
HOUSE RESOLUTION

DESIGNATING THE MONTH OF MAY AS POSTPARTUM DEPRESSION AWARENESS
MONTH IN HAWAII.

1 WHEREAS, greater awareness and understanding of mental
2 health challenges is needed throughout the United States and
3 within the State of Hawaii; and
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5 WHEREAS, postpartum depression is a common, complex, and
6 multifaceted psychological condition that affects thousands of
7 mothers from all races, ethnicities, cultures, and educational
8 and economic backgrounds following childbirth; and
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10 WHEREAS, postpartum depression is thought to last between
11 three to six months, depending on the individual, and is
12 characterized by a range of emotional, physical, and cognitive
13 symptoms that can significantly impact a woman's well-being, her
14 relationship with her child, the child's other parent, and the
15 family dynamic; and
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17 WHEREAS, while there is no known cause of postpartum
18 depression, numerous risk factors are thought to increase the
19 likelihood of experiencing symptoms, such as health problems
20 occurring during labor, previous history with postpartum
21 depression, lack of social support, and previous issues with
22 depression, anxiety disorders, and serious mood disorders; and
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24 WHEREAS, it is believed that half of all women who develop
25 postpartum depression begin experiencing symptoms during
26 pregnancy, which illuminates the clear need for early symptom
27 recognition, depression screening, and increased access to
28 treatment options in order to support better symptom management
29 and faster recovery rates; and
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31 WHEREAS, with proper treatment for postpartum depression,
32 such as psychiatry, psychotherapy, support groups, and



1 antidepressants, eighty percent of women have been reported to
2 experience a full recovery; and

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4 WHEREAS, awareness of postpartum depression initially arose
5 in the late 1980s and has since grown, as many studies have been
6 conducted on its incidence rates, risk factors, and successful
7 treatment options; and

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9 WHEREAS, while postpartum depression is often unable to be
10 accounted for in public health statistics, it is thought to be
11 much more common than data reveals, with approximately one in
12 seven women experiencing this type of depression in the year
13 after giving birth; and

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15 WHEREAS, it is estimated that 900,000 women with live
16 births, still births, or miscarriages struggle with postpartum
17 depression in the United States; and

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19 WHEREAS, studies have also revealed that postpartum
20 depression affects not only new mothers, but also is equally
21 likely to affect about fifty percent of men who have partners
22 who have been diagnosed with postpartum depression and
23 approximately ten percent of new fathers who experience symptoms
24 of depression during the postpartum period; and

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26 WHEREAS, despite a significant number of women and men who
27 suffer from postpartum depression, this condition often goes
28 unrecognized and is thus undertreated, with an estimated fifty
29 percent of mothers with postpartum depression not diagnosed by a
30 health professional; and

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32 WHEREAS, according to 2012 to 2016 data collected by the
33 Hawaii Pregnancy Risk Assessment Monitoring System,
34 approximately 10.3 percent of mothers in Hawaii always or often
35 had symptoms suggestive of postpartum depression, and 27.2
36 percent have reported sometimes having symptoms; and

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38 WHEREAS, in Hawaii, mothers who were more likely to report
39 being always or often depressed were Native Hawaiian, Filipino,
40 or other Pacific Islander, those under twenty years old, those
41 who had Medicaid/Quest insurance or were uninsured before
42 pregnancy, those with an unintended pregnancy or unsure of their



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1 pregnancy or pregnancy intentions, those who experienced
2 intimate partner violence before or during pregnancy, or those
3 who smoked in the last three months of pregnancy; and
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5 WHEREAS, designating May as Postpartum Depression Awareness
6 Month in Hawaii will promote a greater sense of shared purpose
7 among individuals who experience postpartum depression, raise
8 awareness among the rest of the community, and invigorate the
9 work of medical and mental health professionals who are
10 addressing the needs of persons who experience postpartum
11 depression and educating the people who surround them; now,
12 therefore,
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14 BE IT RESOLVED by the House of Representatives of the
15 Thirty-second Legislature of the State of Hawaii, Regular
16 Session of 2024, that May is designated as Postpartum Depression
17 Awareness Month in Hawaii; and
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19 BE IT FURTHER RESOLVED that the Department of Health is
20 encouraged to spread awareness of postpartum depression and
21 related mental health challenges as well as information on how
22 to access information and support services to address the needs
23 of persons experiencing postpartum depression; and
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25 BE IT FURTHER RESOLVED that certified copies of this
26 Resolution be transmitted to the Governor and Director of
27 Health.
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OFFERED BY:

Nick A. Delotto

MAR 08 2024

