

MATERNAL MENTAL HEALTH

AMONG BLACK PERINATAL WOMEN IN ATLANTA, GEORGIA: A CBPR APPROACH, 2022

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WOMEN OF COLOR EXPERIENCING PERINATAL MOOD AND ANXIETY DISORDERS (PMADS) IN ATLANTA



60%

of women of color do not receive treatment for perinatal emotional complications.

1 IN 5

Perinatal mood and anxiety disorders (PMADs) are the most common pregnancy complications, affecting up to one in every five childbearing women, with higher rates among low-income minority women.

In a community of
80%
African Americans

Due to screening gaps, many Black women at risk for PMADs are not receiving the necessary mental health care.

1 IN 7

Perinatal depression affects one in every seven women, with prenatal and postpartum anxiety affecting 13%-21% and 11%-17% of women, respectively, with higher rates among low-income minority women.

This study aims to fill critical knowledge gaps about PMADS among Black women. The study concludes that PMADS are prevalent among Black perinatal women in Atlanta, GA. The formative research will provide data to researchers and community-based organizations to inform approaches and models for addressing Black maternal mental health.

Implication: The authors are currently investigating how this model can be adapted and used in conjunction with other Healthy Start programs across the country to address gaps in maternal mental health care for Black women.



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