

TABLE 1. Prevalence of Perinatal Mental Health Conditions Among Live Birth Deliveries, Active Component, U.S. Armed Forces, Department of Defense Birth and Infant Health Research Program Data, 2016–2022

	Live Births (n)	Any Mental Health Condition ^a			
		No.	%	95% CI Lower Limit	95% CI Upper Limit
Total	56,371	19,077	33.8	33.5	34.2
Race and ethnicity					
American Indian, Alaska Native	591	192	32.5	28.7	36.3
Asian, non-Hispanic	2,262	606	26.8	25.0	28.6
Black, non-Hispanic	13,709	5,130	37.4	36.6	38.2
Hispanic	10,946	3,535	32.3	31.4	33.2
Multi-racial, non-Hispanic	2,562	878	34.3	32.4	36.1
Native Hawaiian, Pacific Islander	828	195	23.6	20.7	26.4
White, non-Hispanic	24,146	8,086	33.5	32.9	34.1
Unknown	1,327	455	34.3	31.7	36.8
Age, y					
<20	468	165	35.3	30.9	40.0
20–24	19,345	7,261	37.5	36.9	38.2
25–29	17,281	5,929	34.3	33.6	35.0
30–34	12,267	3,518	28.7	27.9	29.5
35+	7,010	2,204	31.4	30.4	32.5
Marital status					
Married	43,595	14,176	32.5	32.1	33.0
Unmarried, unknown	12,776	4,901	38.4	37.5	39.2
Military rank					
Junior enlisted	6,872	2,645	38.5	37.3	39.6
Mid-, senior enlisted	38,926	14,230	36.6	36.1	37.0
Officer	10,573	2,202	20.8	20.1	21.6
Service branch					
Army	18,668	6,979	37.4	36.7	38.1
Navy	15,969	5,817	36.4	35.7	37.2
Air Force	16,207	4,685	28.9	28.2	29.6
Marine Corps	4,131	1,279	31.0	30.0	32.4
Coast Guard	1,396	317	22.7	20.5	24.9
Deployment history ^b					
Ever deployed	19,027	6,064	31.9	31.2	32.5
Never deployed	37,344	13,013	34.9	34.4	35.3
Stage of pregnancy					
Pre-pregnancy	56,371	8,444	15.0	14.7	15.3
During pregnancy	56,371	10,376	18.4	18.1	18.7
Postpartum	56,371	12,405	22.0	21.7	22.4
Diagnoses of mental health conditions					
1	56,371	10,085	17.9	17.6	18.2
2	56,371	5,614	10.0	9.7	10.2
3+	56,371	3,378	6.0	5.8	6.2

Abbreviations: No., number; CI, confidence interval; y, years.
^aComposite variable which includes all 5 mental health diagnostic categories (trauma/stressor-related disorders, anxiety/panic disorders, depressive disorders, suicidal ideation/attempt, eating disorders)
^bLimited to deployments in support of post-9/11 operations, predominately in and around Middle East region.