

About LAMB

The Los Angeles Mommy and Baby (LAMB) Project is a public health surveillance project developed by the Maternal, Child, and Adolescent Health Programs of Los Angeles County in 2004. The LAMB Project collects countywide population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy.

The LAMB Project was first implemented in 2004 in Antelope Valley to address the high infant mortality rate observed in that region of Los Angeles County. The LAMB Project provided information on the risk factors and potential causes of infant mortality for women in the Antelope Valley. Since 2005, the project has been expanded to cover all of Los Angeles County, collecting data every other year. The purpose of LAMB is to collect and disseminate quality and useful data to MCAH stakeholders, with the ultimate goal, to improve the health of mothers and infants by reducing adverse birth outcomes and the risk factors that lead to high rates of low birth weight, pre-term births, and infant and maternal mortality and morbidity. To this end, LAMB has provided data to County health officials and MCAH community partners and stakeholders to assist in making decisions designed to improve the health of mothers and infants. LAMB data has been used by the Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health Programs and community stakeholders to monitor and examine trends over time in maternal and child health indicators, including: rates of unintended pregnancy, prenatal care, smoking and drinking during pregnancy, breast-feeding, well-baby checkups, infant illnesses, baby's sleep position, and exposure to secondhand smoke. The LAMB data provides additional information to supplement vital statistics from birth and death certificates which have been traditionally used to assist state and local maternal, child, and infant health programs in program and policy development. For more information about LAMB, please visit us at: www.LALAMB.org.

Use of 2010 LAMB Data Book

The data book presents findings from the 2010 LAMB project with comparisons to 2007 LAMB data as appropriate. The 2010 LAMB project surveyed 6,593 eligible respondents which represents 133,160 live births in Los Angeles County during 2010. The data are weighted by the respondents' selection probability which allows the percentage (prevalence) reported in this document to represent the entire population of live births in the County of Los Angeles in year 2010.

Major highlights from this report:

- Nearly half (48%) of mothers who had a live birth reported that their pregnancies were unintended.
- Almost one third (28%) of mothers who had a live birth were using birth control at the time of conception.
- One in ten (9%) of mothers reported starting prenatal care after the first trimester.
- One in seven (15%) of mothers reported that they did not receive prenatal care as early as they had wanted.
- One in three mothers (33%) went to a dentist or dental clinic during their pregnancy.
- One in three mothers (33%) reported being counseled by a dental or other health care worker about care of teeth and gums.
- 2% of women reported being physically abused by their husband or partner during pregnancy.

- One in ten (10%) of mothers reported smoking cigarettes during the six months before they became pregnant, and 3% reported smoking during pregnancy.
- The percent of women who reported any breastfeeding increased slightly from 85% in 2007 to 88% in 2010.
- One in ten African American mothers reported being homeless during their last pregnancy compared to 5% overall.
- 71% of women reported that they were currently reading to their young infants. This varies from 85% for White women to 65% for Hispanic women.
- Two thirds (74%) of mothers reported they most often put their baby to sleep on his or her back with lowest rate among African American mothers (65%).
- 91% of women reported having had a post partum check up.
- Obesity continues to be a problem with 45% of women reporting that they were overweight or obese just prior to becoming pregnant in 2010 compared to 43% in 2007.
- 43% of women reported having experienced some form of discrimination during their life. This was highest for African American women (57%), followed by Asian Pacific Islander women (45%).
- One in four (26%) of women reported having depressed mood during their last pregnancy.

Research has indicated that various maternal behaviors and experiences before, during, and after pregnancy influence birth outcomes. Through the release of this report, the Maternal, Child, and Adolescent Health Program hopes that these data can be used to monitor and assess trends, to plan and evaluate programs, and to direct policy decisions, with the ultimate goal to improve the health of mothers and infants in Los Angeles County. The LAMB Project recommends readers review the Technical Notes section of this report, which includes the Methodology and details of the sampling, data weighting, response rate, strength/limitations of the data, and a glossary of maternal/infant health terms.

The 2010 LAMB data book presented here covers a wide range of health topics, including:

- Preconception health (health before pregnancy)
- Prenatal care and maternal medical conditions during pregnancy
- Psychosocial conditions during pregnancy
- Behavioral risk factors
- Postpartum care and Infant health

Each section of the report contains tables displaying estimates by race/ethnicity, age, Service Planning Area (SPA), and Supervisorial District. In every table, County-level estimates are provided so that comparisons may be made between subpopulations and the County total.