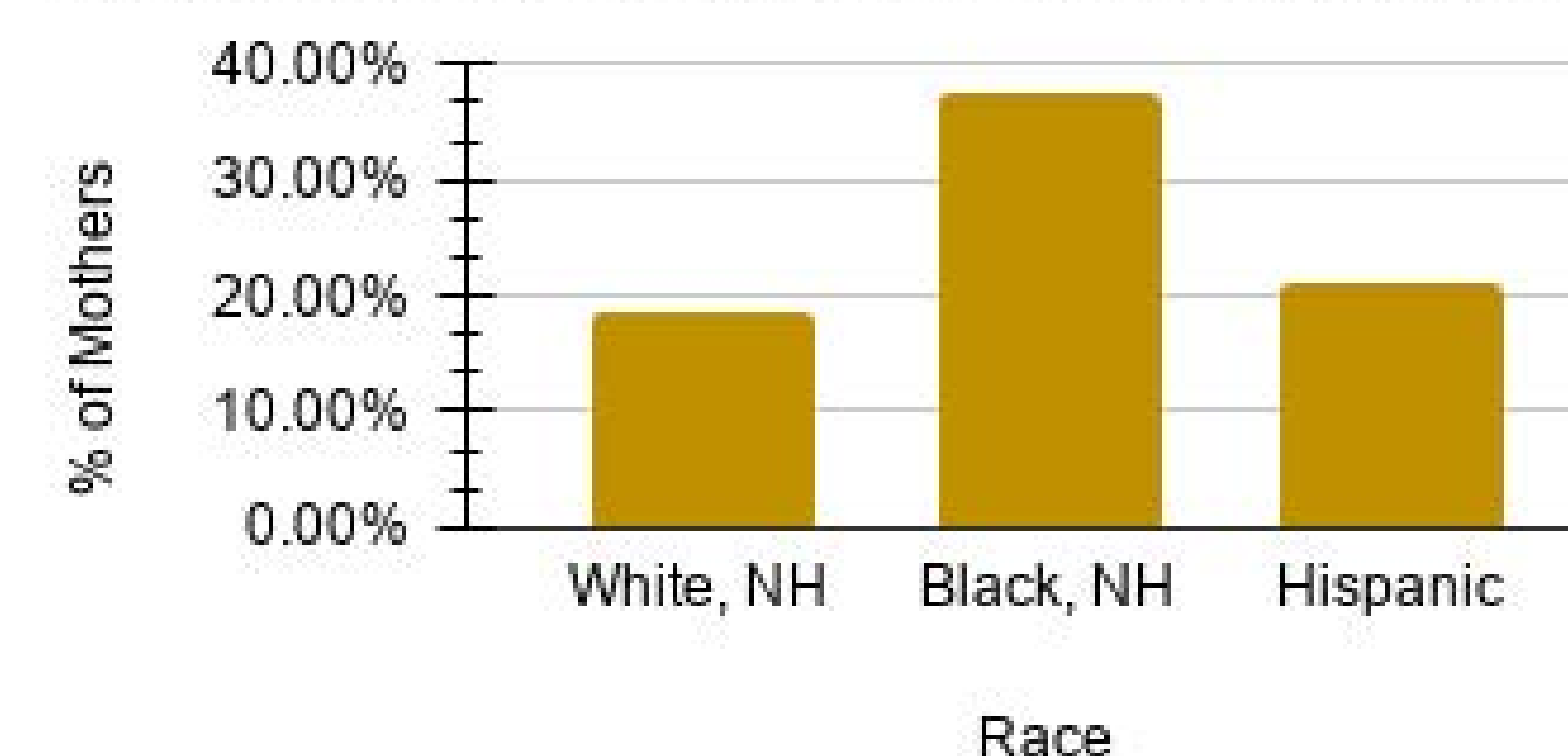


Table 1. Risk of PPD Symptoms Among Black and Hispanic Mothers Compared to White, NH Mothers in NJ 2016-2017

Factors	Odds Ratio	Confidence Limits	
Black NH vs. White NH	2.5	1.5	4.1
Hispanic vs. White NH	1.2	0.7	2

Conclusion/Discussion

Postpartum depression is a multifactorial mental health crisis that impacts several women. It is important that the symptoms are noticed and addressed in a timely fashion in order to avoid any occurrences of harm to either the mother or the newborn. It is important for the screening of PPD to be thorough, especially among women of color. There are many maternal characteristics that play a role in the development of PPD. These characteristics should be taken into consideration when approaching the management of depressive symptoms during the postpartum period.

While perusing various databases, it became evident that there is a need to have centralized data for women in New Jersey. Many students, clinicians, and researchers could benefit from having access to an interface that provides them with more information regarding societal, individual and health care determinants of health.

References

1. GUINTIVANO, J., MANUCK, T., & MELTZER-BRODY, S. (2018). Predictors of Postpartum Depression: A Comprehensive Review of the Last Decade of Evidence. *Clinical Obstetrics and Gynecology*, 61(3), 591–603. <https://doi.org/10.1097/GRF.0000000000000368>
2. Harper, M., Espeland, M., Dugan, E., Meyer, R., Lane, K., & Williams, S. (2004). Racial disparity in pregnancy-related mortality following a live birth outcome. *Annals of Epidemiology*, 14(4), 274–279. [https://doi.org/10.1016/S1047-2797\(03\)00128-5](https://doi.org/10.1016/S1047-2797(03)00128-5)
3. PRAMS NJ

Acknowledgments

Dr. Shmuts, Vanessa Atkins and Susan Cooley with PRAMS NJ