



Rapid Risk Factor Surveillance System

Haliburton, Kawartha, Pine Ridge District Health Unit RRFSS (2007) Postpartum Depression

Table 1: Postpartum Depression: Awareness of postpartum depression and symptoms

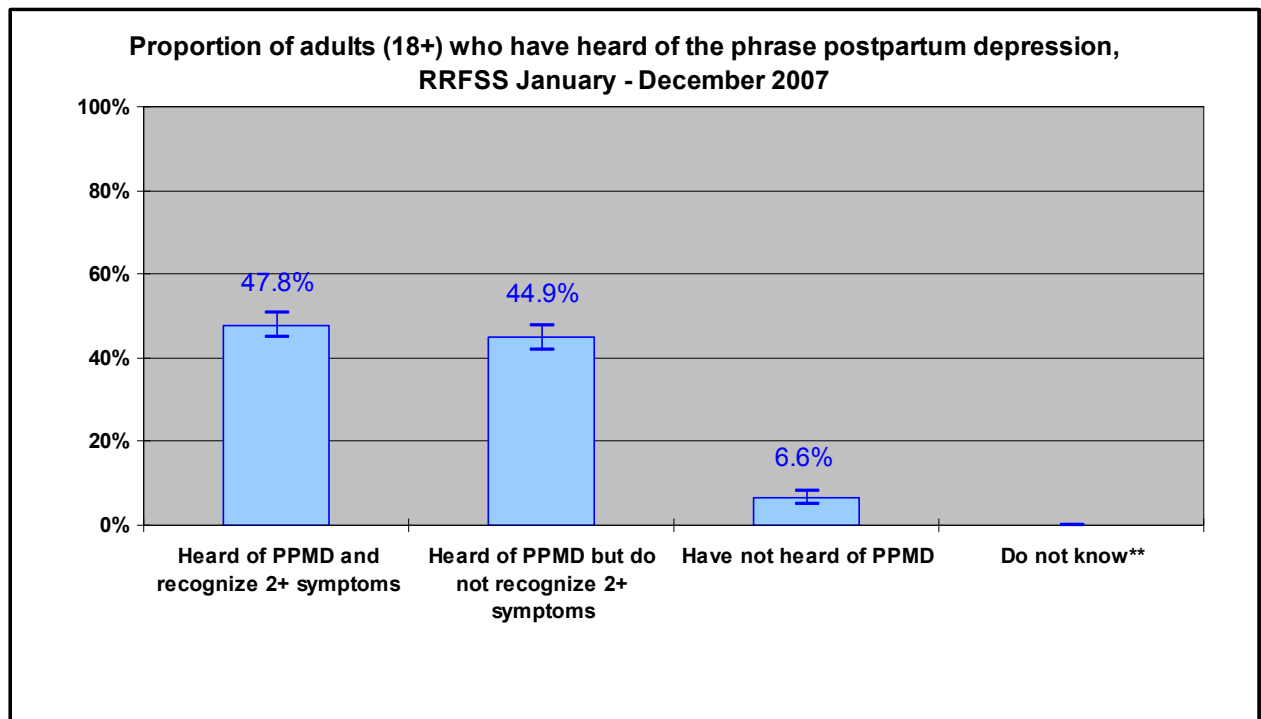
Awareness of the phrase postpartum depression	Proportion	95% upper confidence limit	95% lower confidence limit
Heard of PPMD and recognize 2+ symptoms	47.8%	50.8%	44.9%
Heard of PPMD but do not recognize 2+ symptoms	44.9%	47.8%	42.0%
Have not heard of PPMD	6.6%	8.0%	5.1%
Do not know**	**	**	**

* Interpret with caution, high variability

** Data not released

sample size 1123

Figure 1: Postpartum Depression: Awareness of postpartum depression and symptoms



Interpretation:

47.8% (+/-3%) of adults (18+) report that they have heard of postpartum depression and are able to recognize 2 or more symptoms.

44.9% (+/-3%) of adults (18+) report that they have heard of postpartum depression but they do not recognize 2 or more symptoms.

6.6% (+/-1%) of adults (18+) report that they have not heard of the phrase “postpartum depression.”

Proportion of adults (18+) who have heard of the phrase baby blues, RRFSS January - December 2007

Table 2: Postpartum Depression: Awareness of baby blues and symptoms

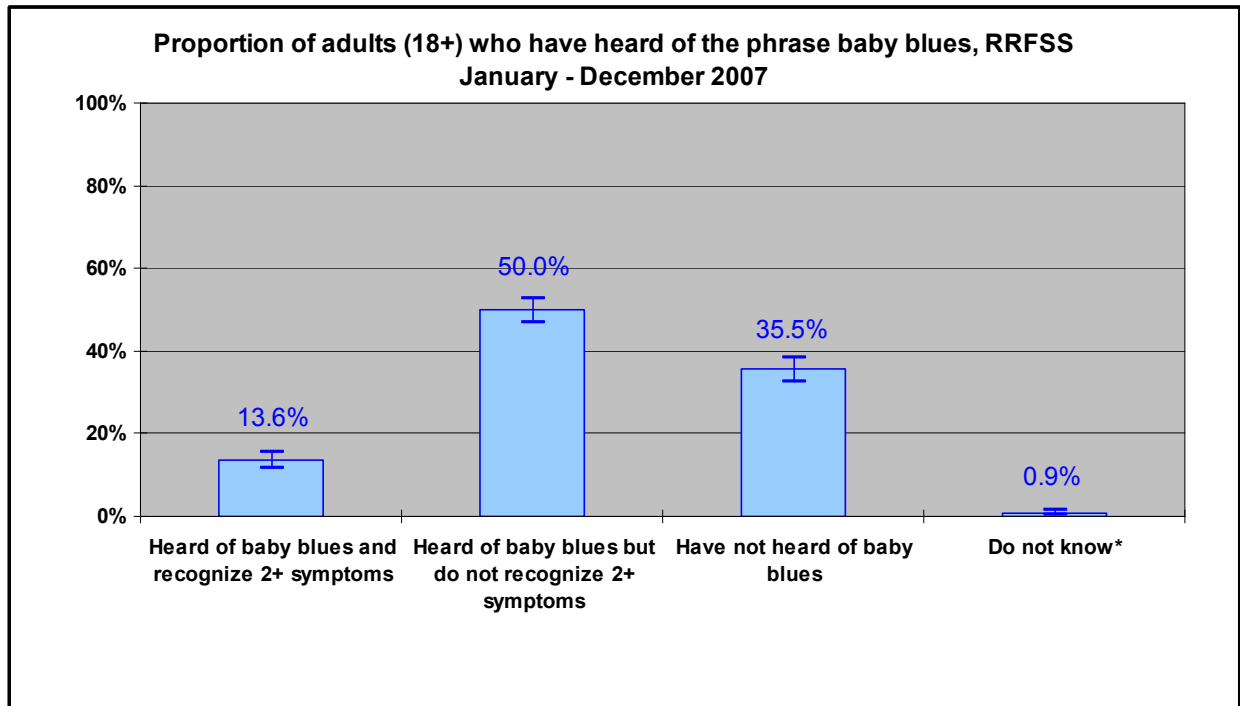
Awareness of the phrase baby blues	Proportion	95% upper confidence limit	95% lower confidence limit
Heard of baby blues and recognize 2+ symptoms	13.6%	15.6%	11.6%
Heard of baby blues but do not recognize 2+ symptoms	50.0%	52.9%	47.0%
Have not heard of baby blues	35.5%	38.3%	32.7%
Do not know*	0.9%	1.5%	0.4%

* Interpret with caution, high variability

** Data not released

sample size 1121

Figure 2: Postpartum Depression: Awareness of baby blues and symptoms



Interpretation:

13.6% (+/-2%) of adults (18+) report that they have heard of baby blues and are able to recognize 2 or more symptoms.

50.0% (+/-3%) of adults (18+) report that they have heard of baby blues but are not able to recognize 2 or more symptoms.

35.5% (+/-3%) of adults (18+) report that they have not heard of the phrase "baby blues."

Proportion of adults (18+) who have heard of, and know the duration of "baby blues," RRFSS January - December 2007

Table 3: Postpartum Depression: Awareness of the duration of baby blues

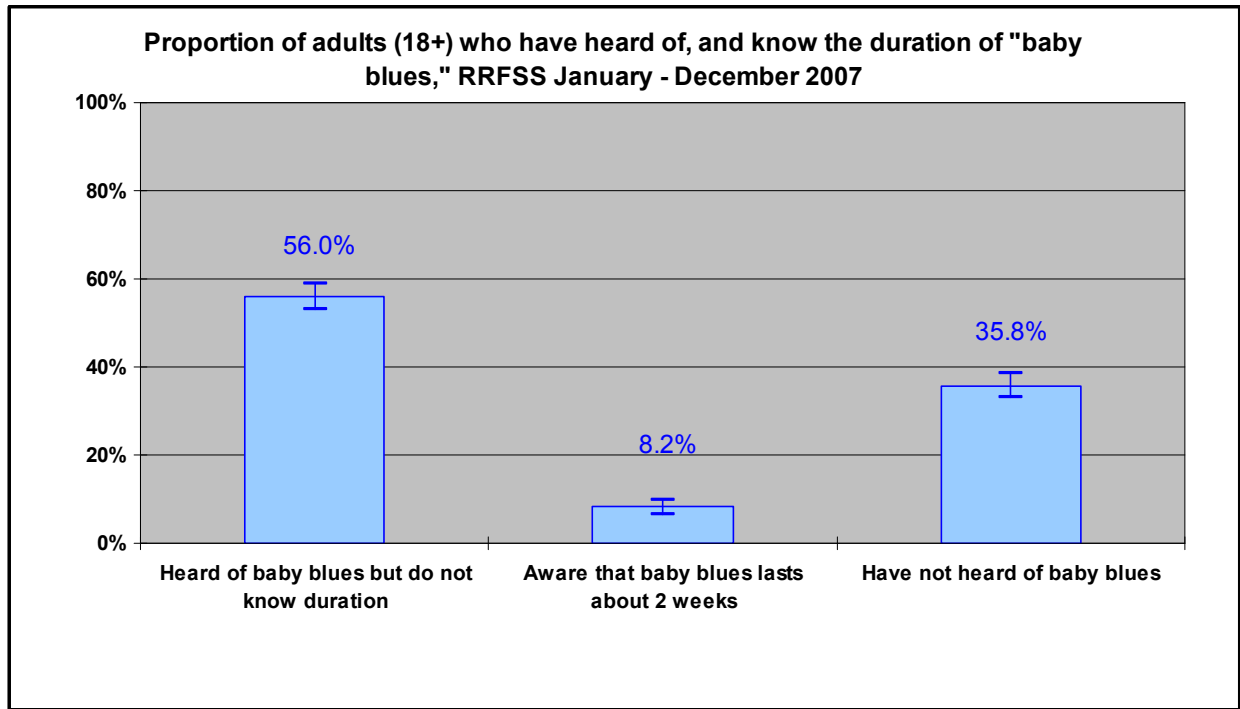
Duration of "baby blues"	Proportion	95% upper confidence limit	95% lower confidence limit
Heard of baby blues but do not know duration	56.0%	58.9%	53.0%
Aware that baby blues lasts about 2 weeks	8.2%	9.9%	6.6%
Have not heard of baby blues	35.8%	38.6%	33.0%

* Interpret with caution, high variability

** Data not released

sample size 1110

Figure 3: Postpartum Depression: Awareness of the duration of baby blues



Interpretation:

8.2% (+/-2%) of adults (18+) report that they have heard of baby blues and are aware that baby blues lasts about 2 weeks.

56.0% (+/-3%) of adults (18+) report that they have heard of baby blues but do not know the duration of baby blues.

35.8% (+/-3%) of adults (18+) report that they have not heard of the phrase "baby blues."

Among adults (18+) who have heard of "postpartum depression" and/or "baby blues," proportion who are aware that only postpartum depression requires professional help, RRFSS January - December 2007

Table 4: Postpartum Depression: Awareness that postpartum depression requires professional help

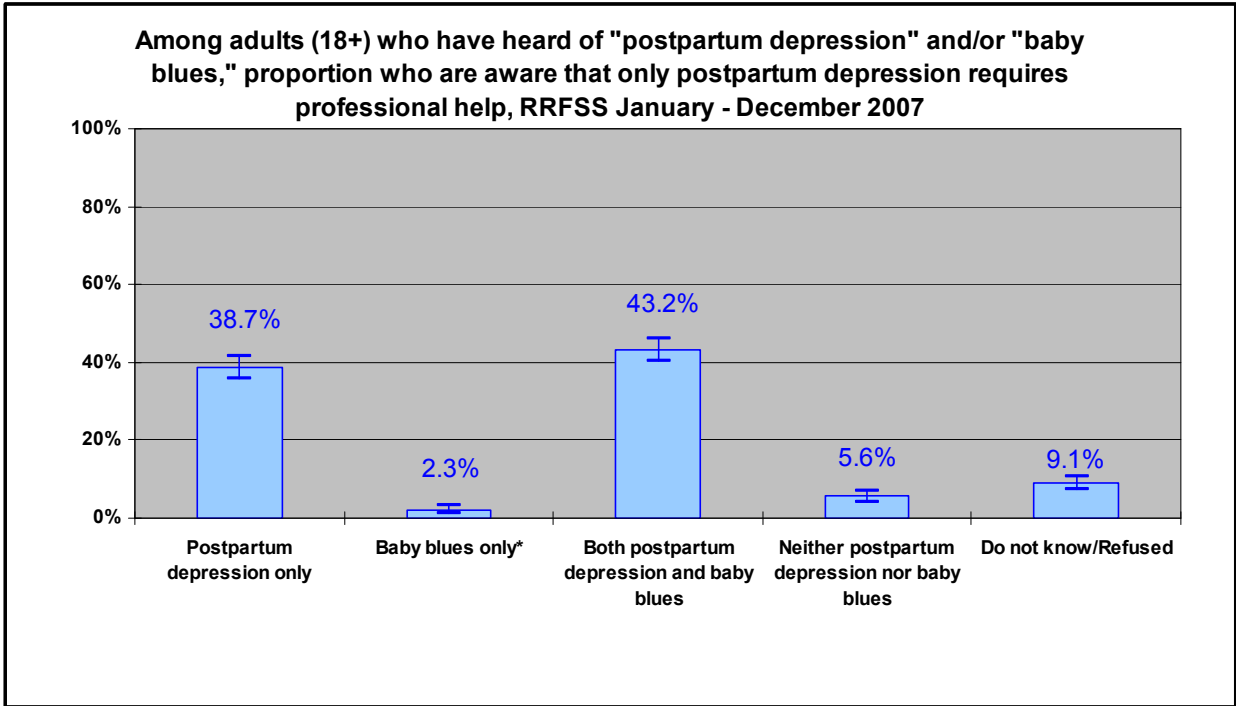
Professional help required	Proportion	95% upper confidence limit	95% lower confidence limit
Postpartum depression only	38.7%	41.6%	35.7%
Baby blues only*	2.3%	3.1%	1.4%
Both postpartum depression and baby blues	43.2%	46.2%	40.2%
Neither postpartum depression nor baby blues	5.6%	7.0%	4.3%
Do not know/Refused	9.1%	10.9%	7.4%

* Interpret with caution, high variability

** Data not released

sample size 1065

Figure 4: Postpartum Depression: Awareness that postpartum depression requires professional help



Interpretation:

38.7% (+/-3%) of adults (18+) who have heard of postpartum depression and/or baby blues are aware that *only* postpartum depression requires professional help.

2.3%* (+/-1%) of adults (18+) who have heard of postpartum depression and/or baby blues believe that *only* baby blues requires professional help.

43.2% (+/-3%) of adults (18+) who have heard of postpartum depression and/or baby blues believe that *both* postpartum depression and baby blues require professional help.

5.6% (+/-1%) of adults (18+) who have heard of postpartum depression and/or baby blues believe that no help is required for either postpartum depression or baby blues.

9.1% (+/-2%) of adults (18+) responded that they did not know the answer to this question or they refused to answer.

Among adults (18+) who are aware that postpartum depression requires professional help, proportion who are aware of where women can go for help, RRFSS January - December 2007

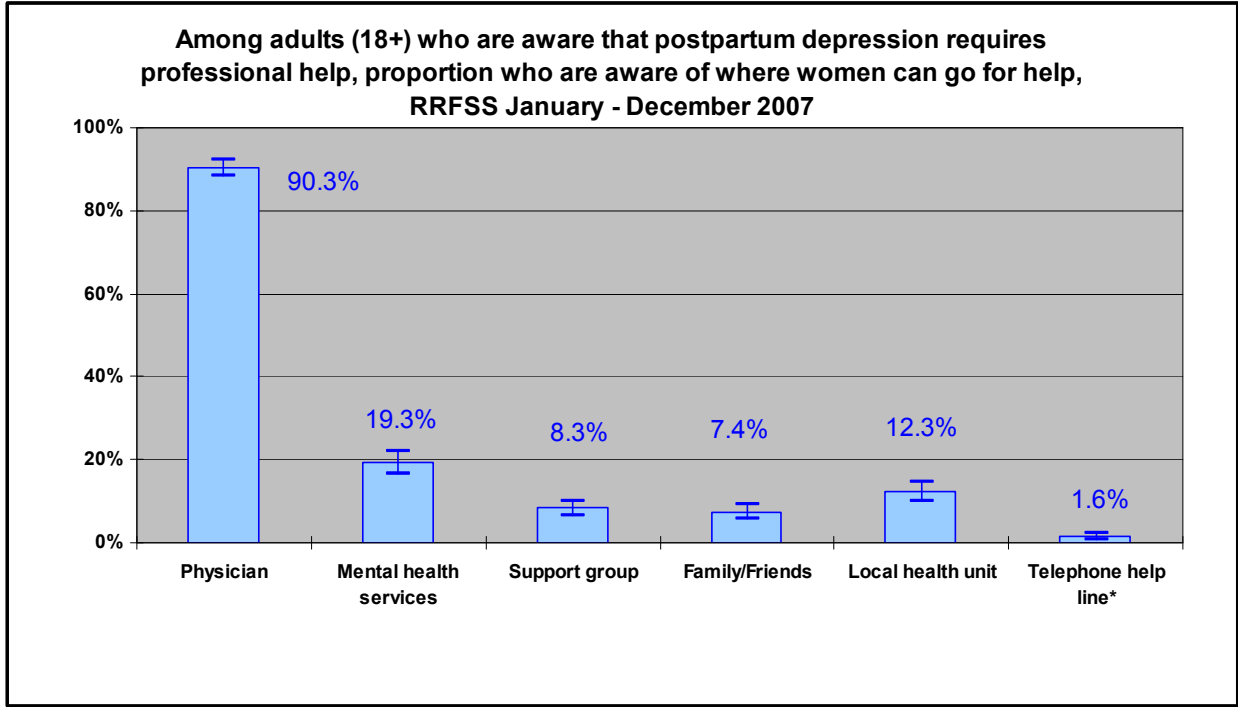
Table 5: Postpartum Depression: Awareness of where a woman with postpartum depression can go for help

Awareness of where a woman with postpartum depression can go for help	Proportion	95% upper confidence limit	95% lower confidence limit
Physician	90.3%	92.3%	88.4%
Mental health services	19.3%	21.9%	16.6%
Support group	8.3%	10.2%	6.5%
Family/Friends	7.4%	9.2%	5.7%
Local health unit	12.3%	14.5%	10.1%
Telephone help line*	1.6%	2.5%	0.8%

* Interpret with caution, high variability
 ** Data not released

sample size 859

Figure 5: Postpartum Depression: Awareness of where a woman with postpartum depression can go for help



Interpretation:

Among adults (18+) who are aware that postpartum depression requires professional help, 90.3% (+/-2%) suggest the physician.

Among adults (18+) who are aware that postpartum depression requires professional help, 19.3% (+/-3%) suggest mental health services.

Among adults (18+) who are aware that postpartum depression requires professional help, 8.3% (+/-2%) suggest a support group.

Among adults (18+) who are aware that postpartum depression requires professional help, 7.4% (+/-2%) suggest family/friends.

Among adults (18+) who are aware that postpartum depression requires professional help, 12.3% (+/-2%) suggest the local health unit.

Among adults (18+) who are aware that postpartum depression requires professional help, 1.6%* (+/-1%) suggest a telephone help line.

Limitations:

1. Questions only asked of adult residents aged 18+.
2. Telephone survey only conducted in English.
3. Results are based on self-reported behaviours.
4. (*) indicates that results are based on small sample size, thus estimates have high variability.

Notes:

- 1) The numbers in the tables and graphs are weighted.
 - 2) Missing responses are not included in the analysis.
 - 3) Don't know and refused responses are analyzed according to RRFSS analysis guideline.
 - 4) Release criteria of the data are according to RRFSS analysis guideline.
- * Interpret with caution, high variability.
** Data not released.