



A MINUTE OF HEALTH WITH CDC

Have a Happy Birthday

Postpartum Depressive Symptoms — 17 States, 2004

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For many women, the excitement of impending motherhood often gives way to postpartum depression or PPD. Sometimes referred to as the “baby blues,” PPD is a period of gloom and despair that can develop up to a year after giving birth. This depression has been linked to hormonal changes following pregnancy, but it can also be caused by relationship problems, physical abuse, a difficult pregnancy, or financial problems.

A recent CDC study indicated that PPD occurs in up to one-fifth of women in the U.S. If you’re feeling sad or blue for more than two weeks following delivery, talk to your doctor. Don’t let depression rob you and your child of a wonderful first year together.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.