

State of Arizona
House of Representatives
Fifty-third Legislature
Second Regular Session
2018

HCR 2038

Introduced by

Representatives Carter: Allen J, Alston, Andrade, Barton, Benally, Blanc, Bolding, Bowers, Boyer, Butler, Campbell, Cardenas, Chávez, Clark, Clodfelter, Cobb, Coleman, Cook, Descheenie, Engel, Epstein, Espinoza, Farnsworth E, Fernandez, Finchem, Friese, Gabaldón, Gonzales, Grantham, Hernandez, John, Lawrence, Leach, Livingston, Martinez, Mesnard, Mitchell, Mosley, Navarrete, Norgaard, Nutt, Payne, Peten, Powers Hannley, Rios, Rivero, Saldate, Salman, Shope, Stringer, Syms, Thorpe, Toma, Townsend, Udall, Ugenti-Rita, Weninger

A CONCURRENT RESOLUTION

PROCLAIMING MAY 2, 2018 AS MATERNAL MENTAL HEALTH DAY IN ARIZONA.

(TEXT OF BILL BEGINS ON NEXT PAGE)

1 Whereas, each year, more than 1 in 9 Arizona women experience
2 maternal mental health issues, and many women and their families are
3 affected by perinatal mood and anxiety disorders, including postpartum
4 depression; and

5 Whereas, the symptoms of perinatal mood and anxiety disorders vary
6 from person to person but can include anxiety, feeling overwhelmed, guilt,
7 irritability, anger, difficulty sleeping, feeling disconnected from one's
8 baby and frightening and intrusive thoughts; and

9 Whereas, perinatal mood and anxiety disorders can develop during
10 pregnancy, after the birth of a baby and during the first year
11 postpartum; and

12 Whereas, although primarily affecting birth mothers, perinatal mood
13 and anxiety disorders can also affect other members of the family,
14 including fathers, partners, siblings and grandparents, and others close
15 to the family; and

16 Whereas, perinatal mood and anxiety disorders may impact the length
17 of the pregnancy and have physical, emotional and cognitive consequences
18 for the health of the newborn; and

19 Whereas, fluctuating hormone levels can play an important role in
20 perinatal mood and anxiety disorders during pregnancy. Many mood changes
21 are normal, and even expected, since having a baby can lead to lifestyle
22 transformations; and

23 Whereas, with proper awareness, education, intervention and
24 resources, as well as support from family and friends, perinatal mood and
25 anxiety disorders are nearly 100% treatable; and

26 Whereas, there is no single test to diagnose perinatal mood and
27 anxiety disorders; and

28 Whereas, education and screening are the best tools to identify
29 perinatal mood and anxiety disorders, and raising awareness among new
30 parents, educating the public and reaching out to health practitioners can
31 increase the rate at which afflicted mothers get help; and

32 Whereas, screening for perinatal mood and anxiety disorders in
33 well-child care may improve early detection, promote perinatal recovery
34 and reduce associated adverse outcomes for child development; and

35 Whereas, it is vital to raise awareness of how frequently anxiety
36 and depression affect the entire family both during and after pregnancy,
37 to support the efforts of medical providers, community agencies and home
38 visitation providers and to educate and inform communities about the best
39 way to promote maternal mental health.

40 Therefore

41 Be it resolved by the House of Representatives of the State of Arizona,
42 the Senate concurring:

43 That the Members of the Legislature proclaim May 2, 2018 as Maternal
44 Mental Health Day in Arizona.