



Knox County Health Department

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FOR IMMEDIATE RELEASE: May 15, 2023

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KCHD Spotlights Postpartum Depression in Honor of Mental Health Awareness Month

Knoxville, Tenn. – The Knox County Health Department is releasing its second condensed report in honor of Mental Health Awareness Month. Today’s report focuses on postpartum depression (PPD).

“Postpartum depression affects mothers every day in our community and, unfortunately, it’s underdiagnosed,” said Dr. Corinne Tandy, Division Director of Epidemiology at KCHD. “Screening for depression during pregnancy and postpartum visits is essential for addressing and treating PPD. The community can also work to address this issue by reducing the stigma and normalizing the sharing of these feelings.”

Notable findings from the report include:

- Across the country, 10-15% of women develop significant postpartum depression or anxiety. Nearly 50% of mothers with PPD are not diagnosed by a mental health professional.
- The amount of women who experienced postpartum depression with a recent birth was 13.6% in the United States and 15.3% in Tennessee.
- Mental health conditions contributed to over 1 in 4 pregnancy-related deaths in Tennessee from 2017-2020.

The full report, which contains additional information and resources, can be found [here](#).

About Knox County Health Department

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. For more information, visit <http://www.knoxcounty.org/health>.

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