

**Table 7.22** Postpartum Depression by Mother's Race/Ethnicity in Hawai'i, Aggregate 2004-2008.

Race/Ethnicity	Prevalance (%)
All Others	18.0
Samoan	17.9
Native Hawaiian	17.2
Filipino	16.2
Korean	16.1
Black	13.5
Chinese	12.6
Japanese	12.2
White	9.0

**Background:**

“Pregnancy and childbirth can be a very rewarding and exciting time, but it can also be a period of severe emotional stress. Postpartum depression can be disabling for the mother and limit her ability to care for her new infant resulting in increased use of health care services and more hospitalizations. Women with postpartum depression are less likely to do basic preventive services such as putting the infant to sleep on the back, attending well child visits, and keeping up to date on immunization coverage. In severe cases of postpartum depression, women may harm themselves, their infants, and others.”

**PRAMS Definition:**

“Self-Reported Postpartum Depressive Symptoms was defined by a response of ‘always’ or ‘often’ to ‘how often have you felt down, depressed, or hopeless?’ or ‘how often have you had little interest or little pleasure in doing things’ since your new baby was born. These questions were not asked in Hawai'i PRAMS prior to 2004 so this report only includes data from 2004 to 2008.”

**Differences Related to Maternal Race:**

“Filipino, Samoan, Hawaiian, Korean, and those in the ‘All Others’ group have the highest estimates of self-reported postpartum depressive symptoms.”

**Source:** Hawai'i State, Department of Health, Hawai'i Pregnancy Risk Assessment Monitoring System (PRAMS). (Honolulu)