



A 2012 Survey of the Health of Mothers and Babies in Los Angeles County

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Maternal, Child and Adolescent Health Programs
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FOREWORD

We are pleased to present the 2012 Los Angeles Mommy and Baby Survey Data Book developed by the Department of Public Health. The report is dedicated to examining the key indicators of health for new mothers and infants in Los Angeles County. The health care needs of pregnant women and babies are unique, reflecting the influence of complex and challenging economic, social and biological factors. For the past decade, the Los Angeles County Department of Public Health, Maternal Child and Adolescent Health Programs (MCAHP) have taken a life course approach to improve maternal and infant health. Life course theory provides the opportunity to focus on health equity and social determinants with an updated understanding of how biology and environment interact to affect health over a life time and even across generations.

In an effort to help communities and MCAH stakeholders to determine where and which health indicators require more immediate attention the report identifies health disparities for women by race/ethnicity, age and geographic areas. Comparison data from 2007 and 2010 is included where appropriate to highlight trends in maternal and infant health. In examining pre-pregnancy health we found

that ten percent of African American mothers reported not having enough money for food prior to pregnancy compared to six percent countywide and the rate of being overweight or obese prior to getting pregnant continued to increase from 2007 to 2012. Uninsured women reported more difficulty accessing medical care and have lower rates of receiving preventive health screenings compared to insured women. These disparities can often lead to increased health risks and illness. These complex and challenging economic, social, and biological factors require multi-faceted strategies to eliminate health disparities and promote prevention and quality health care for all women and infants. It will require funders, advocacy groups, community-based organizations, civic programs, and state and local government to come together to identify and implement strategies to improve the health status of women of reproductive age, and thereby impact their infants, families, and the community at large.

Thanks to the dedicated County Staff, our community partners, and funding from First Five Los Angeles and MCAH general grants, we are now able to present this report to you.



Handwritten signature of Cynthia A. Harding in black ink.

Cynthia A. Harding, M.P.H.
INTERIM DIRECTOR OF PUBLIC HEALTH

Handwritten signature of Suzanne M. Bostwick in black ink.

Suzanne Bostwick, BS
MATERNAL, CHILD AND ADOLESCENT HEALTH PROGRAMS

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 approximately every other year on maternal attitudes and experiences before, during, and shortly after 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 this 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. For more information about LAMB, please visit us at: www.LALAMB.org.

Demographic Profile

In 2012, 131,697 babies were born in Los Angeles County (LAC). Approximately 58% of all births were to Latina mothers. Nearly half the births were to mothers 25-34 years of age, while 7% were to those under 20 years of age. Almost 55% of the births were to mothers who had 12 years of education or higher and half of the mothers were married at the time of delivery.

There were several demographic changes among LAC mothers between 2007 and 2012. The proportion of Latina mothers decreased between 2007 and 2012 (63% to 58%), whereas, the proportion of Asian/Pacific Islander mothers increased from 11% in 2007 to 15% in 2012. The proportion of mothers under 24 years old decreased over the last five years (32% in 2007 to 26% in 2012), also, the proportion of mothers with an annual income less than \$20,000 decreased from 41% to 33%.

Highlights from 2012 data:

- Thirty six percent of LA County mothers did not have **health insurance** just before pregnancy. Nearly one in two Latina mothers was uninsured in the months before her pregnancy.
- About 22% of insured mothers reported they were covered by Medi-Cal.
- Nearly half (47%) of all live births were **unintended**.
- Ten percent of African American mothers reported not having **enough money for food** prior to pregnancy, compared to 5.5% overall.
- Six percent of mothers used **fertility treatments** to help them conceive. Ten percent of white mothers received fertility treatments compared to just 2% of Latina and African American mothers.
- Near half (46%) of mothers were **overweight or obese** just before pregnancy. This was highest for African American and Latina mothers (57%) and lowest for Asian/Pacific Islander mothers (17%).
- Forty-eight percent of mothers did not take a **multivitamin/folic acid daily** in the month before conception.
- Although only one in ten (10%) LAC mothers had late prenatal care (starting **prenatal care** after the first trimester), African American and Latina mothers were more than twice as likely as white mothers to receive late prenatal care.
- **Physical abuse** by a current husband or partner was reported by 2% of mothers.
- Almost 9% of mothers **smoked cigarettes** during the six months before they became pregnant, and 2% reported smoking during pregnancy.
- Thirty three percent of women were vaccinated for **seasonal flu** during pregnancy. This was highest among White mothers (40%) and lowest among Latina and Asian/Pacific Islander mothers (33%).
- Nine in ten (91%) LAC mothers initiated **breastfeeding** after delivery.
- Thirty seven percent of mothers had a **dental visit** during pregnancy.
- Nearly one in seven African American mothers reported being **homeless** during their last pregnancy compared to 5% overall.
- Close to 20% of African American mothers had **high blood pressure** during pregnancy compared to 9.7% overall.
- One third of mothers (30%) reported **feeling depressed** during pregnancy and one in two mothers (47%) reported having postpartum depressed mood.
- Seventy four percent of mothers were currently **reading to their babies**, when they were surveyed. This varies from 87% for White mothers to 62% for Asian/Pacific Islander mothers.

- In terms of safe **sleeping position**, three quarters (75%) of infants were usually placed on their backs to sleep (safest position) with the lowest prevalence among African American babies (63%).
- Sixty eight percent of infants were enrolled into a **health coverage program** before leaving the hospital. Asian/Pacific Islander mothers were least likely to enroll their infants prior to leaving the hospital (55%), whereas, African American mothers were most likely (78%).
- Forty percent of mothers reported having experienced some form of **discrimination** during their life. This was highest for African American mothers (56%), followed by Latina mothers (40%).

Trends between 2007 and 2012:

- There was a decrease in the percent of mothers who did not take multivitamins/folic acid prior to conception (54% in 2007 to 48% in 2012).
- Smoking prevalence before and during pregnancy did not change significantly over time. Smoking prevalence before pregnancy was 9.6% in 2007 and 8.7% in 2012, while the prevalence during pregnancy remained around 2.5% during same time period (2.4-2.6%).
- Obesity continues to be a public health problem. Between 2007 and 2012, 43% to 46% of all mothers were overweight or obese just before pregnancy.
- In 2012, the percentage of infants placed to sleep on their backs leveled off at 75%, after increasing from 65% in 2007 to 74% in 2010.
- The percent of mothers who breastfed after delivery increased from 85% in 2007 to 91% in 2012.
- The percentage of mothers who had self-reported depressed mood before and after pregnancy has decreased. Depressed mood during pregnancy slightly decreased from 32% in 2010 to 30% in 2012[§], while postpartum depressed mood decreased from 58% in 2007 to 47% in 2012.

Use of 2012 LAMB Data Book

The data book presents findings from the 2012 LAMB project with comparisons to 2007 and 2010 LAMB data as appropriate. The 2012 LAMB project surveyed 6,843 eligible respondents which represents 131,697 live births in Los Angeles County during 2012. 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 2012.

The 2012 LAMB data book presented here covers a wide range of health topics, organized into five sections - Preconception health (health before pregnancy), prenatal care and maternal medical conditions during pregnancy, psychosocial conditions during pregnancy, behavioral risk factors and postpartum care and infant health. Each section of the report contains tables displaying estimates by race/ethnicity, 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. Furthermore, select indicators are presented as figures to explore prevalence across age groups.

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.

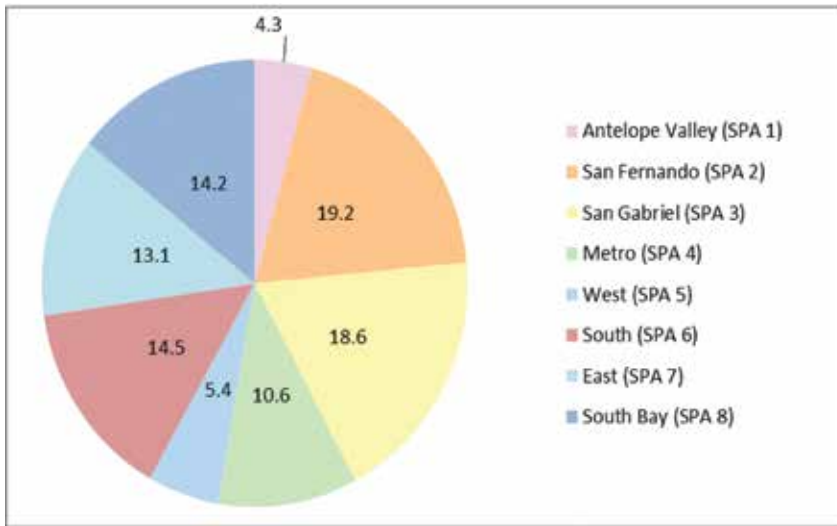
The current report presents the most accurate data to date and replaces previous versions of the LAMB data book.

§ Data for depressed mood during pregnancy was not available for 2007.

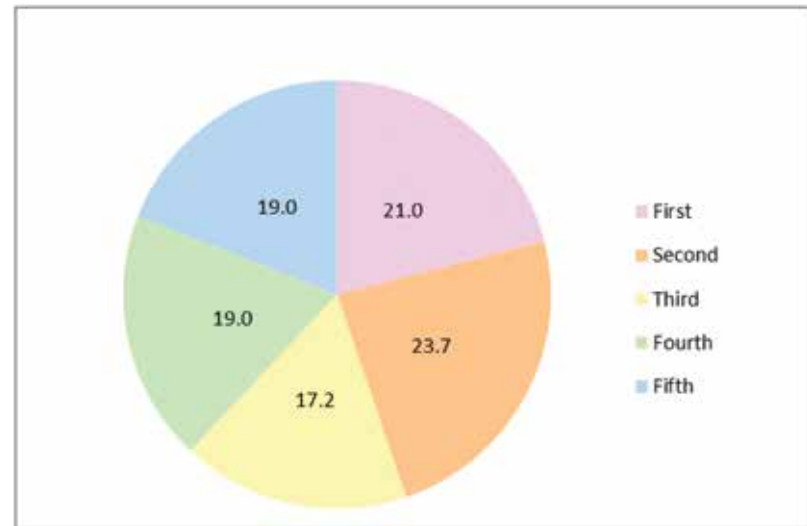


Selected Demographic Indicators

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)
Mother's Race/Ethnicity			
White	16.9	17.7	17.8
Latina	63.1	61.3	57.7
African American	7.5	8.0	7.6
Asian/Pacific Islander	11.2	12.0	15.0
Maternal Age			
<20	9.4	8.8	7.0
20-24	22.1	19.4	18.9
25-34	50.0	51.7	51.0
35+	18.5	20.1	23.2
Mother's Years of Education			
<12	31.7	24.5	22.0
=12	25.8	24.5	24.1
>12	42.5	51.0	54.0
Mother's Marital Status When Baby Was Born			
Married	55.6	56.1	54.9
Not married	44.4	43.9	45.1
Language(s) Usually Spoken at Home			
English	65.4	71.0	71.0
Spanish	50.5	47.4	44.7
Asian Language	7.0	7.3	11.1
Other Language	4.9	5.6	5.7
Household Income			
<\$20,000	41.0	36.4	33.2
\$20,000 - \$39,999	21.8	23.5	20.6
\$40,000 - \$59,999	9.0	10.8	8.1
\$60,000 - \$99,999	11.0	13.1	10.8
\$100,000 and more	11.0	16.2	14.5
Preterm/Low Birth Weight			
Preterm	11.4	9.7	9.1
Low Birth Weight	7.4	7.5	6.4



Distribution of Mothers across Service Planning Areas (SPA) Los Angeles 2012



Distribution of Mothers across Supervisorial Districts Los Angeles 2012



"I am pleased to be part of this survey and happy to know that you are concerned with our experiences before, during and after pregnancy." ~LAMB Mom

Pre-pregnancy Health by Race/ Ethnicity

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	White (%)	Latina (%)	African-American (%)	Asian/ Pacific Islander (%)
Access to Health Care Before Pregnancy							
Uninsured	36.7	34.7	35.8	13.7	45.0	23.2	34.7
On Medi-Cal	21.4	19.7	22.3	7.8	28.0	43.1	7.5
Preconception Health Behaviors and Experiences							
No preconception health counseling ¹	70.7	69.4	68.6	54.1	74.6	69.2	62.8
Not taking a multivitamin	54.4	50.5	47.5	30.0	55.8	54.4	33.8
Lack of folic acid knowledge**	N/A	63.5	67.9	51.8	75.3	75.8	56.4
Did not have enough money for food	6.7	6.0	5.5	3.8	6.1	10.3	2.9
Smoked in the 6 months before pregnancy	9.6	9.5	8.7	12.8	6.7	17.1	6.4
Family Planning Practices							
Unwanted/mistimed pregnancy by mother ²	N/A	48.4	46.6	24.3	55.7	61.9	31.7
Unwanted pregnancy by partner ³	34.1	31.9	28.0	19.0	33.0	32.9	17.4
Using birth control when they became pregnant ⁴	N/A	27.8	28.9	16.0	33.6	29.8	26.8
Received fertility treatment	4.0	4.2	5.6	10.1	2.3	1.8	*14.8
Ever used emergency contraception**	10.4	16.4	19.5	23.0	20.3	21.6	10.9
Preconception Health Conditions							
Overweight/Obese	42.5	44.8	45.7	28.1	57.4	56.8	16.7
Asthma	5.2	4.4	5.0	4.5	4.7	11.9	2.8
High blood pressure	3.7	4.1	3.6	1.9	4.2	8.0	1.5
Diabetes	3.3	2.4	2.8	*0.8	3.6	2.7	2.6
Anemia	12.1	11.4	11.8	8.4	13.4	20.1	5.9
Depression	16.1	12.5	11.0	8.1	11.5	14.8	*10.9
Periodontal disease	12.5	9.9	9.5	5.1	11.8	11.8	4.9
Obstetric History							
Previous preterm birth	8.9	6.7	8.0	4.0	9.9	10.3	4.8
Previous low birth weight	7.4	6.0	5.6	3.9	6.3	10.2	3.1
Stillbirth (pregnancy that did not result in a live birth)	2.1	1.8	1.3	*1.2	1.3	2.1	*1.1
Previous miscarriage	17.7	19.6	19.5	23.8	17.9	26.6	16.1
Previous abortion	17.0	15.1	15.2	17.2	11.4	38.0	14.9

* Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

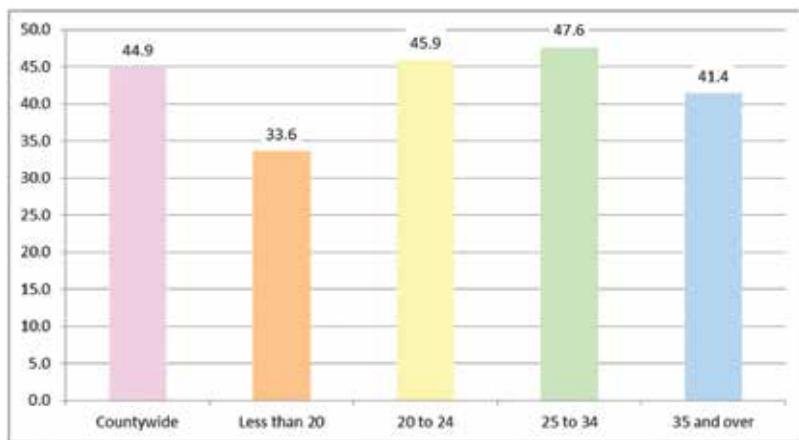
** Indicates significant differences across all survey years.

¹ Question asked: During the six months before you got pregnant with your new baby, did you talk to a doctor, nurse, or other health care worker about how to prepare for a healthy pregnancy and baby?

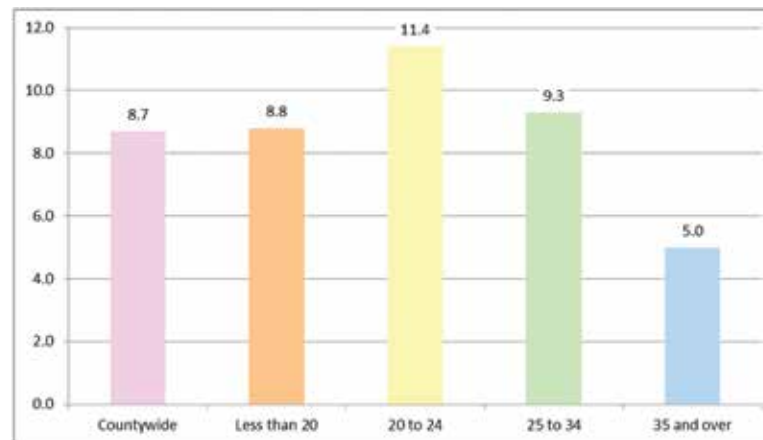
² Question asked: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? Respondents who answered, "I wanted to be pregnant later" or "I didn't want to be pregnant then or any time in the future" were coded as "Unwanted or mistimed."

³ Question asked: Just before you got pregnant with your new baby, how did your husband or partner feel about you becoming pregnant? Respondents who answered, "He wanted me to be pregnant later" or "He didn't want me to be pregnant then or any time in the future" were coded as "Unwanted pregnancy by father." Respondents who answered, "I don't know" or "I didn't have a husband or partner" were coded missing for this field.

⁴ Question asked: Before you got pregnant with your new baby, were you using any method of birth control? Respondents who answered "Yes, all the time" or "Yes, sometimes" were coded as "using birth control before getting pregnant".



**Percentage of Mothers Overweight or Obese Before Pregnancy by Age Group
Los Angeles 2012**



**Percentage of Mothers who Smoked in the 6 Months Before Pregnancy by Age Group
Los Angeles 2012**



"Thanks for caring about all the new moms and babies so that every day there will be fewer hungry and mistreated children, and more moms who are safe and without fear." ~LAMB Mom

Prenatal Care and Maternal Risk Factors During Pregnancy by Race/ Ethnicity

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	White (%)	Latina (%)	African-American (%)	Asian/ Pacific Islander (%)
Prenatal Care							
Entered prenatal care after 1st trimester	10.1	9.2	9.5	5.4	10.7	13.5	7.8
Did not get prenatal care as early as wanted	15.6	14.9	13.4	9.4	14.3	20.5	11.1
Traveled 15 miles or more for prenatal care	12.4	12.4	11.2	11.1	10.9	15.3	10.4
Dissatisfied with amount of wait time at prenatal care	18.7	18.2	18.0	15.9	19.3	19.9	14.7
Dissatisfied with amount of time spent with doctor/nurse	11.4	10.6	9.8	7.8	11.4	8.6	6.9
Dissatisfied with advice given at prenatal care	7.7	7.8	6.5	6.4	7.0	6.5	4.5
Dissatisfied with understanding/respect received	4.3	3.6	3.8	3.9	3.9	4.6	2.7
Needed to see a dentist	N/A	22.0	23.1	19.0	26.7	30.5	10.7
Received dental care	N/A	33.5	36.8	49.5	32.0	28.4	43.6
Received a seasonal flu shot	N/A	34.9	33.4	40.3	32.6	23.5	32.6
Medical Conditions During Pregnancy							
Labor pain 3 weeks before due date	16.3	16.2	15.0	12.5	17.1	18.3	8.9
High blood pressure	10.8	11.6	9.7	9.7	9.7	19.7	4.8
Gestational diabetes	12.0	12.4	11.8	8.0	12.4	10.5	14.8
Problems with the placenta ⁵	3.6	4.2	4.8	6.4	4.7	3.6	3.9
Urinary tract infection	N/A	11.8	13.2	10.5	16.3	13.4	5.1
Water broke more than 3 weeks early	5.2	4.7	4.4	4.4	4.4	5.0	4.1
Incompetent cervix	3.3	2.7	2.2	*0.7	3.0	2.0	*0.8
Sexually transmitted disease	3.5	2.5	3.5	1.3	4.4	5.9	*1.5
Bacterial vaginosis	13.4	14.9	10.8	6.6	11.9	17.2	8.4
Periodontal disease	18.9	17.4	16.7	13.3	18.6	23.5	9.5
Risk Behaviors During Pregnancy							
Smoking	2.6	2.5	2.4	3.3	1.3	8.4	*2.2
Exposure to secondhand smoke ⁶	6.3	4.2	4.3	2.8	3.8	11.4	4.1
Using illegal drugs or drugs not prescribed by a doctor ⁷	N/A	5.3	5.7	5.6	4.0	7.7	*11.1
Drinking alcohol	10.5	9.1	9.5	19.5	7.2	9.0	6.1
Did not exercise during pregnancy ⁸	23.9	22.9	20.9	21.6	19.8	27.9	20.6

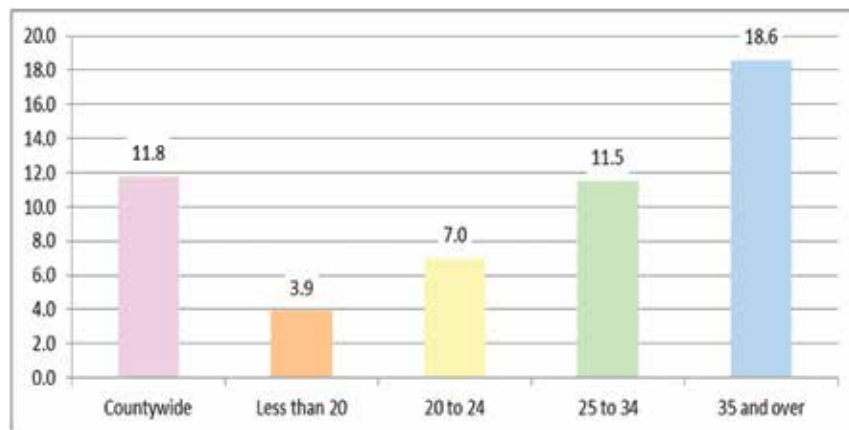
* Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

⁵ Question asked: During your pregnancy did you have any of these problems? Respondents who answered "problems with placenta (such as abruptio placentae or placenta previa)" were coded as "problems with placenta."

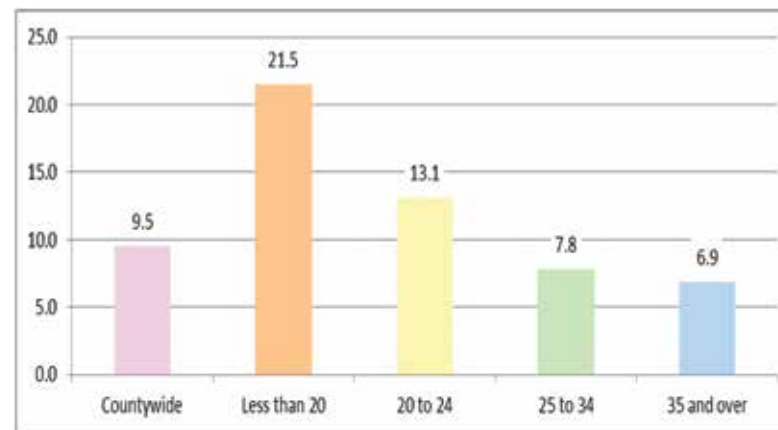
⁶ Question asked: During your pregnancy, about how many hours a day, on average, were you in the same room with someone who was smoking? Respondents who indicated more than 0 hours were coded as "exposed to secondhand smoke."

⁷ Respondents who answered "yes" when questioned about use of marijuana, hashish, tranquilizers, hallucinogens, cocaine, heroin, amphetamines or prescription drugs not prescribed by their doctors were coded as "using illegal drugs or drugs not prescribed by a doctor."

⁸ Question asked: How often did you exercise for 30 minutes or more in the last three months of pregnancy; women who were told by a doctor, nurse, or health care worker not to exercise were excluded from the denominator to calculate prevalence of exercise during last three months of pregnancy.



Percentage of Mothers with Self-Reported Gestational Diabetes by Age Group Los Angeles 2012



Percentage of Mothers Entering Prenatal Care After First Trimester by Age Los Angeles 2012



Psychosocial and Behavioral Risk Factors During Pregnancy by Race/ Ethnicity

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	White (%)	Latina (%)	African-American (%)	Asian/ Pacific Islander (%)
Mental Health During Pregnancy							
Self reported depression ⁹	N/A	31.7	29.7	16.7	34.8	39.5	21.3
Low maternal resiliency ¹⁰	10.4	9.0	8.1	4.8	9.2	11.5	6.7
Social Support							
Dissatisfied with support given by the baby's father ¹¹	N/A	9.6	8.3	4.0	9.2	20.3	4.2
Experienced domestic violence/intimate partner abuse ¹²	3.4	2.2	2.3	*0.7	2.9	3.9	*1.3
Would have someone to loan money if needed ¹³	N/A	81.9	82.1	94.1	78.6	80.7	80.8
Would have someone to help if sick	N/A	87.5	86.1	95.6	82.3	88.0	86.7
Would have someone to listen to problems	N/A	86.2	85.1	95.6	81.0	86.0	86.9
Social Environment							
Perceived neighborhood as unsafe ¹⁴	16.5	14.7	14.2	5.2	18.5	23.1	4.3
Stressful Life Events During Pregnancy							
Family member had to go into the hospital	17.3	16.0	16.1	15.2	15.6	23.9	*14.9
Divorced/separated from husband/partner	9.2	7.3	8.1	3.1	8.7	15.6	*8.5
Moved to a new address	21.2	28.4	25.6	25.7	26.1	34.6	18.9
Were homeless	5.7	4.3	4.6	1.7	5.5	13.8	*0.3
Husband/partner lost his/her job	13.8	17.6	12.4	8.2	15.0	15.9	5.1
Lost job but wanted to continue working	11.6	11.1	9.6	7.0	11.6	13.0	3.8
Argued more than usual with husband/partner	30.4	27.8	26.3	18.9	27.9	43.4	*20.4
Had a lot of bills that could not be paid	22.4	23.2	18.5	12.0	21.7	32.0	7.6
Were in a physical fight	3.9	3.5	2.7	*1.4	2.8	8.3	*1.0
Husband/partner or self went to jail	4.0	3.3	3.5	2.0	3.9	11.3	*0.3
Someone close had drinking or drug problems	10.7	8.2	8.1	8.2	9.1	12.5	2.0
Someone close and important died	13.2	13.0	12.5	9.7	12.6	20.6	*11.8
Reported Ever Experiencing Discrimination							
Any discrimination**	32.2	43.2	39.1	36.8	39.6	56.0	30.8
At work	13.5	18.4	17.4	20.8	15.8	26.3	14.2
When getting medical care	6.4	8.3	8.2	6.0	9.2	11.5	5.3
When getting housing	7.0	8.8	9.1	6.5	9.2	20.7	5.5
Because of race/color	12.9	20.0	18.1	9.9	17.1	42.6	18.6
Because of gender	7.5	11.6	11.3	17.5	8.8	17.6	9.2
Because of pregnancy	14.0	15.1	14.7	16.7	15.4	19.2	7.6

* Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

** Indicates significant differences across all survey years.

⁹ Question asked: Two-part question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? and For 2 weeks or longer during your most recent pregnancy did you lose interest in most things like work, hobbies, and other things you usually enjoyed? Respondents who answered "Yes" to either response were coded as having "self reported depression."

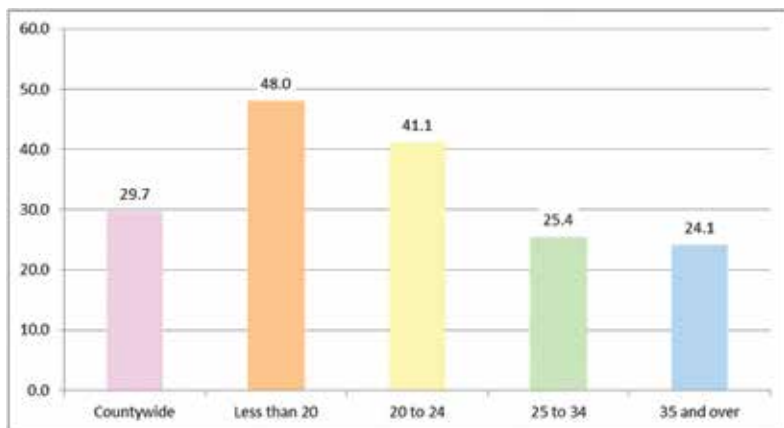
¹⁰ Question asked: Low maternal resiliency combined the responses of seven LAMB 2012 questions that asked mothers how strongly they agreed with statements about their self-esteem and perception that they can achieve their goals or complete tasks and control the events affecting them.

¹¹ Question asked: Overall, how satisfied were you with the support given by your baby's father during your pregnancy? Respondents who answered "somewhat dissatisfied" or "not at all satisfied" were coded as "dissatisfied."

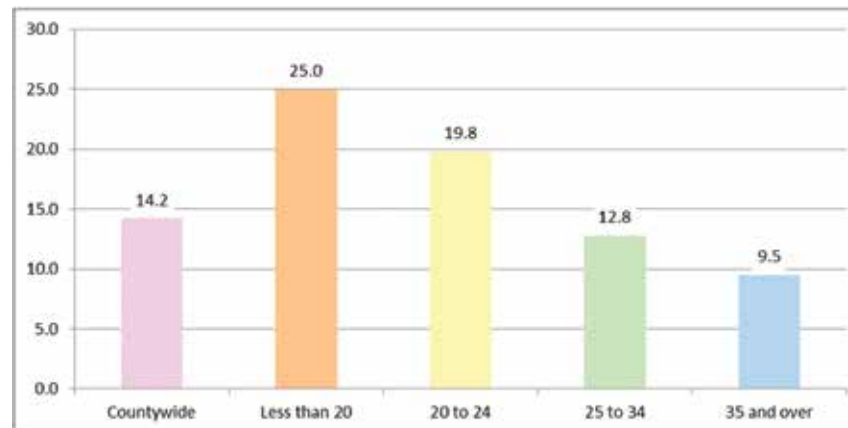
¹² Question asked: During your last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

¹³ Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

¹⁴ Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."



Percentage of Mothers with Self-Reported Depression by Age Group Los Angeles 2012



Percentage of Mothers Perceiving Neighborhood in Pregnancy as Unsafe by Age Group Los Angeles 2012

"Thank you for helping women in need. In reality, many women need emotional help as much as financial support. "~LAMB Mom



Postpartum Health by Race/ Ethnicity

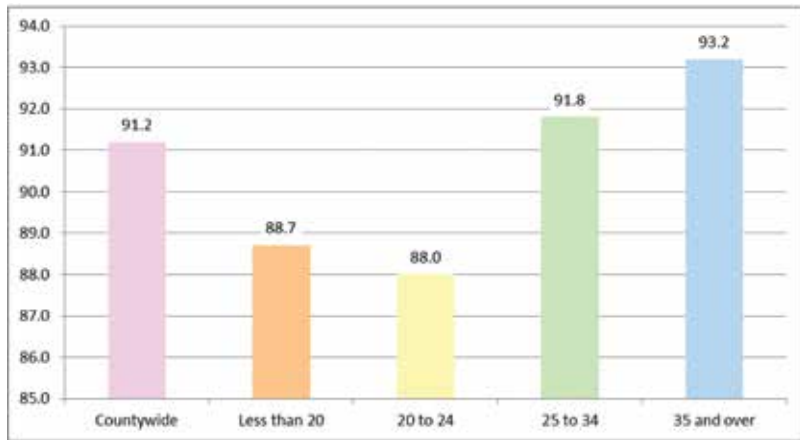
	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	White (%)	Latina (%)	African-American (%)	Asian/ Pacific Islander (%)
Maternal Postpartum Health							
Had a postpartum check-up	91.5	91.4	89.9	92.7	90.0	84.6	88.4
Family planning discussed during check-up	89.8	91.9	90.1	91.9	91.6	93.6	80.3
Self-reported Postpartum Depression							
Not at all depressed	41.9	49.0	52.7	52.4	50.6	53.8	60.0
A little depressed	41.1	36.9	34.1	34.3	35.4	32.0	30.7
Moderately depressed	12.0	9.7	9.9	11.3	10.0	9.2	7.8
Very depressed	5.0	4.4	3.4	2.0	4.1	5.1	*1.4
Infant Health							
Currently reading to baby	N/A	71.2	74.0	87.2	72.3	79.6	61.8
Had a well-baby check-up	98.3	97.8	97.1	99.4	97.4	97.3	92.9
Enrolled in health coverage before leaving hospital	N/A	71.9	69.8	64.4	74.4	78.3	55.0
Breastfeeding Practice							
Any breastfeeding**	85.2	88.0	91.2	95.9	89.3	84.2	95.9
Baby's Sleep Environment¹⁵							
Sleeps on his/her side	29.0	20.3	20.0	9.9	22.3	19.7	*24.4
Sleeps on his/her back	65.3	74.4	75.4	84.6	74.9	63.2	78.8
Sleeps on his/her stomach	5.7	5.2	4.6	5.5	2.9	17.1	3.9
Ever slept with another person ¹⁶	79.1	76.9	75.3	64.2	76.8	88.3	76.4

* Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

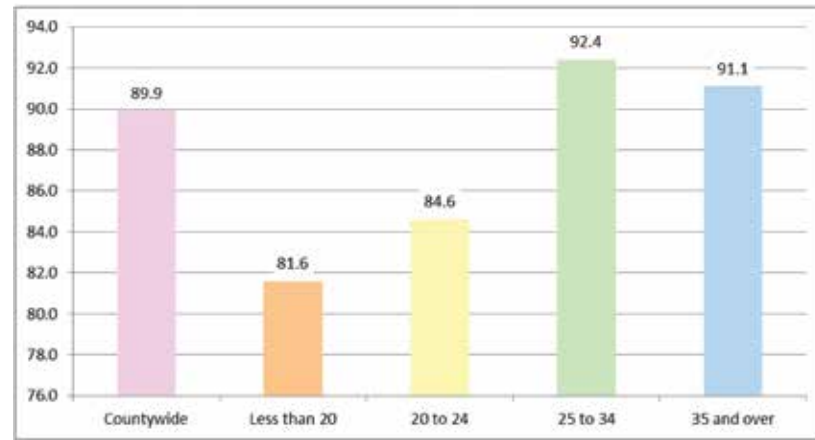
** Indicates significant differences across all survey years.

¹⁵ Average age of babies at time of interview was greater in 2007 than 2010

¹⁶ Question asked: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always," "Frequently," "Sometimes," or "Rarely" were recoded as "Ever slept with another person."



Percentage of Mothers Breastfeeding by Age Group Los Angeles 2012



Percentage of Mothers having a Postpartum Check Up by Age Group Los Angeles 2012

"One experience I am very pleased with is the encouragement of breastfeeding at the hospital. I hope other mothers have the same support." ~LAMB Mom



Pre-pregnancy Health by SPA

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	Antelope Valley SPA 1 (%)	San Fernando SPA 2 (%)	San Gabriel SPA 3 (%)	Metro SPA 4 (%)	West SPA 5 (%)	South SPA 6 (%)	East SPA 7 (%)	South Bay SPA 8 (%)
Access to Health Care Before Pregnancy											
Uninsured	36.7	34.7	35.8	29.4	32.0	41.5	40.3	12.6	40.5	40.6	32.0
On Medi-Cal	21.4	19.7	22.3	34.0	15.9	17.4	23.1	5.7	39.9	22.7	22.3
Preconception Health Behaviors and Experiences											
No preconception health counseling ¹	70.7	69.4	68.6	76.0	64.5	71.5	67.3	46.4	75.0	72.4	67.4
Not taking a multivitamin	54.4	50.5	47.5	56.7	43.5	46.8	42.6	25.0	58.8	50.9	49.3
Lack of folic acid knowledge**	N/A	63.5	67.9	72.5	68.3	65.9	67.5	42.3	77.0	69.9	68.1
Did not have enough money for food	6.7	6.0	5.5	9.6	3.8	4.5	7.0	*1.6	7.6	6.9	5.2
Smoked in the 6 months before pregnancy	9.6	9.5	8.7	13.0	8.9	7.6	9.6	9.3	8.6	5.8	10.0
Family Planning Practices											
Unwanted/mistimed pregnancy by mother ²	N/A	48.4	46.6	57.6	39.0	45.0	49.3	22.8	60.6	49.0	47.6
Unwanted pregnancy by partner ³	34.1	31.9	28.0	35.9	24.3	25.5	30.0	16.4	33.0	31.0	29.3
Using birth control when they became pregnant ⁴	N/A	27.8	28.9	29.3	23.8	31.4	29.3	14.2	36.9	29.4	29.7
Received fertility treatment	4.0	4.2	5.6	*2.7	5.6	*9.3	7.8	11.2	*1.1	*2.9	4.8
Ever used emergency contraception**	10.4	16.4	19.5	15.2	17.2	18.1	22.9	25.7	12.9	24.7	21.9
Preconception Health Conditions											
Overweight/Obese	42.5	44.8	45.7	55.4	39.5	41.0	43.3	20.6	58.4	53.6	49.0
Asthma	5.2	4.4	5.0	8.5	4.1	4.0	3.7	*3.2	5.5	6.4	6.0
High blood pressure	3.7	4.1	3.6	6.7	2.9	3.9	*3.9	*1.5	4.8	*3.5	2.9
Diabetes	3.3	2.4	2.8	*2.5	2.8	*2.2	*3.3	*1.1	*3.4	4.7	*2.0
Anemia	12.1	11.4	11.8	15.8	11.6	8.3	11.5	6.1	12.4	16.3	13.0
Depression	16.1	12.5	11.0	9.6	9.0	*12.3	10.0	7.7	13.5	13.3	9.9
Periodontal disease	12.5	9.9	9.5	8.0	8.9	7.8	11.6	3.9	13.5	10.9	8.5
Obstetric History											
Previous preterm birth	8.9	6.7	8.0	11.1	6.9	8.8	5.8	*3.6	11.9	8.3	7.1
Previous low birth weight	7.4	6.0	5.6	9.1	3.2	5.3	4.6	*3.4	8.7	7.0	5.7
Stillbirth (pregnancy that did not result in a live birth)	2.1	1.8	1.3	*3.0	*1.0	*1.3	*1.5	*1.2	*2.1	*0.7	*0.9
Previous miscarriage	17.7	19.6	19.5	25.7	19.6	18.2	18.3	25.2	16.1	21.4	19.1
Previous abortion	17.0	15.1	15.2	17.0	13.2	15.3	13.0	19.3	15.6	15.9	16.0

* Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

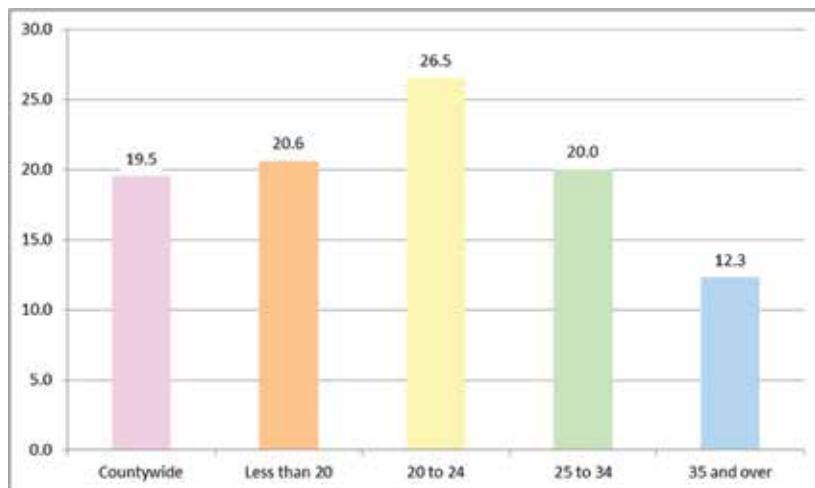
** Indicates significant differences across all survey years.

¹ Question asked: During the six months before you got pregnant with your new baby, did you talk to a doctor, nurse, or other health care worker about how to prepare for a healthy pregnancy and baby?

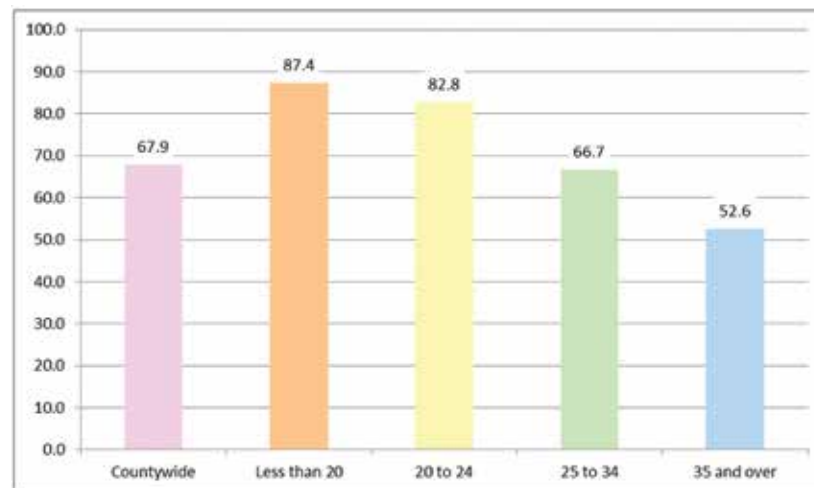
² Question asked: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? Respondents who answered, "I wanted to be pregnant later" or "I didn't want to be pregnant then or any time in the future" were coded as "Unwanted or mistimed."

³ Question asked: Just before you got pregnant with your new baby, how did your husband or partner feel about you becoming pregnant? Respondents who answered, "He wanted me to be pregnant later" or "He didn't want me to be pregnant then or any time in the future" were coded as "Unwanted pregnancy by father." Respondents who answered, "I don't know" or "I didn't have a husband or partner" were coded missing for this field.

⁴ Question asked: Before you got pregnant with your new baby, were you using any method of birth control? Respondents who answered "Yes, all the time" or "Yes, sometimes" were coded as "using birth control before getting pregnant."



Percentage of Mothers Ever Using Emergency Contraception by Age Group Los Angeles 2012



Percentage of Mothers Lacking Knowledge of Folic Acid Benefits by Age Group Los Angeles 2012

"Emphasize importance of prenatal vitamins with folic acid. I was too late to take them and my baby had a mild cleft lip." ~LAMB Mom



Prenatal Care and Maternal Risk Factors During Pregnancy by SPA

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	Antelope Valley SPA 1 (%)	San Fernando SPA 2 (%)	San Gabriel SPA 3 (%)	Metro SPA 4 (%)	West SPA 5 (%)	South SPA 6 (%)	East SPA 7 (%)	South Bay SPA 8 (%)
Prenatal Care											
Entered prenatal care after 1st trimester	10.1	9.2	9.5	19.1	9.5	8.5	7.2	4.3	12.7	8.4	9.7
Did not get prenatal care as early as wanted	15.6	14.9	13.4	24.4	10.7	13.7	10.1	7.6	15.8	16.6	13.0
Traveled 15 miles or more for prenatal care	12.4	12.4	11.2	24.1	10.6	9.0	6.6	5.4	16.9	12.4	10.4
Dissatisfied with amount of wait time at prenatal care	18.7	18.2	18.0	22.5	16.4	15.6	17.9	13.7	20.8	20.5	18.6
Dissatisfied with amount of time spent with doctor/nurse	11.4	10.6	9.8	13.3	8.4	8.5	8.8	6.9	11.3	12.8	10.1
Dissatisfied with advice given at prenatal care	7.7	7.8	6.5	9.6	7.0	5.3	6.6	4.1	5.9	7.5	6.8
Dissatisfied with understanding/respect received	4.3	3.6	3.8	6.2	3.8	3.3	*3.1	*3.0	*4.2	*3.4	4.4
Needed to see a dentist	N/A	22.0	23.1	23.9	23.1	20.1	24.0	14.9	31.3	23.4	21.4
Received dental care	N/A	33.5	36.8	24.2	40.3	40.6	39.6	53.9	28.4	33.2	33.5
Received a seasonal flu shot	N/A	34.9	33.4	25.8	36.5	29.3	32.7	46.9	35.5	32.7	31.1
Medical Conditions During Pregnancy											
Labor pain 3 weeks before due date	16.3	16.2	15.0	16.4	16.9	12.2	15.3	11.0	18.2	14.0	14.9
High blood pressure	10.8	11.6	9.7	15.3	10.2	7.5	10.4	7.1	11.0	9.1	10.1
Gestational diabetes	12.0	12.4	11.8	12.0	12.2	11.7	10.9	6.8	13.3	12.7	11.4
Problems with the placenta ⁵	3.6	4.2	4.8	6.2	6.9	3.7	5.2	6.4	*3.7	4.1	4.1
Urinary tract infection	N/A	11.8	13.2	17.6	15.3	10.3	11.4	7.5	15.7	13.8	13.2
Water broke more than 3 weeks early	5.2	4.7	4.4	4.1	5.6	3.7	*2.6	*3.6	4.2	*3.4	6.3
Incompetent cervix	3.3	2.7	2.2	3.4	*1.8	*2.4	*3.0	*1.1	*3.9	*1.1	*1.3
Sexually transmitted disease	3.5	2.5	3.5	4.1	*3.3	*2.8	*2.4	*1.9	*7.2	*2.7	3.1
Bacterial vaginosis	13.4	14.9	10.8	14.0	9.0	9.2	11.0	7.9	15.0	9.8	12.0
Periodontal disease	18.9	17.4	16.7	19.4	16.4	14.0	18.2	10.4	21.9	16.0	16.5
Risk Behaviors During Pregnancy											
Smoking	2.6	2.5	2.4	4.7	2.1	*1.7	*2.0	*0.8	4.5	*0.9	*3.3
Exposure to secondhand smoke ⁶	6.3	4.2	4.3	6.7	3.1	3.8	4.3	*1.6	6.8	3.6	5.1
Using illegal drugs or drugs not prescribed by a doctor ⁷	N/A	5.3	5.7	6.3	4.9	*11.1	3.9	4.6	3.4	3.4	5.7
Drinking alcohol	10.5	9.1	9.5	9.0	9.1	8.4	13.8	25.3	6.1	4.5	10.7
Did not exercise during pregnancy ⁸	23.9	22.9	20.9	26.8	25.8	17.5	16.4	16.9	24.5	19.1	20.3

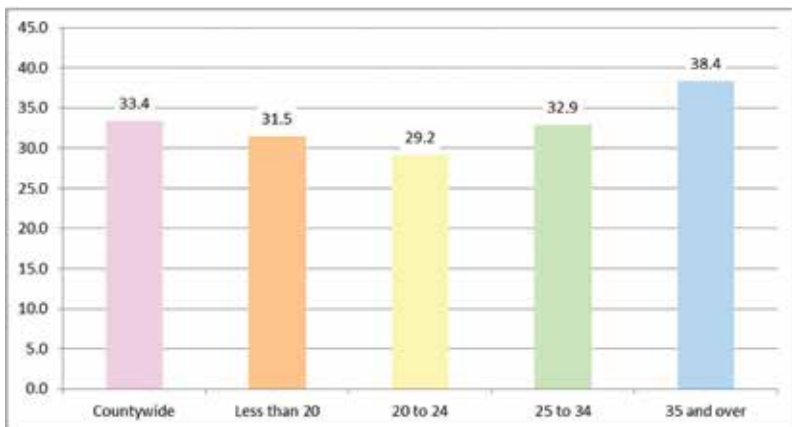
* Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

⁵ Question asked: During your pregnancy did you have any of these problems? Respondents who answered "problems with placenta (such as abruptio placentae or placenta previa)" were coded as "problems with placenta."

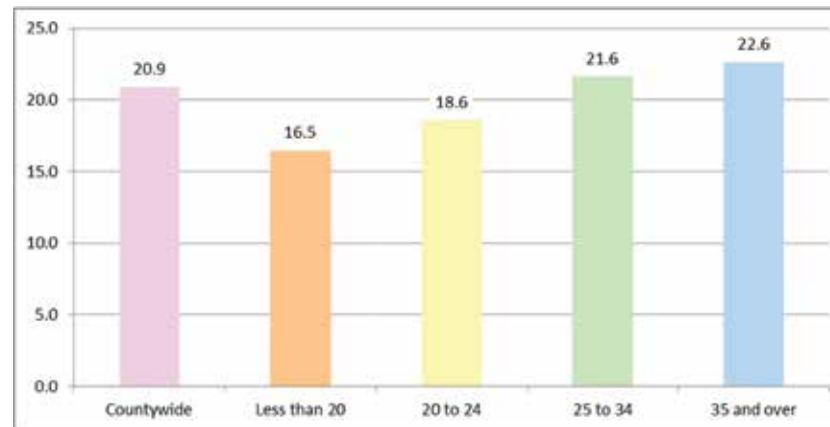
⁶ Question asked: During your pregnancy, about how many hours a day, on average, were you in the same room with someone who was smoking? Respondents who indicated more than 0 hours were coded as "exposed to secondhand smoke."

⁷ Respondents who answered "yes" when questioned about use of marijuana, hashish, tranquilizers, hallucinogens, cocaine, heroin, amphetamines or prescription drugs not prescribed by their doctors were coded as "using illegal drugs or drugs not prescribed by a doctor."

⁸ Question asked: How often did you exercise for 30 minutes or more in the last three months of pregnancy; women who were told by a doctor, nurse, or health care worker not to exercise were excluded from the denominator to calculate prevalence of exercise during last three months of pregnancy.



Percentage of Mothers Receiving Seasonal Flu Shot During Pregnancy by Age Group Los Angeles 2012



Percentage of Mothers who did Not Exercise During Pregnancy by Age Group Los Angeles 2012

"I stress to future mothers to do more exercise, walking, and keeping busy to maintain a good weight for pregnancy. It helped me a lot." ~LAMB Mom



Psychosocial and Behavioral Risk Factors During Pregnancy by SPA

	LAC. 2007 (%)	LAC. 2010 (%)	LAC. 2012 (%)	A. Valley SPA 1 (%)	S. Fernando SPA 2 (%)	S. Gabriel SPA 3 (%)	Metro SPA 4 (%)	West SPA 5 (%)	South SPA 6 (%)	East SPA 7 (%)	South Bay SPA 8 (%)
Mental Health During Pregnancy											
Self reported depression ⁹	N/A	31.7	29.7	35.6	28.4	25.0	27.5	16.8	42.0	34.1	26.5
Low maternal resiliency ¹⁰	10.4	9.0	8.1	11.0	7.9	6.2	9.9	5.2	10.9	7.8	7.8
Social Support											
Dissatisfied with support given by the baby's father ¹¹	N/A	9.6	8.3	12.8	8.3	5.6	8.6	3.8	12.7	7.7	8.6
Experienced domestic violence/intimate partner abuse ¹²	3.4	2.2	2.3	3.4	*1.6	*2.7	*2.4	*0.5	*3.7	*2.9	*1.4
Would have someone to loan money if needed ¹³	N/A	81.9	82.1	82.0	82.0	80.7	78.0	94.6	80.0	82.2	84.4
Would have someone to help if sick	N/A	87.5	86.1	86.5	87.1	85.8	83.2	95.6	81.6	85.0	88.2
Would have someone to listen to problems	N/A	86.2	85.1	84.0	85.7	87.4	81.9	94.2	82.2	81.8	86.2
Social Environment											
Perceived neighborhood as unsafe ¹⁴	16.5	14.7	14.2	14.2	10.8	8.1	17.0	*2.0	28.5	14.8	15.5
Stressful Life Events During Pregnancy											
Family member had to go into the hospital	17.3	16.0	16.1	21.1	13.9	19.4	13.6	13.3	16.4	16.5	15.2
Divorced/separated from husband/partner	9.2	7.3	8.1	11.5	5.9	*13.2	7.4	*1.9	10.0	6.5	5.8
Moved to a new address	21.2	28.4	25.6	37.5	25.3	22.0	25.0	21.5	26.8	24.0	29.4
Were homeless	5.7	4.3	4.6	7.7	3.3	*2.1	*4.8	*0.7	11.5	3.7	4.4
Husband/partner lost his/her job	13.8	17.6	12.4	14.5	9.9	11.4	11.6	6.5	14.6	17.5	12.0
Lost job but wanted to continue working	11.6	11.1	9.6	10.6	10.7	6.5	10.2	5.4	12.3	10.6	9.7
Argued more than usual with husband/partner	30.4	27.8	26.3	31.8	24.9	24.9	24.2	16.7	31.2	26.9	28.0
Had a lot of bills that could not be paid	22.4	23.2	18.5	28.8	17.9	13.2	18.6	9.0	24.7	22.2	17.4
Were in a physical fight	3.9	3.5	2.7	5.5	*2.0	*2.3	*2.9	*0.8	3.8	*2.1	3.2
Husband/partner or self went to jail	4.0	3.3	3.5	5.6	2.8	*2.8	*3.9	*0.6	7.4	2.0	3.5
Someone close had drinking or drug problems	10.7	8.2	8.1	10.5	7.8	6.0	8.4	*3.8	12.4	9.5	6.9
Someone close and important died	13.2	13.0	12.5	15.1	11.2	*16.7	10.8	5.9	13.8	11.0	12.1
Reported Ever Experiencing Discrimination											
Any discrimination**	32.2	43.2	39.1	46.4	39.6	29.4	44.0	39.9	40.6	41.3	41.2
At work	13.5	18.4	17.4	17.4	18.8	13.0	20.9	21.5	15.9	18.3	17.5
When getting medical care	6.4	8.3	8.2	13.3	7.4	6.1	9.8	4.3	9.6	9.2	8.3
When getting housing	7.0	8.8	9.1	12.8	7.4	7.3	10.9	4.2	13.4	9.8	8.1
Because of race/color	12.9	20.0	18.1	25.0	17.5	12.2	21.4	19.1	20.6	18.4	19.7
Because of gender	7.5	11.6	11.3	10.8	12.1	7.9	12.9	18.4	9.0	11.0	13.2
Because of pregnancy	14.0	15.1	14.7	18.1	15.5	11.6	15.9	16.0	13.1	17.2	14.8

* Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

** Indicates significant differences across all survey years.

⁹ Question asked: Two-part question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? and For 2 weeks or longer during your most recent pregnancy did you lose interest in most things like work, hobbies, and other things you usually enjoyed? Respondents who answered "Yes" to either response were coded as having "self reported depression."

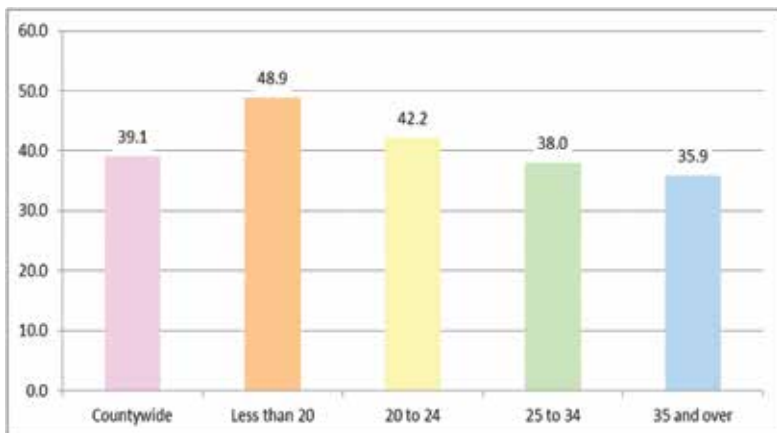
¹⁰ Question asked: Low maternal resiliency combined the responses of seven LAMB 2012 questions that asked mothers how strongly they agreed with statements about their self-esteem and perception that they can achieve their goals or complete tasks and control the events affecting them.

¹¹ Question asked: Overall, how satisfied were you with the support given by your baby's father during your pregnancy? Respondents who answered "somewhat dissatisfied" or "not at all satisfied" were coded as "dissatisfied."

¹² Question asked: During your last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

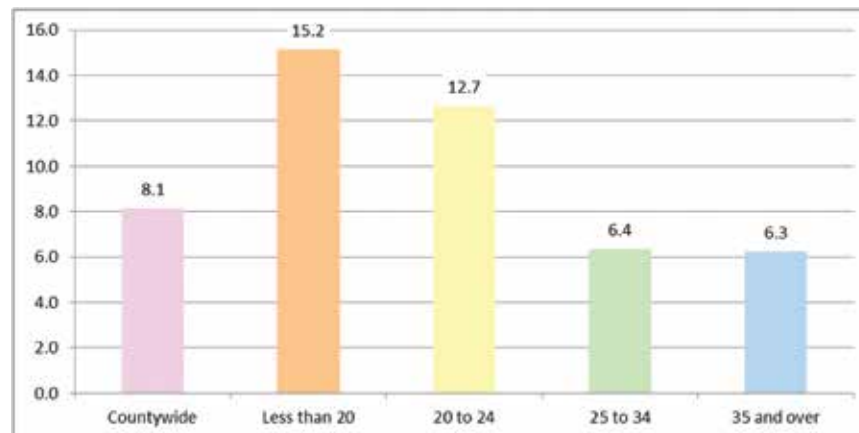
¹³ Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

¹⁴ Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."



Percentage of Mothers Reporting experiencing Any Type of Discrimination by Age Group, Los Angeles 2012

"I am a teen and I am pursuing my education. I feel that information should be put out in the media that not all teen parents drop out." ~LAMB Mom



Percentage of Mothers with Low Maternal Resiliency by Age Group Los Angeles 2012

"I was VERY stressed during my pregnancy. My husband wasn't working and all we had was my unemployment. We were evicted, our car was repossessed, and I had to go to my mom's place with my 3 year old daughter for a few months. Today, we have a new apartment, a car and I am feeling good." ~LAMB Mom

Postpartum Health by SPA

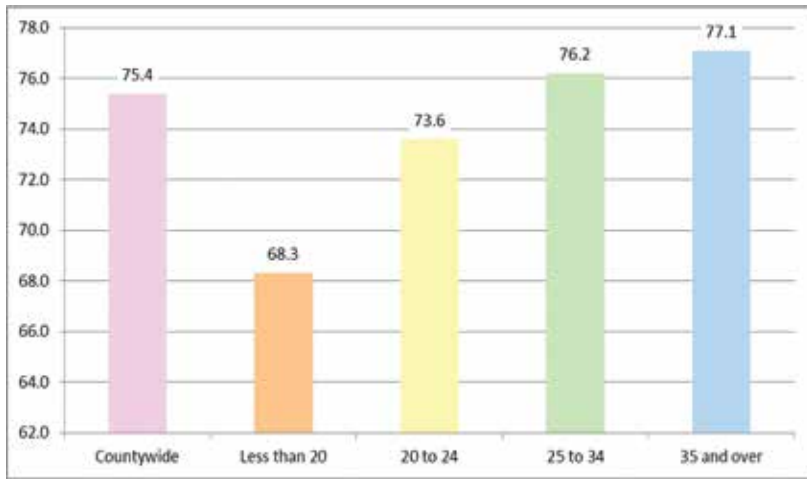
	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	Antelope Valley SPA 1 (%)	San Fernando SPA 2 (%)	San Gabriel SPA 3 (%)	Metro SPA 4 (%)	West SPA 5 (%)	South SPA 6 (%)	East SPA 7 (%)	South Bay SPA 8 (%)
Maternal Postpartum Health											
Had a postpartum check-up	91.5	91.4	89.9	80.3	92.4	87.9	91.8	95.3	88.5	91.2	88.7
Family planning discussed during check-up	89.8	91.9	90.1	92.4	92.6	84.9	91.1	91.3	90.9	90.6	90.5
Self-reported Postpartum Depression											
Not at all depressed	41.9	49.0	52.7	47.8	50.5	61.1	51.3	47.2	51.7	49.3	53.2
A little depressed	41.1	36.9	34.1	37.3	33.2	28.9	37.2	37.2	35.2	36.4	34.6
Moderately depressed	12.0	9.7	9.9	9.3	13.0	7.7	8.4	13.7	8.2	10.7	9.2
Very depressed	5.0	4.4	3.4	5.6	3.4	*2.4	*3.1	1.8	4.9	*3.6	3.1
Infant Health											
Currently reading to baby	N/A	71.2	74.0	72.6	79.8	65.2	78.3	87.8	67.3	74.9	75.4
Had a well-baby check-up	98.3	97.8	97.1	97.0	97.8	93.6	99.0	99.0	97.6	96.8	98.3
Enrolled in health coverage before leaving hospital	N/A	71.9	69.8	70.3	70.7	61.5	71.3	65.0	75.8	73.3	71.0
Breastfeeding Practice											
Any breastfeeding**	85.2	88.0	91.2	88.2	94.9	92.0	92.3	96.4	84.4	90.2	90.5
Baby's Sleep Environment¹⁵											
Sleeps on his/her side	29.0	20.3	20.0	13.5	18.1	24.1	18.9	8.7	28.4	20.6	16.2
Sleeps on his/her back	65.3	74.4	75.4	78.6	76.4	72.6	77.6	86.5	66.0	76.5	78.1
Sleeps on his/her stomach	5.7	5.2	4.6	7.9	5.5	3.3	3.5	4.8	5.6	*2.9	5.7
Ever slept with another person ¹⁶	79.1	76.9	75.3	76.3	72.3	73.4	83.1	68.4	82.3	76.3	71.5

* Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

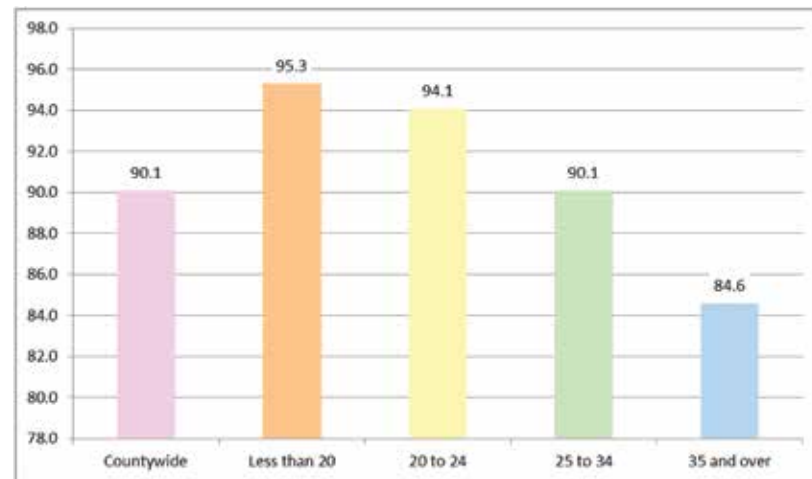
** Indicates significant difference across all survey years.

¹⁵ Average age of babies at time of interview was greater in 2007 than 2010

¹⁶ Question asked: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always," "Frequently," "Sometimes," or "Rarely" were recoded as "Ever slept with another person."



Percentage of Mothers with Babies Sleeping Supine (on their back) by Age Group, Los Angeles 2012



Percentage of Mothers Discussing Family Planning During Postpartum Checkup by Age Group, Los Angeles 2012

"I would like for there to be help and support for mothers who experience post partum depression. I have post partum depression and am trying to overcome it and at times it is difficult." ~LAMB Mom



Pre-pregnancy Health by Supervisory District

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
Access to Health Care Before Pregnancy								
Uninsured	36.7	34.7	35.8	46.9	40.2	30.9	30.2	28.2
On Medi-Cal	21.4	19.7	22.3	26.4	31.6	17.2	18.5	14.6
Preconception Health Behaviors and Experiences								
No preconception health counseling ¹	70.7	69.4	68.6	75.3	71.5	63.6	67.5	63.0
Not taking a multivitamin	54.4	50.5	47.5	49.2	53.7	42.8	45.6	44.1
Lack of folic acid knowledge**	N/A	63.5	67.9	72.4	71.6	66.2	62.7	65.0
Did not have enough money for food	6.7	6.0	5.5	6.0	7.0	4.8	4.9	4.4
Smoked in the 6 months before pregnancy	9.6	9.5	8.7	7.7	9.8	8.3	7.3	10.0
Family Planning Practices								
Unwanted/mistimed pregnancy by mother ²	N/A	48.4	46.6	53.1	53.2	40.2	47.0	37.0
Unwanted pregnancy by partner ³	34.1	31.9	28.0	32.3	30.1	25.7	27.3	23.5
Using birth control when they became pregnant ⁴	N/A	27.8	28.9	30.7	32.3	24.9	31.4	23.9
Received fertility treatment	4.0	4.2	5.6	3.6	3.1	6.3	5.0	*10.9
Ever used emergency contraception**	10.4	16.4	19.5	22.8	16.7	20.1	21.1	17.3
Preconception Health Conditions								
Overweight/Obese	42.5	44.8	45.7	51.1	54.3	36.6	42.3	41.0
Asthma	5.2	4.4	5.0	4.0	4.9	4.2	6.4	5.4
High blood pressure	3.7	4.1	3.6	4.1	4.5	*2.3	2.2	4.6
Diabetes	3.3	2.4	2.8	2.6	3.3	3.5	3.4	*1.4
Anemia	12.1	11.4	11.8	13.3	12.0	11.4	11.7	10.5
Depression	16.1	12.5	11.0	11.6	11.3	8.3	*14.3	9.2
Periodontal disease	12.5	9.9	9.5	12.4	12.2	8.2	7.1	6.5
Obstetric History								
Previous preterm birth	8.9	6.7	8.0	9.4	9.8	6.1	6.0	8.1
Previous low birth weight	7.4	6.0	5.6	6.7	7.6	3.3	4.5	5.3
Stillbirth (pregnancy that did not result in a live birth)	2.1	1.8	1.3	*1.6	*1.8	*1.2	*0.4	*1.5
Previous miscarriage	17.7	19.6	19.5	18.9	15.8	20.5	20.5	22.7
Previous abortion	17.0	15.1	15.2	13.2	16.6	14.5	15.9	15.4

Prenatal Care and Maternal Risk Factors During Pregnancy by Supervisory District

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
Prenatal Care								
Entered prenatal care after 1st trimester	10.1	9.2	9.5	9.7	10.7	9.6	8.3	8.9
Did not get prenatal care as early as wanted	15.6	14.9	13.4	13.4	14.0	9.6	13.1	16.6
Traveled 15 miles or more for prenatal care	12.4	12.4	11.2	8.6	13.5	7.5	10.9	15.1
Dissatisfied with amount of wait time at prenatal care	18.7	18.2	18.0	18.1	19.5	15.0	18.0	18.7
Dissatisfied with amount of time spent with doctor/nurse	11.4	10.6	9.8	10.8	10.8	7.4	10.3	9.3
Dissatisfied with advice given at prenatal care	7.7	7.8	6.5	6.8	7.0	7.1	5.5	6.0
Dissatisfied with understanding/respect received	4.3	3.6	3.8	2.9	4.5	3.9	3.4	4.1
Needed to see a dentist	N/A	22.0	23.1	25.2	28.6	23.7	18.2	18.4
Received dental care	N/A	33.5	36.8	35.4	31.7	40.4	37.5	40.6
Received a seasonal flu shot	N/A	34.9	33.4	30.5	33.1	34.6	32.7	36.5
Medical Conditions During Pregnancy								
Labor pain 3 weeks before due date	16.3	16.2	15.0	12.9	16.1	17.8	14.0	14.5
High blood pressure	10.8	11.6	9.7	9.3	10.9	9.4	8.2	10.6
Gestational diabetes	12.0	12.4	11.8	11.0	12.2	12.1	11.3	12.2
Problems with the placenta ⁵	3.6	4.2	4.8	4.7	3.6	6.8	3.8	5.7
Urinary tract infection	N/A	11.8	13.2	12.0	14.8	14.6	12.2	12.2
Water broke more than 3 weeks early	5.2	4.7	4.4	3.4	3.9	4.2	5.7	5.0
Incompetent cervix	3.3	2.7	2.2	*2.5	2.9	*1.6	*1.0	2.4
Sexually transmitted disease	3.5	2.5	3.5	*3.8	*5.1	*3.1	2.8	2.2
Bacterial vaginosis	13.4	14.9	10.8	10.1	12.3	9.4	12.0	9.7
Periodontal disease	18.9	17.4	16.7	17.7	19.5	16.5	14.5	14.2
Risk Behaviors During Pregnancy								
Smoking	2.6	2.5	2.4	*1.3	3.4	1.5	*2.6	3.0
Exposure to secondhand smoke ⁶	6.3	4.2	4.3	4.7	5.2	*2.3	4.8	4.0
Using illegal drugs or drugs not prescribed by a doctor ⁷	N/A	5.3	5.7	4.3	4.2	4.6	4.3	*11.4
Drinking alcohol	10.5	9.1	9.5	6.7	8.8	12.6	9.5	10.8
Did not exercise during pregnancy ⁸	23.9	22.9	20.9	15.8	22.3	23.9	20.4	22.7

See previous footnotes for Prenatal Care and Maternal Risk Factors During Pregnancy Factors During Pregnancy data tables.

Psychosocial and Behavioral Risk Factors During Pregnancy by Supervisory District

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
Mental Health During Pregnancy								
Self reported depression ⁹	N/A	31.7	29.7	29.6	34.2	29.4	30.2	24.0
Low maternal resiliency ¹⁰	10.4	9.0	8.1	7.5	10.0	7.6	7.1	8.2
Social Support								
Dissatisfied with support given by the baby's father ¹¹	N/A	9.6	8.3	8.2	10.4	8.0	6.7	7.8
Experienced domestic violence/intimate partner abuse ¹²	3.4	2.2	2.3	3.7	*2.1	*1.2	*1.9	2.6
Would have someone to loan money if needed ¹³	N/A	81.9	82.1	80.0	80.3	82.5	86.7	81.8
Would have someone to help if sick	N/A	87.5	86.1	84.0	83.3	86.7	89.4	87.7
Would have someone to listen to problems	N/A	86.2	85.1	83.4	83.0	85.9	87.9	86.1
Social Environment								
Perceived neighborhood as unsafe ¹⁴	16.5	14.7	14.2	17.1	22.2	11.7	10.9	6.8
Stressful Life Events During Pregnancy								
Family member had to go into the hospital	17.3	16.0	16.1	14.5	16.1	12.4	20.1	17.1
Divorced/separated from husband/partner	9.2	7.3	8.1	8.4	8.2	6.2	*9.4	7.9
Moved to a new address	21.2	28.4	25.6	24.0	28.1	23.8	23.8	27.9
Were homeless	5.7	4.3	4.6	4.2	8.5	*2.7	2.9	3.6
Husband/partner lost his/her job	13.8	17.6	12.4	15.1	12.5	10.4	12.4	10.8
Lost job but wanted to continue working	11.6	11.1	9.6	8.9	11.9	10.8	8.3	7.9
Argued more than usual with husband/partner	30.4	27.8	26.3	25.8	28.0	25.1	30.2	21.9
Had a lot of bills that could not be paid	22.4	23.2	18.5	18.8	21.5	17.4	15.8	18.2
Were in a physical fight	3.9	3.5	2.7	*2.3	3.9	*1.2	2.6	2.8
Husband/partner or self went to jail	4.0	3.3	3.5	4.1	5.7	1.8	1.7	3.6
Someone close had drinking or drug problems	10.7	8.2	8.1	7.8	9.2	6.3	8.9	8.0
Someone close and important died	13.2	13.0	12.5	11.0	13.0	11.0	10.8	16.7
Reported Ever Experiencing Discrimination								
Any discrimination**	32.2	43.2	39.1	36.2	39.8	42.0	41.4	36.2
At work	13.5	18.4	17.4	15.4	17.0	20.6	18.1	16.3
When getting medical care	6.4	8.3	8.2	8.4	9.5	8.3	7.1	7.2
When getting housing	7.0	8.8	9.1	9.6	10.5	7.5	8.5	8.6
Because of race/color	12.9	20.0	18.1	15.3	19.9	17.3	19.1	18.5
Because of gender	7.5	11.6	11.3	7.6	10.9	12.9	14.2	11.5
Because of pregnancy	14.0	15.1	14.7	13.9	14.1	16.8	16.2	13.1

See previous footnotes for Psychosocial and Behavioral Risk Factors During Pregnancy Factors During Pregnancy data tables.

Postpartum Health by Supervisory District

	LA County 2007 (%)	LA County 2010 (%)	LA County 2012 (%)	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
Maternal Postpartum Health								
Had a postpartum check-up	91.5	91.4	89.9	90.9	89.1	93.9	87.0	88.9
Family planning discussed during check-up	89.8	91.9	90.1	90.2	90.0	92.6	90.9	87.3
Self-reported Postpartum Depression								
Not at all depressed	41.9	49.0	52.7	55.9	50.9	50.5	52.9	53.2
A little depressed	41.1	36.9	34.1	31.8	36.9	33.8	34.1	33.5
Moderately depressed	12.0	9.7	9.9	9.3	8.8	12.7	9.1	10.0
Very depressed	5.0	4.4	3.4	3.0	3.5	3.1	3.9	3.3
Infant Health								
Currently reading to baby	N/A	71.2	74.0	69.8	72.1	79.6	71.9	78.2
Had a well-baby check-up	98.3	97.8	97.1	97.5	97.7	97.8	93.8	98.5
Enrolled in health coverage before leaving hospital	N/A	71.9	69.8	71.4	73.6	67.7	67.7	67.3
Breastfeeding Practice								
Any breastfeeding**	85.2	88.0	91.2	89.7	87.7	95.2	92.2	92.4
Baby's Sleep Environment¹⁵								
Sleeps on his/her side	29.0	20.3	20.0	25.6	23.7	14.9	20.2	14.0
Sleeps on his/her back	65.3	74.4	75.4	71.9	71.0	80.1	74.9	80.7
Sleeps on his/her stomach	5.7	5.2	4.6	*2.5	5.4	5.0	5.0	5.4
Ever slept with another person ¹⁶	79.1	76.9	75.3	75.5	79.7	74.5	73.0	72.9

See previous footnotes for Postpartum Health data tables.

Technical Notes

I. Methods

LAMB follows the Centers for Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS) methodology¹ to collect data. Women were selected from birth records. Selected mothers are first contacted by mail. If there is no response to repeated mailings, women are contacted and interviewed by telephone. The survey can be administered in English, Spanish, and Chinese, with translators available for other languages. In addition, an informational packet with resources and information about 211 is sent along with the survey.

II. Sampling

The 2012 LAMB is a population-based survey that utilizes a stratified random sampling method, by Service Planning Area (SPA), race and age, with an over sample of African American and teen age mothers to ensure an adequate sample for subgroup analysis.

II. Data Weighting

To get a representative picture of the mothers who gave birth in Los Angeles County in 2012, the data were weighted by SPA, race/ethnicity, mother's age (mother's age less than 20 or not), source of payment for prenatal care, low birth-weight status and First 5 LA Best Start Community designation (yes/no). Specifically, post stratification procedures were used to properly weight the sample and account for the complex sampling frame.

III. Response Rate:

There were 6,843 mothers who responded to the 2012 LAMB survey, resulting in a response rate of 62%, based on calculations proposed by the American Association for Public Opinion Research (AAPOR)².

IV. Statistical Methods

Point estimates and their variances were calculated using the SAS, PROC SURVEYFREQ procedures, (Release 9.3, North Carolina) to account for the complex sample design. In this report, relative standard error (RSE) more than 25% is used as the criterion for determining that the estimate is statistically unstable and therefore may not be appropriate to use for planning or policy purposes.

RSE is calculated by "dividing the standard error of the estimate by the estimate itself, then multiplying that result by 100." For example, if the estimate of cigarette smokers is 20 percent and the standard error of the estimate is 3 percent, the RSE of the estimate = $(3/20) * 100$, or 15 percent.^{3,4} All missing and unknown response values were excluded from individual calculations where applicable.

V. Strengths and limitations

Strengths: LAMB is a population-based survey allowing generalization to all women with a live birth in Los Angeles County in 2012.

Limitations: Sample sizes for some subpopulations were too small for precise estimates. If presented, these are indicated by an Asterisk. Potential sources of bias include recall and non-coverage biases.

VI. Glossary

1. Unintended/mistimed pregnancy: just before becoming pregnant, wanting to be pregnant later (i.e. mistimed) or not wanting to be pregnant then or at any time in the future (i.e. unwanted).
2. Preterm Birth: an infant born before 37 weeks gestation.
3. BMI: Respondents were considered to be overweight if their Body Mass Index (BMI) was 25.0-29.9, and obese if their BMI was 30.0 or higher. Respondents' BMI was calculated on the basis of their self-reported pre-pregnancy height and weight. BMI categories were based on published BMI categories for adults from Center for Disease Control and Prevention (CDC).
4. Low Birth Weight: an infant weighing less than 2500 grams or 5 pounds 8 ounces at birth.
5. Depressed during pregnancy: feeling depressed for most of the day for two weeks or longer during pregnancy.

VII. References

1. Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS) <http://www.cdc.gov/prams/methodology.htm>
2. American Association for Public Opinion Research (AAPOR) http://www.aapor.org/Standard_Definitions/2852.htm
3. Behavioral Risk Factor Survey Relative Standard Error <http://www.dhs.wisconsin.gov/wish/main/BRFS/rse.htm>
4. National Center for Health Statistics Reference <http://www.cdc.gov/nchs/data/statnt/statnt24.pdf>

VIII. Notes

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