



Health Indicators for Mothers and Babies in Los Angeles County, 2014

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Maternal, Child & Adolescent Health Division
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FOREWORD

We are pleased to present data from the 2014 Los Angeles Mommy and Baby Project developed by the Department of Public Health. Data from the 2010 and 2012 surveys are also presented to provide context and highlight recent trends. The report is dedicated to examining 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 economic, social, and biological factors. For the past decade, the Los Angeles County Department of Public Health, Maternal, Child & Adolescent Health (MCAH) Division has taken a life course approach to improve maternal and infant health. A life course framework provides the opportunity to focus on health equity and social determinants of health, incorporating an informed understanding of how biology and the environment interact to affect health over a life time and even across generations.

In an effort to help communities and maternal, child, and adolescent health providers to better understand root causes and contributors to health outcomes, the report identifies health inequities for women by race/ethnicity, age, and geographic areas.



These inequities can often lead to increased health risks and illness. Complex and challenging economic, social, and biological factors require multi-faceted strategies to eliminate health inequities and promote prevention and quality health care for all women and infants. This will require residents, 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, which can improve the health of 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 able to present this report to you.

Barbara Ferrer

Barbara Ferrer PhD, M.P.H., MEd
DIRECTOR OF PUBLIC HEALTH

A handwritten signature in black ink, appearing to read 'Linda M. Aragon'.

Linda M. Aragon, M.P.H.
MATERNAL, CHILD & ADOLESCENT HEALTH DIVISION

About LAMB

The Los Angeles Mommy and Baby (LAMB) Project is a public health surveillance project developed by the Maternal, Child & Adolescent Health Division of Los Angeles County in 2004.

Through a survey, 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 factors and experiences before, during, and after pregnancy can influence birth outcomes. Through the release of this report, the Maternal, Child & Adolescent Health Division 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. For more information about LAMB, please visit us at: LALAMB.PH.LACOUNTY.GOV.

Demographic Profile

In 2014, 130,150 babies were born in Los Angeles County (LAC). Approximately 55% of all births were to Latina mothers. More than half the births were to mothers 25-34 years of age, while 5% were to those under 20 years of age. Almost 57% of the births were to mothers who had more than 12 years of education and 57% of the mothers were married at the time of delivery.

There were several demographic changes among LAC mothers between 2010 and 2014. The proportion of Latina mothers decreased between 2010 and 2014 (61% to 55%), whereas, the proportion of Asian/Pacific Islander mothers increased from 12% in 2010 to 18% in 2014. The proportion of mothers under 24 years old decreased over the last five years (28% in 2010 to 22% in 2014). The proportion of mothers with an annual income less than \$20,000 decreased from 36% to 32% between 2010 and 2014.

Highlights from 2014 data:

Pre-pregnancy Health & Well-being

- African American mothers were more likely than mothers in other racial/ethnic groups to report a previous low birth weight birth (9.7%) or previous preterm birth (9.4%).
- Thirty-three 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.

- Eight percent of African American mothers reported not having **enough money for food** prior to pregnancy, compared to 5% overall.
- Five percent of mothers used **fertility treatments** to help them conceive. Ten percent of White mothers and 8% of Asian/PI mothers received fertility treatments compared to just 2% of Latina mothers and 3% of African American mothers.
- Nearly half (48%) of mothers were **overweight or obese** just before pregnancy. This was highest for African American and Latina mothers (59%) and lowest for Asian/Pacific Islander mothers (23%).
- African American mothers reported the highest rates of **asthma, high blood pressure, diabetes, and anemia** when compared to all other mothers.
- Fifty percent of mothers did not take a **multivitamin/folic acid daily** in the month before conception.
- Nearly half (45%) of all live births were **unwanted/mistimed**.
- About 21% of mothers reported they were covered by **Medi-Cal**.

Prenatal Care and Maternal Risk Factors During Pregnancy

- Nearly one in ten mothers reported **drinking alcohol** during their pregnancy, including one in five white mothers.
- Approximately 9% of mothers started their **prenatal care** after the first trimester of their pregnancy; African American and Latina mothers were more than twice as likely as White mothers to begin prenatal care after the first trimester.
- Two percent of mothers reported **smoking** during their pregnancy, and 7% prior to their pregnancy. The smoking rate was highest among African American women.
- Forty-nine percent of women were vaccinated for **seasonal flu** during pregnancy. This was highest among White mothers (54%) and lowest among Latina mothers (47%).

Psychosocial and Behavioral Risk Factors During Pregnancy

- More than a quarter of mothers (26%) reported **feeling depressed** during pregnancy.
- Thirteen percent of African American mothers reported being **homeless** during their last pregnancy compared to 4% overall.
- Thirty-eight percent of mothers reported having experienced some form of **discrimination** during their life. This was highest for African American mothers (54%), followed by Latina mothers (38%).
- **Physical abuse** by a current husband or partner was reported by 2% of mothers.

Postpartum Health & Well-being

- Twelve percent of mothers reported feeling moderately or very **depressed** after pregnancy.
- Thirty-five percent of mothers delivered their babies via **cesarean section**. Forty-two percent of African American mothers delivered via cesarean section compared to 32.4% of White mothers.

Infant Health & Well-being

- Fifty-four percent of LAC mothers **exclusively breastfed** for at least 1 week after delivery.
- Nearly 80% of mothers reported that they currently **read to their babies**.
- More than three quarters (83%) of infants were usually placed on their **backs to sleep** (safest position) with the lowest percentage among African American babies (69%).

Trends between 2010 and 2014:

- The percentage of infants placed to sleep on their backs increased from 74% in 2010 to 83% in 2014.
- The percentage of mothers who reported being depressed during pregnancy decreased from 32% in 2010 to 26% in 2014.
- Mothers' report of ever using emergency contraception increased from 16% in 2010 to 24% in 2014.
- The percentage of mothers receiving the seasonal flu vaccine during pregnancy increased from 35% in 2010 to 49% in 2014.
- The percentage of mothers reporting ever experiencing any discrimination decreased from 43% in 2010 to 38% in 2014.
- The prevalence of smoking before pregnancy decreased from 9.5% in 2010 to 7.2% in 2014; the prevalence of smoking during pregnancy decreased from 2.5% to 1.5%.

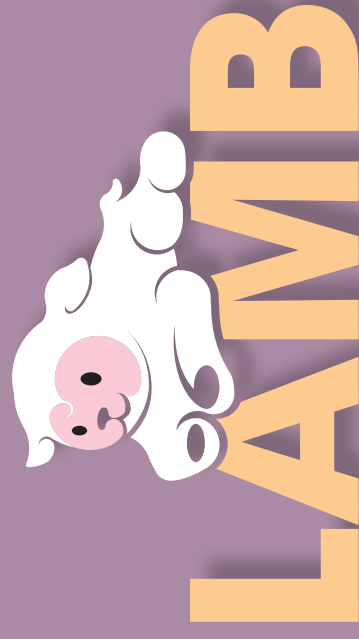
Use of 2014 LAMB Data

The data present findings from the 2014 LAMB project with comparisons to 2010 and 2014 LAMB data as appropriate. There were 130,150 live births in Los Angeles County in 2014 and the 2014 LAMB project surveyed 6,035 eligible respondents. 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 the year 2014.

The 2014 LAMB data presented here covers a wide range of health topics organized into five sections: Pre-pregnancy Health & Well-being, Prenatal Care and Maternal Risk Factors During

Pregnancy, Psychosocial and Behavioral Risk Factors During Pregnancy, Postpartum Health & Well-being, and Infant Health and Well-Being. 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 in charts 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 and limitations of the data, and a glossary of maternal/infant health terms.

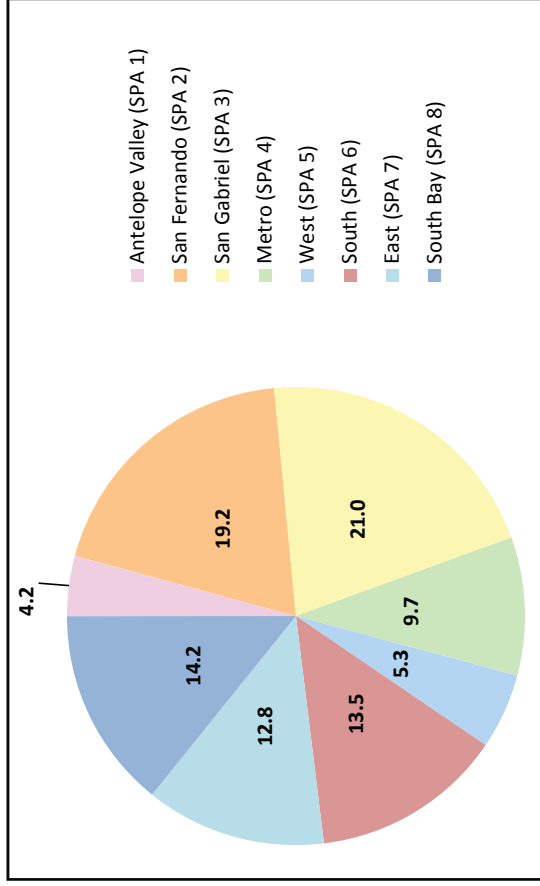


LOS ANGELES MOMMY & BABY PROJECT

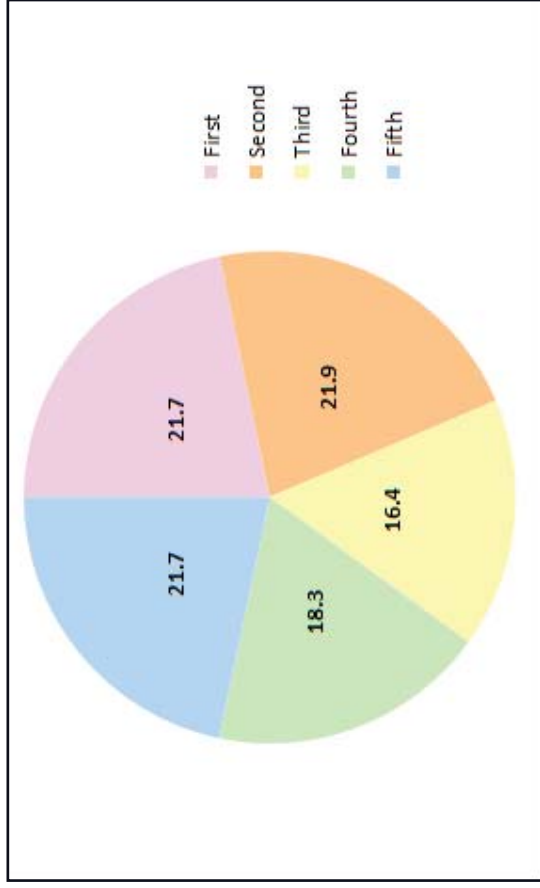
Selected Demographic Indicators

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)
Mother's Race/Ethnicity			
White	17.7	17.8	18.5
Latina**	61.3	57.7	55.2
African American	8.0	7.6	7.4
Asian/Pacific Islander**	12.0	15.0	17.6
Maternal Age			
<20**	8.8	7.0	5.3
20-24**	19.4	18.9	16.5
25-34**	51.7	51.0	55.5
35+**	20.1	23.2	22.7
Mother's Years of Education			
<12**	24.5	22.0	17.5
=12	24.5	24.1	25.8
>12**	51.0	54.0	56.7
Mother's Marital Status When Baby Was Born			
Married	56.1	54.9	57.1
Not married	43.9	45.1	42.9
Language(s) Usually Spoken at Home			
English	71.0	71.0	72.5
Spanish**	47.4	44.7	41.0
Asian Language**	7.3	11.1	12.9
Other Language	5.6	5.7	4.6
Household Income			
<\$20,000**	36.4	33.2	32.1
\$20,000 - \$39,999**	23.5	20.6	19.5
\$40,000 - \$59,999	10.8	8.1	8.4
\$60,000 - \$99,999**	13.1	10.8	10.6
\$100,000 and more	16.2	14.5	16.9

** Indicates significant differences between 2010 and 2014.



Percent of Mothers across Service Planning Areas (SPA)
Los Angeles County 2014



Percent of Mothers across Supervisorial Districts
Los Angeles County 2014



"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 & Well-being by Race/Ethnicity

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014			
				White (%)	Latina (%)	African American (%)	Asian/Pacific Islander (%)
Health Insurance Coverage Before Pregnancy							
Uninsured	34.7	35.8	32.9	15.4	42.9	19.4	26.5
On Medi-Cal	19.7	22.3	20.8	7.5	26.7	37.7	6.8
Employer based & Private	NA	NA	39.1	68.8	23.8	33.5	56.7
Covered CA & Insurance through parents	NA	NA	2.1	2.4	1.9	2.6*	2.5*
Pre-pregnancy Health Behaviors and Experiences							
Was dieting 6 months before pregnancy	NA	NA	35.2	30.9	40.3	40.4	21.7
Was exercising 3+ days/wk before pregnancy	NA	NA	54.3	61.2	55.9	51.8	42.6
Was regularly taking prescription medicine	NA	NA	12.4	18.6	11.4	14.3	7.9
No pre-pregnancy health counseling ¹	69.4	68.6	72.6	62.0	78.4	75.0	65.2
Not taking a multivitamin	50.5	47.5	49.9	29.5	60.8	52.4	36.8
Lack of folic acid knowledge	63.5	67.9	65.2	48.7	74.4	77.4	49.8
Did not have enough money for food	6.0	5.5	5.1	2.6	6.1	7.9	3.3
Smoked in the 6 months before pregnancy**	9.5	8.7	7.2	9.3	5.8	17.0	5.1
Family Planning Practices							
Unwanted/mistimed pregnancy by mother ²	48.4	46.6	44.9	23.6	55.8	57.9	28.7
Unwanted pregnancy by partner ³	31.9	28.0	31.0	21.1	37.3	35.4	21.6
Using birth control when they became pregnant ⁴	27.8	28.9	24.9	13.2	28.3	24.8	26.8
Received fertility treatment	4.2	5.6	4.6	9.5	2.1	3.1	7.6
Ever used emergency contraception**	16.4	19.5	23.6	27.3	23.8	27.3	17.5
Pre-pregnancy Health Conditions							
Overweight/Obese	44.8	44.9	47.9	33.2	59.1	58.6	22.8
Asthma	4.4	5.0	5.7	6.3	5.1	12.7	4.1
High blood pressure	4.1	3.6	3.6	2.2	3.3	6.7	4.6*
Diabetes	2.4	2.8	2.5	0.7*	2.9	3.0	2.8
Anemia	11.4	11.8	10.9	5.4	11.9	26.3	7.2*
Depression**	12.5	11.0	10.0	9.0	9.6	13.4	11.1
Periodontal disease	9.9	9.5	9.6	7.0	11.0	11.9	6.9

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014 (%)			
Obstetric History				White	Latina	African American	Asian/Pacific Islander
Previous preterm birth	6.7	8.0	6.9	4.9	7.6	9.4	5.9
Previous low birth weight	6.0	5.6	5.6	3.4	5.8	9.7	5.6
Stillbirth (pregnancy that did not result in a live birth)	1.8	1.3	1.6	0.6*	2.4	1.2*	0.4*
Previous miscarriage	19.6	19.5	21.2	24.2	20.7	21.9	19.2
Previous abortion	15.1	15.2	15.8	17.1	12.1	33.1	18.4

Obstetric History

Previous preterm birth
 Previous low birth weight
 Stillbirth (pregnancy that did not result in a live birth)
 Previous miscarriage
 Previous abortion

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

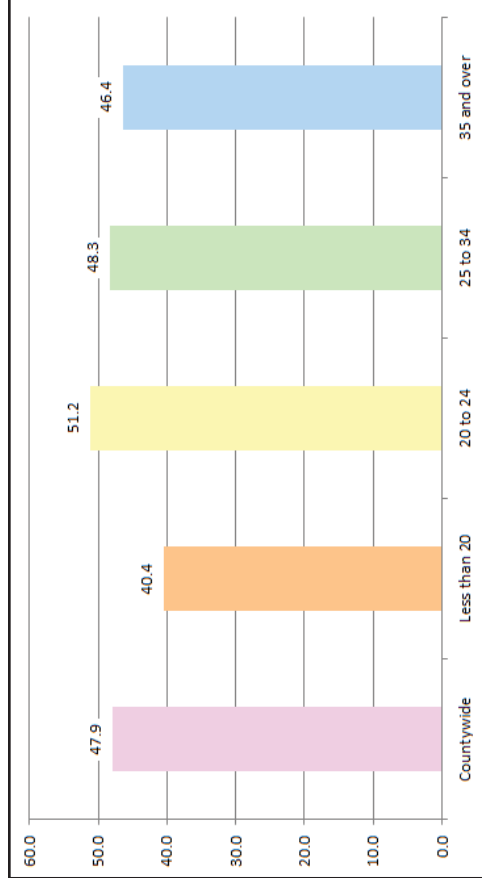
** Indicates significant differences between 2010 and 2014.

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?

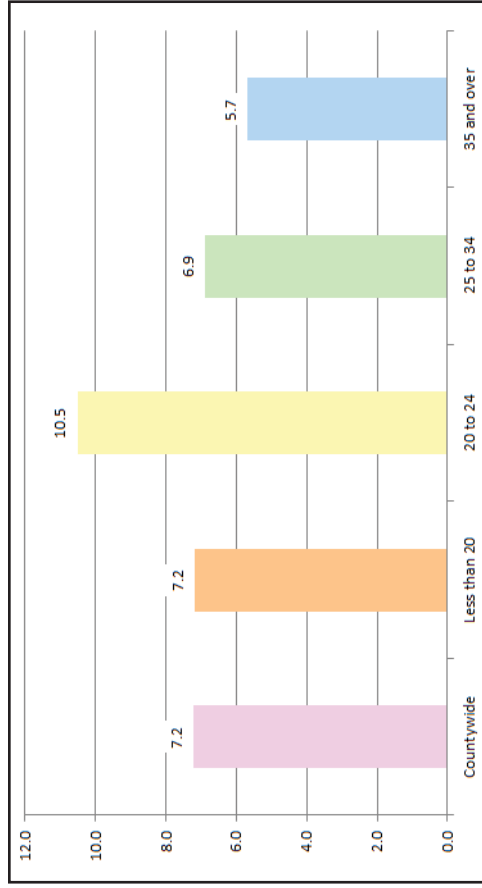
2 Question asked: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? Respondents who answered, "I wanted to be pregnant later" or "I didn't want to be pregnant then or any time in the future" were coded as "Unwanted or mistimed."

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 County 2014



Percentage of Mothers who Smoked in the 6 Months Before Pregnancy by Age Group Los Angeles County 2014

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

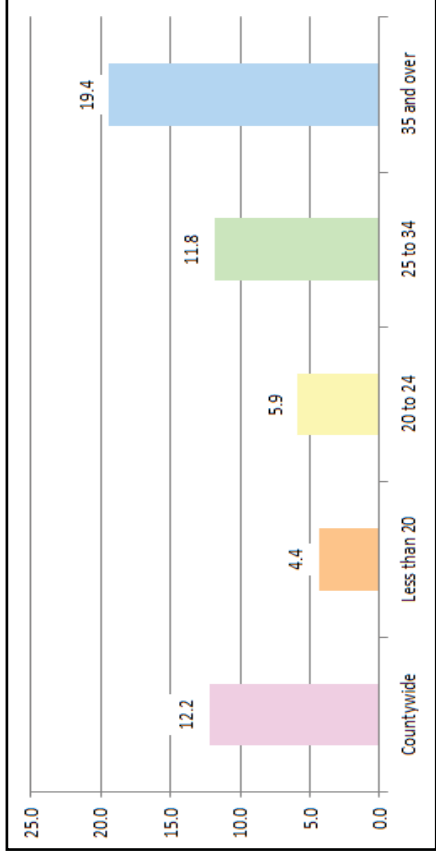
	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014			
				White (%)	Latina (%)	African American (%)	Asian/Pacific Islander (%)
Prenatal Care							
Entered prenatal care after 1st trimester	9.2	9.5	8.6	4.8	10.0	11.1	7.4
Did not get prenatal care as early as wanted	14.9	13.4	13.4	10.3	15.0	17.4	9.9
Traveled 15 miles or more for prenatal care	12.4	11.2	10.8	9.5	10.5	10.6	13.0
Dissatisfied with amount of wait time at prenatal care	18.2	18.0	19.7	13.8	19.9	16.4	27.1
Dissatisfied with amount of time spent with doctor/nurse	10.6	9.8	11.1	6.4	12.2	7.1	14.8
Dissatisfied with advice given at prenatal care	7.8	6.5	7.0	4.6	8.0	4.3	8.0
Dissatisfied with understanding/respect received	3.6	3.8	3.6	3.0	3.6	3.0	4.6
Needed to see a dentist	22.0	23.1	20.4	15.5	22.2	26.6	17.3
Received dental care**	33.5	36.8	37.4	55.7	32.6	33.8	34.4
Received a seasonal flu shot**	34.9	33.4	48.7	54.1	46.7	41.3	52.2
Medical Conditions During Pregnancy							
Labor pain 3 weeks before due date**	16.2	15.0	12.7	9.8	14.4	20.0	7.6
High blood pressure	11.6	9.7	10.5	10.8	10.9	15.7	7.0
Gestational diabetes	12.4	11.8	12.2	7.7	12.5	9.7	17.0
Problems with the placenta ⁵	4.2	4.8	4.5	4.8	4.5	3.7	4.2*
Urinary tract infection**	11.8	13.2	9.5	8.3	11.4	9.8	5.1
Water broke more than 3 weeks early	4.7	4.4	4.9	2.9	5.1	6.7	5.4*
Incompetent cervix	2.7	2.2	2.0	0.9*	2.5	3.4*	1.0*
Sexually transmitted disease	2.5	3.5	2.1	1.6	2.1	4.5	1.8*
Bacterial vaginosis**	14.9	10.8	10.3	5.3	12.4	13.2	8.2
Periodontal disease	17.4	16.7	15.1	12.4	16.5	16.5	13.0
Risk Behaviors During Pregnancy							
Smoking**	2.5	2.4	1.5	2.2	0.8*	7.1	0.4*
Exposure to secondhand smoke ⁶	4.2	4.3	4.5	4.1	3.0	10.3	7.2
Using illegal drugs or drugs not prescribed by a doctor ⁷	5.3	5.7	4.1	3.5	2.8	6.5	7.8
Drinking alcohol	9.1	9.5	9.5	20.9	6.3	7.5	8.1
Did not exercise during pregnancy ⁸	22.9	20.9	23.0	20.4	22.0	38.2	23.1

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."

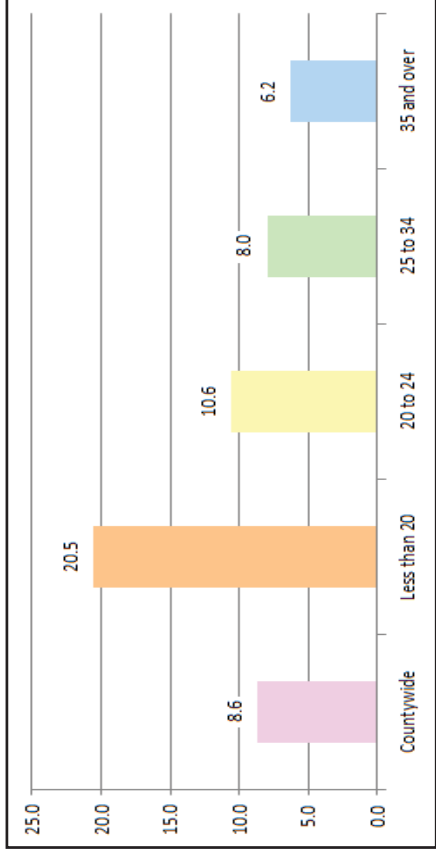
⁶ Question asked: During your pregnancy, about how many hours a day, on average, were you in the same room with someone who was smoking? Respondents who indicated more than 0 hours were coded as "exposed to secondhand smoke."

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 County 2014**



**Percentage of Mothers Entering Prenatal Care After First Trimester by Age Group
Los Angeles County 2014**



Psychosocial and Behavioral Risk Factors During Pregnancy by Race/Ethnicity

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014			
				White (%)	Latina (%)	African American (%)	Asian/Pacific Islander (%)
Mental Health During Pregnancy							
Self reported depression ^{9*}	31.7	29.7	26.1	18.6	30.3	32.5	18.7
Low Maternal Resiliency ¹⁰	9.0	8.1	8.2	5.9	7.8	7.4	11.6
Social Support							
Dissatisfied with support given by the baby's father ¹¹	9.6	8.3	8.2	4.8*	8.7	19.2	5.2*
Experienced domestic violence/intimate partner abuse ¹²	2.2	2.3	1.6	1.6	1.5	3.6	1.0
Would have someone to loan money if needed ¹³	81.9	82.1	82.5	94.7	78.2	82.2	82.8
Would have someone to help if sick	87.5	86.1	87.2	95.8	83.9	88.3	87.5
Would have someone to listen to problems	86.2	85.1	85.3	95.9	80.0	88.0	88.8
Social Environment							
Perceived neighborhood as unsafe ¹⁴	14.7	14.2	13.5	6.5	17.4	23.0	5.0
Stressful Life Events During Pregnancy							
Family member had to go into the hospital	16.0	16.1	14.7	15.6	14.2	21.4	12.3*
Divorced/separated from husband/partner	7.3	8.1	6.9	2.9	8.9	13.2	2.4
Moved to a new address**	28.4	25.6	24.9	25.3	23.4	32.0	26.1
Were homeless	4.3	4.6	3.5	1.4	3.9	12.6	0.9*
Husband/partner lost his/her job**	17.6	12.4	10.8	9.0	12.5	12.9	6.4
Lost job but wanted to continue working	11.1	9.6	9.2	4.5	11.2	13.8	6.4
Argued more than usual with husband/partner**	27.8	26.3	23.8	20.0	24.8	39.2	18.3
Had a lot of bills that could not be paid**	23.2	18.5	17.8	11.9	21.0	30.6	9.4
Were in a physical fight**	3.5	2.7	2.2	1.5	2.2	7.7	0.7*
Husband/partner or self went to jail	3.3	3.5	2.5	0.9*	2.8	8.4	1.1*
Someone close had drinking or drug problems	8.2	8.1	7.1	7.4	8.1	11.9	1.5*
Someone close and important died	13.0	12.5	11.2	10.6	12.0	20.2	5.5

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	White (%)	Latina (%)	African American (%)	Asian/Pacific Islander (%)
Reported Ever Experiencing Discrimination							
Any discrimination**	43.2	39.1	37.8	35.1	38.3	54.4	32.0
At work	18.4	17.4	16.8	18.8	15.6	26.0	14.4
When getting medical care	8.3	8.2	7.6	5.0	8.9	11.3	4.4
When getting housing	8.8	9.1	8.0	5.0	8.5	17.1	5.6
Because of race/color**	20.0	18.1	15.5	6.0	14.9	39.5	16.7
Because of gender	11.6	11.3	11.1	15.6	9.0	19.1	9.2
At home	NA	NA	7.9	4.2	9.2	12.8	5.6
Because of breastfeeding	NA	NA	5.9	10.7	5.0	6.1	3.4
Because of pregnancy	15.1	14.7	14.9	15.7	15.7	21.6	8.2

Reported Ever Experiencing Discrimination

Any discrimination**

At work

When getting medical care

When getting housing

Because of race/color**

Because of gender

At home

Because of breastfeeding

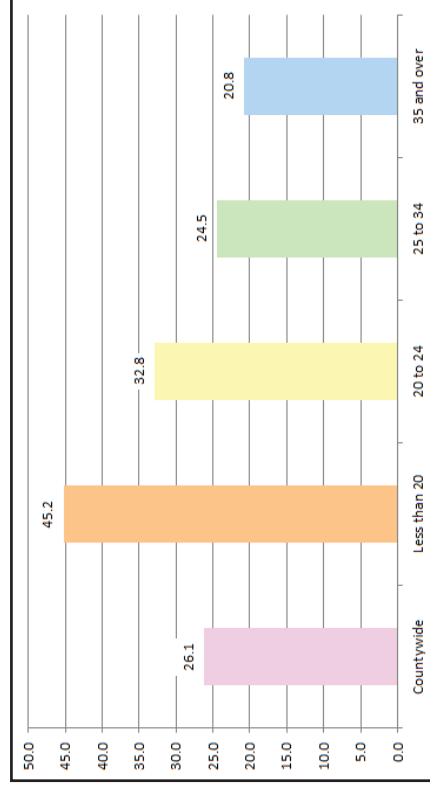
Because of pregnancy

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

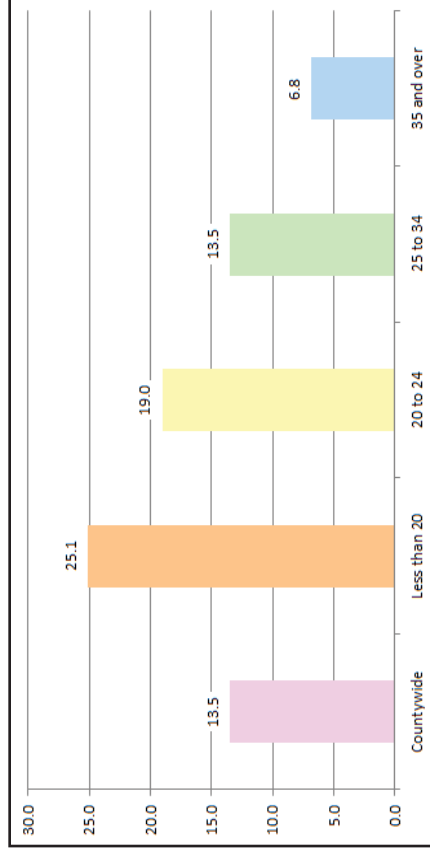
** Indicates significant differences between 2010 and 2014.

⁹ 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 Low maternal resiliency combined the responses of seven LAMAB 2014 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.



Percentage of Mothers with Self-Reported Depression by Age Group
Los Angeles County 2014



Percentage of Mothers Perceiving Neighborhood in Pregnancy as Unsafe by Age Group
Los Angeles County 2014

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."

Postpartum Health & Well-being by Race/Ethnicity

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014			
				White (%)	Latina (%)	African American (%)	Asian/Pacific Islander (%)
Delivery Method							
Had a C-section	NA	NA	35.4	32.4	36.5	42.0	32.5
C-section discussion initiated by mother	NA	NA	11.7	11.5	8.4	14.3	21.6
Reason for C-section: Had previous C-section	NA	NA	44.6	37.7	48.0	40.1	42.8
Reason for C-section: Baby was in wrong position	NA	NA	16.9	23.5	15.2	16.2	16.1
Reason for C-section: Labor was taking too long	NA	NA	15.8	13.7	17.6	11.7	14.3
Maternal Postpartum Health							
Had a postpartum check-up	91.4	89.9	92.1	94.8	91.1	88.1	94.0
Family planning discussed during check-up	91.9	90.1	89.3	91.7	90.4	93.6	81.6
Self-reported Postpartum Depression							
Not at all depressed	49.0	52.7	52.9	55.1	53.5	53.4	48.6
A little depressed	36.9	34.1	34.9	32.7	34.0	32.3	41.4
Moderately depressed	9.7	9.9	9.3	9.6	9.4	10.5	7.6
Very depressed**	4.4	3.4	2.9	2.7	3.0	3.7*	2.3*
Infant Health & Well-being							
Preterm/Low Birth Weight							
Preterm	9.7	9.1	8.5	6.9	9.2	12.5	6.3
Low Birth Weight	7.5	6.4	6.3	5.6	6.1	11.7	5.4
Infant Health							
Currently reading to baby**	71.2	74.0	79.7	88.8	78.3	87.2	70.9
Had a well-baby check-up	97.8	97.1	97.2	98.0	97.3	97.8	98.8
Enrolled in health care coverage program before leaving hospital**	71.9	69.8	65.9	58.9	70.8	73.3	55.4
Breastfeeding Practice							
Any breastfeeding at 1 week	NA	NA	86.9	92.2	85.8	78.5	88.0
Exclusive breastfeeding at 1 week	NA	NA	54.4	71.8	49.3	57.4	50.2
Any breastfeeding at 1 month	NA	NA	80.3	87.5	77.3	69.4	86.1
Exclusive breastfeeding at 1 month	NA	NA	47.8	66.6	41.0	47.7	48.4
Any breastfeeding at 3 months	NA	NA	65.5	76.7	60.1	52.8	75.4
Exclusive breastfeeding at 3 months	NA	NA	38.2	58.5	29.6	31.5	46.0

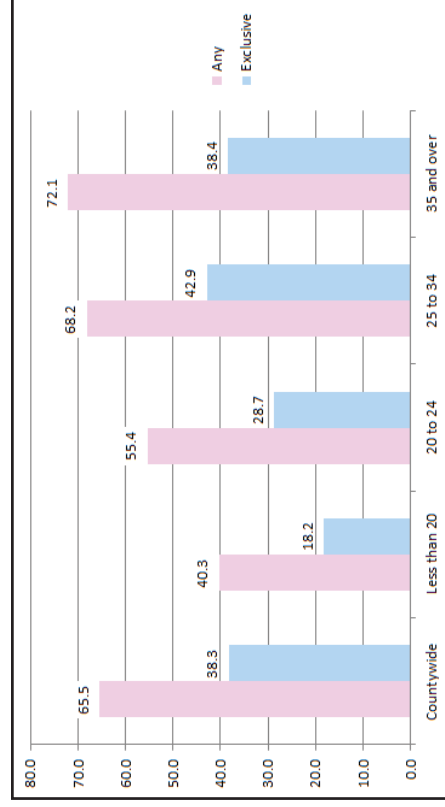
	LA County 2014				
	White (%)	Latina (%)	African American (%)	Asian/Pacific Islander (%)	LA County 2014 (%)
Baby's Sleep Environment¹⁵					
Sleeps on his/her side**	7.3	13.5	16.6	15.3	12.8
Sleeps on his/her back**	86.8	84.2	69.0	78.9	82.7
Sleeps on his/her stomach	5.9	2.2	14.4	5.9	4.5
Ever slept with another person ^{16**}	58.0	73.3	82.2	76.9	71.7

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

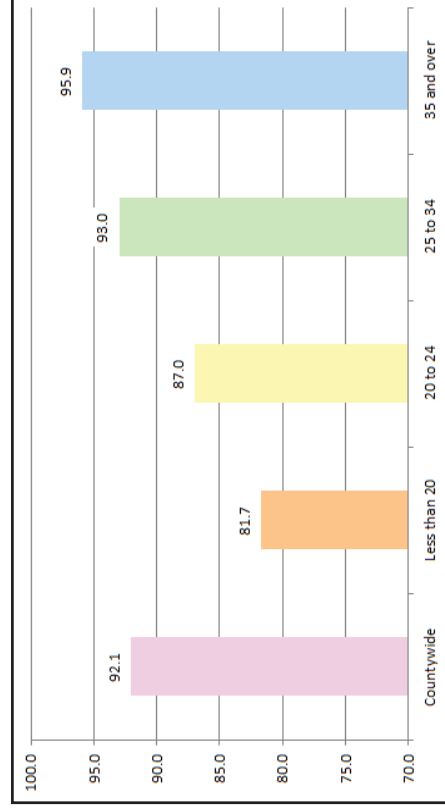
** Indicates significant differences between 2010 and 2014.

¹⁵ Average age of babies at time of interview was 4.8 months.

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 recorded as "Ever slept with another person."



Percentage of Mothers Breastfeeding at 3 Months by Age Group
Los Angeles County 2014



Percentage of Mothers having a Postpartum Check Up by Age Group
Los Angeles County 2014

Pre-pregnancy Health & Well-being by SPA

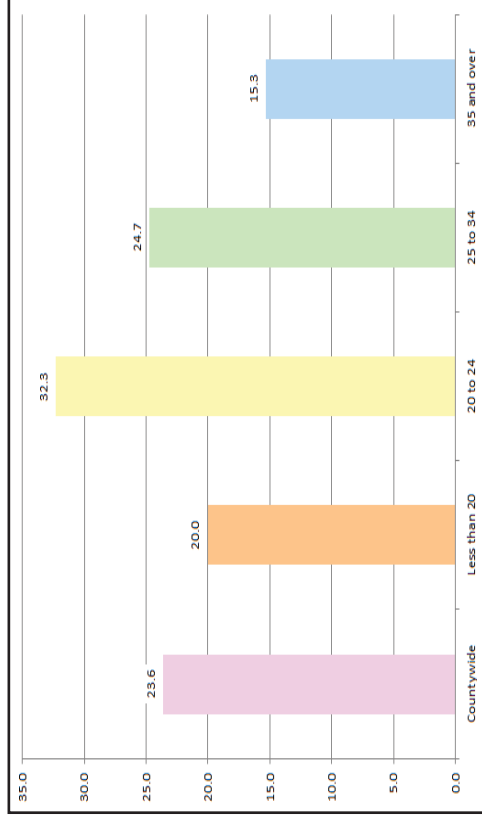
	LA County 2014							
	Antelope Valley SPA 1 (%)	San Fernando SPA 2 (%)	San Gabriel SPA 3 (%)	Metro SPA 4 (%)	West SPA 5 (%)	South SPA 6 (%)	East SPA 7 (%)	South Bay SPA 8 (%)
Health Insurance Coverage Before Pregnancy	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)					
Uninsured	34.7	35.8	32.9					
On Medi-Cal	19.7	22.3	20.8					
Employer based & Private	NA	NA	39.1					
Covered CA & Insurance through parents	NA	NA	2.1					
Pre-pregnancy Health Behaviors and Experiences								
Was dieting 6 months before pregnancy	NA	NA	35.2					
Was exercising 3+ days/wk before pregnancy	NA	NA	54.3					
Was regularly taking prescription medicine	NA	NA	12.4					
No pre-pregnancy health counseling ¹	69.4	68.6	72.6					
Not taking a multivitamin	50.5	47.5	49.9					
Lack of folic acid knowledge	63.5	67.9	65.2					
Did not have enough money for food	6.0	5.5	5.1					
Smoked in the 6 months before pregnancy**	9.5	8.7	7.2					
Family Planning Practices								
Unwanted/mistimed pregnancy by mother ²	48.4	46.6	44.9					
Unwanted pregnancy by partner ³	31.9	28.0	31.0					
Using birth control when they became pregnant ⁴	27.8	28.9	24.9					
Received fertility treatment	4.2	5.6	4.6					
Ever used emergency contraception**	16.4	19.5	23.6					
Pre-pregnancy Health Conditions								
Overweight/Obese	44.8	44.9	47.9					
Asthma	4.4	5.0	5.7					
High blood pressure	4.1	3.6	3.6					
Diabetes	2.4	2.8	2.5					
Anemia	11.4	11.8	10.9					
Depression**	12.5	11.0	10.0					
Periodontal disease	9.9	9.5	9.6					

LA County 2014										
LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	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 (%)
6.7	8.0	6.9	8.1	6.0	7.5	4.9	5.3	8.6	7.3	7.3
6.0	5.6	5.6	6.7	4.5	6.0	4.2	5.1	7.0	6.2	5.6
1.8	1.3	1.6	1.6*	1.0*	1.2*	1.3*	0.3*	3.5*	2.0*	1.5*
19.6	19.5	21.2	23.8	20.8	21.1	18.9	18.1	21.4	21.7	23.0
15.1	15.2	15.8	18.1	15.8	17.5	13.4	16.3	14.2	12.1	18.9

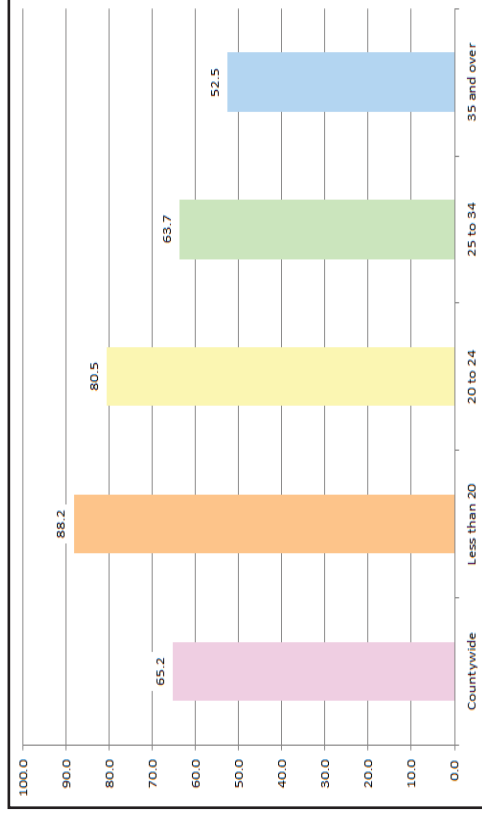
Obstetric History

- Previous preterm birth
- Previous low birth weight
- Stillbirth (pregnancy that did not result in a live birth)
- Previous miscarriage
- Previous abortion

See previous footnotes for Pre-Pregnancy Health data tables



Percentage of Mothers Ever Using Emergency Contraception by Age Group
Los Angeles County 2014



Percentage of Mothers Lacking Knowledge of Folic Acid Benefits by Age Group
Los Angeles County 2014

Prenatal Care and Maternal Risk Factors During Pregnancy by SPA

Prenatal Care

Entered prenatal care after 1st trimester	9.2	9.5	8.6	19.4	6.1	7.7	7.2	4.4	11.5	9.2	9.6
Did not get prenatal care as early as wanted	14.9	13.4	13.4	27.8	11.3	11.4	11.2	7.4	16.4	14.2	15.1
Traveled 15 miles or more for prenatal care	12.4	11.2	10.8	26.8	11.0	13.0	5.3	4.3	12.1	9.9	8.5
Dissatisfied with amount of wait time at prenatal care	18.2	18.0	19.7	27.0	15.6	26.3	21.5	15.8	18.0	16.6	18.2
Dissatisfied with amount of time spent with doctor/nurse	10.6	9.8	11.1	14.3	8.0	16.9	12.4	5.3	9.4	11.0	9.3
Dissatisfied with advice given at prenatal care	7.8	6.5	7.0	10.8	4.9	9.1	8.5	1.8	7.7	7.1	6.0
Dissatisfied with understanding/respect received	3.6	3.8	3.6	7.0	2.7	4.4	2.8	1.4	3.5	4.4	3.5
Needed to see a dentist	22.0	23.1	20.4	21.1	18.8	19.8	22.1	15.7	22.9	22.0	20.0
Received dental care**	33.5	36.8	37.4	28.7	45.0	33.9	43.4	57.6	30.2	29.7	37.2
Received a seasonal flu shot**	34.9	33.4	48.7	37.3	47.2	45.7	52.5	69.1	47.5	47.7	50.5

Medical Conditions During Pregnancy

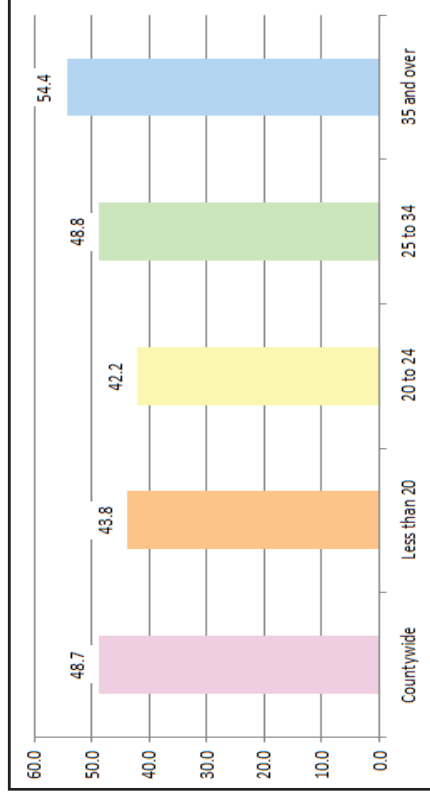
Labor pain 3 weeks before due date**	16.2	15.0	12.7	14.8	14.8	10.7	9.8	8.2	15.0	12.4	14.1
High blood pressure	11.6	9.7	10.5	12.1	10.4	10.1	10.9	9.3	11.3	11.4	9.6
Gestational diabetes	12.4	11.8	12.2	11.2	12.6	15.2	11.8	6.9	10.0	13.2	11.2
Problems with the placenta ⁵	4.2	4.8	4.5	4.5	6.4	4.6	3.7*	4.9	3.0*	4.5*	3.3
Urinary tract infection**	11.8	13.2	9.5	11.9	8.7	9.7	9.3	7.7	12.6	10.0	7.4
Water broke more than 3 weeks early	4.7	4.4	4.9	4.9*	5.3	5.2*	5.2	1.9*	4.5	4.8	5.0
Incompetent cervix	2.7	2.2	2.0	2.3*	2.1*	1.9*	2.5*	1.9*	2.0*	1.8*	1.6*
Sexually transmitted disease	2.5	3.5	2.1	2.7	1.3*	2.*8	1.7*	1.1*	3.0	1.5*	2.5
Bacterial vaginosis**	14.9	10.8	10.3	11.8	9.7	10.3	7.9	5.4	11.9	12.8	10.5
Periodontal disease	17.4	16.7	15.1	14.9	16.4	16.5	12.8	10.5	14.7	16.8	13.3

Risk Behaviors During Pregnancy

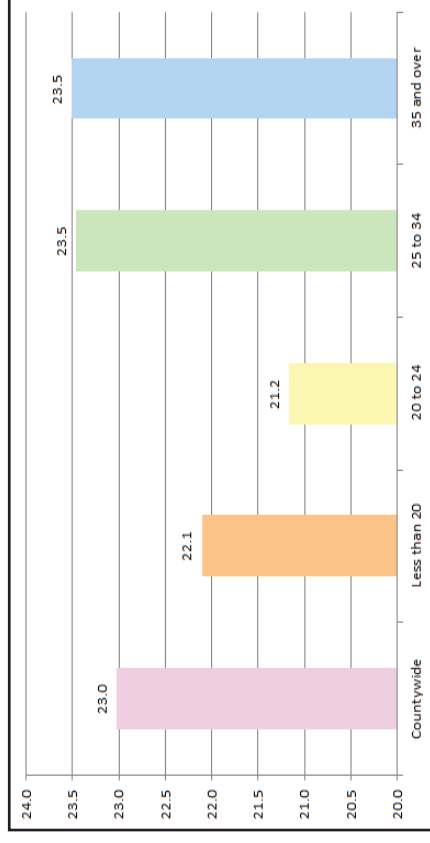
Smoking**	2.5	2.4	1.5	4.3	0.8*	0.8*	1.0*	0.5*	2.2	1.5*	2.7
Exposure to secondhand smoke ⁶	4.2	4.3	4.5	4.2	3.8	5.6	2.2	4.6*	6.9	2.8*	4.8
Using illegal drugs or drugs not prescribed by a doctor ⁷	5.3	5.7	4.1	3.6	3.2	8.0	2.5*	2.8*	3.3	1.6*	4.3
Drinking alcohol	9.1	9.5	9.5	4.7	10.0	8.1	13.7	23.0	5.4	6.5	11.4
Did not exercise during pregnancy ⁸	22.9	20.9	23.0	31.5	22.1	22.9	22.0	19.6	29.6	18.6	21.7

LA County 2014

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	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 (%)
Entered prenatal care after 1st trimester	9.2	9.5	8.6	19.4	6.1	7.7	7.2	4.4	11.5	9.2	9.6
Did not get prenatal care as early as wanted	14.9	13.4	13.4	27.8	11.3	11.4	11.2	7.4	16.4	14.2	15.1
Traveled 15 miles or more for prenatal care	12.4	11.2	10.8	26.8	11.0	13.0	5.3	4.3	12.1	9.9	8.5
Dissatisfied with amount of wait time at prenatal care	18.2	18.0	19.7	27.0	15.6	26.3	21.5	15.8	18.0	16.6	18.2
Dissatisfied with amount of time spent with doctor/nurse	10.6	9.8	11.1	14.3	8.0	16.9	12.4	5.3	9.4	11.0	9.3
Dissatisfied with advice given at prenatal care	7.8	6.5	7.0	10.8	4.9	9.1	8.5	1.8	7.7	7.1	6.0
Dissatisfied with understanding/respect received	3.6	3.8	3.6	7.0	2.7	4.4	2.8	1.4	3.5	4.4	3.5
Needed to see a dentist	22.0	23.1	20.4	21.1	18.8	19.8	22.1	15.7	22.9	22.0	20.0
Received dental care**	33.5	36.8	37.4	28.7	45.0	33.9	43.4	57.6	30.2	29.7	37.2
Received a seasonal flu shot**	34.9	33.4	48.7	37.3	47.2	45.7	52.5	69.1	47.5	47.7	50.5



Percentage of Mothers Receiving Seasonal Flu Shot During Pregnancy by Age Group
Los Angeles County 2014



Percentage of Mothers who did Not Exercise During Pregnancy by Age Group
Los Angeles County 2014



"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

Mental Health During Pregnancy

Self reported depression^{8*}
Low maternal resilience¹⁰

Social Support

Dissatisfied with support given by the baby's father¹¹
Experienced domestic violence/intimate partner abuse¹²
Would have someone to loan money if needed¹³
Would have someone to help if sick
Would have someone to listen to problems

Social Environment

Perceived neighborhood as unsafe¹⁴

Stressful Life Events During Pregnancy

Family member had to go into the hospital
Divorced/separated from husband/partner
Moved to a new address**
Were homeless
Husband/partner lost his/her job**
Lost job but wanted to continue working
Argued more than usual with husband/partner**
Had a lot of bills that could not be paid**
Were in a physical fight**
Husband/partner or self went to jail
Someone close had drinking or drug problems
Someone close and important died

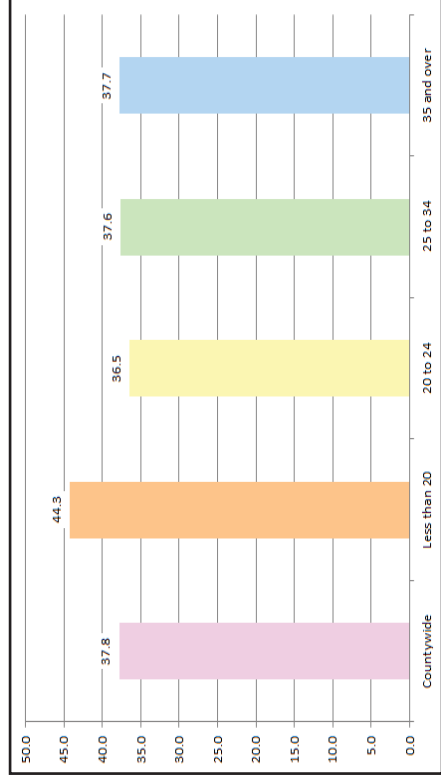
Reported Ever Experiencing Discrimination

Any discrimination**
At work
When getting medical care
When getting housing
Because of race/color**
Because of gender
At home
Because of breastfeeding
Because of pregnancy

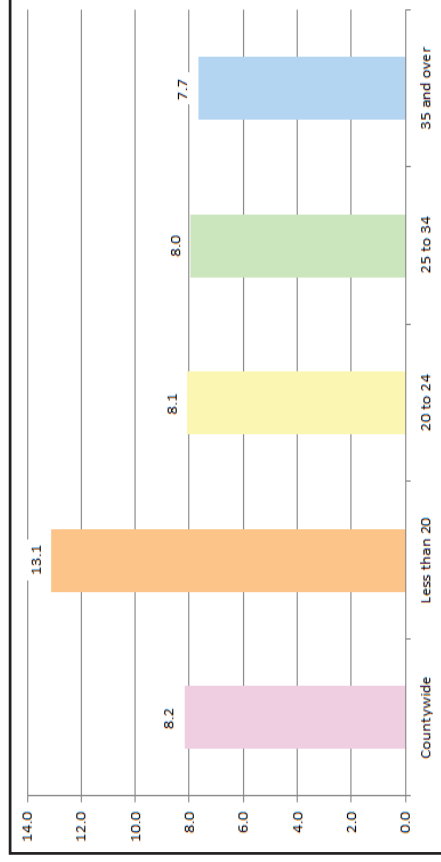
LA County 2014

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	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 (%)
Self reported depression ^{8*}	31.7	29.7	26.1	30.7	26.0	25.1	25.5	14.4	32.5	28.2	23.4
Low maternal resilience ¹⁰	9.0	8.1	8.2	7.7	8.6	10.1	9.1	6.2	7.1	8.6	5.6
Dissatisfied with support given by the baby's father ¹¹	9.6	8.3	8.2	12.4*	6.4*	6.5*	6.7*	4.3*	12.5	10.8*	7.7*
Experienced domestic violence/intimate partner abuse ¹²	2.2	2.3	1.6	1.2	0.9	1.2	2.1	2.2	3.2	1.2	1.3
Would have someone to loan money if needed ¹³	81.9	82.1	82.5	82.5	85.6	83.0	79.5	92.3	75.0	80.2	85.1
Would have someone to help if sick	87.5	86.1	87.2	90.0	89.1	88.0	83.2	94.7	83.0	85.8	88.0
Would have someone to listen to problems	86.2	85.1	85.3	87.2	87.5	87.1	80.1	94.8	77.4	84.6	86.8
Perceived neighborhood as unsafe ¹⁴	14.7	14.2	13.5	15.1	8.6	8.0	17.3	4.0	31.0	12.7	12.9
Family member had to go into the hospital	16.0	16.1	14.7	17.5	14.0	15.0	11.0	17.3*	12.9	15.3	17.3
Divorced/separated from husband/partner	7.3	8.1	6.9	8.4	6.4	4.8	5.9	2.2	12.0	9.2	5.7
Moved to a new address**	28.4	25.6	24.9	28.6	23.6	25.7	22.8	24.4	26.1	21.3	28.4
Were homeless	4.3	4.6	3.5	4.4	1.9*	2.4*	3.9*	2.3*	7.2	3.2*	4.2
Husband/partner lost his/her job**	17.6	12.4	10.8	12.6	10.0	10.0	9.1	7.7	14.1	12.4	10.0
Lost job but wanted to continue working	11.1	9.6	9.2	10.3	6.9	9.7	10.0	4.5	14.4	9.2	7.9
Argued more than usual with husband/partner**	27.8	26.3	23.8	29.3	22.0	25.4	18.3	16.9	27.1	25.6	24.0
Had a lot of bills that could not be paid**	23.2	18.5	17.8	25.2	17.0	15.9	14.1	9.4	23.9	20.3	17.2
Were in a physical fight**	3.5	2.7	2.2	3.0	1.4*	1.5*	2.7*	1.2*	3.9	2.1*	2.5
Husband/partner or self went to jail	3.3	3.5	2.5	4.9	1.3*	2.8*	1.0*	0.3*	3.9	3.7*	2.7
Someone close had drinking or drug problems	8.2	8.1	7.1	10.1	7.4	4.9	4.1	5.7	11.0	7.5	7.9
Someone close and important died	13.0	12.5	11.2	14.0	13.5	8.5	8.0	8.6	14.9	10.8	11.1
Any discrimination**	43.2	39.1	37.8	41.3	39.2	33.7	38.7	39.8	39.0	38.3	38.1
At work	18.4	17.4	16.8	16.9	16.3	14.9	19.6	22.2	15.8	16.7	17.8
When getting medical care	8.3	8.2	7.6	11.4	6.9	5.9	8.9	4.8	8.8	8.4	8.0
When getting housing	8.8	9.1	8.0	9.4	6.8	7.8	8.7	5.2	10.3	6.7	8.9
Because of race/color**	20.0	18.1	15.5	19.4	13.1	14.7	16.6	12.9	19.4	12.4	17.7
Because of gender	11.6	11.3	11.1	14.1	11.4	9.1	12.7	17.2	8.4	10.0	12.8
At home	NA	NA	7.9	9.7	7.4	5.9	7.4	5.4	10.5	9.6	8.4
Because of breastfeeding	NA	NA	5.9	7.2	7.6	3.8	5.9	10.4	4.2	6.6	5.7
Because of pregnancy	15.1	14.7	14.9	19.3	15.2	11.3	12.2	16.3	18.1	18.1	13.8

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



**Percentage of Mothers Reporting experiencing Any Type of Discrimination by Age Group
Los Angeles County 2014**



**Percentage of Mothers with Low Maternal Resiliency by Age Group
Los Angeles County 2014**



"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

"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

Postpartum Health & Well-being by SPA

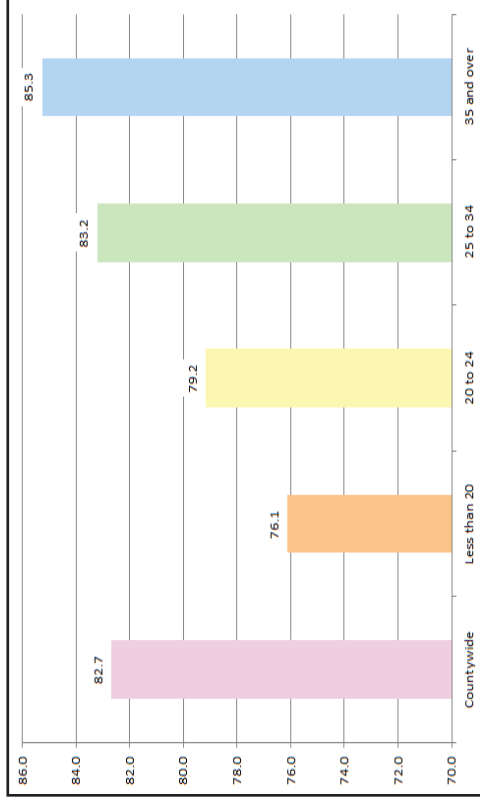
	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014									
				Antelope Valley SPA 1 (%)	San Fernando SPA 2 (%)	San Gabriel SPA 3 (%)	Metro SPA 4 (%)	West SPA 5 (%)	South SPA 6 (%)	East SPA 7 (%)	South Bay SPA 8 (%)		
Delivery Method													
Had a C-section	NA	NA	35.4	39.1	37.7	30.7	34.0	31.0	36.6	37.5	38.0		
C-section discussion initiated by mother	NA	NA	11.6	7.9	10.2	15.3	7.9*	13.8	9.1	12.5	13.8		
Reason for C-section: Had previous C-section	NA	NA	44.6	45.9	45.2	49.3	40.7	31.0	44.9	43.2	45.3		
Reason for C-section: Baby was in wrong position	NA	NA	16.9	16.2	17.3	13.1	21.8	15.9	14.0	16.0	22.0		
Reason for C-section: Labor was taking too long	NA	NA	15.8	11.9	11.9	16.4	19.7	16.4	16.4	21.5	13.2		
Maternal Postpartum Health													
Had a postpartum check-up	91.4	89.9	92.1	84.8	93.9	92.3	93.5	96.2	88.7	93.9	90.5		
Family planning discussed during check-up	91.9	90.1	89.3	93.6	91.1	82.6	90.7	92.7	91.5	90.1	90.4		
Self-reported Postpartum Depression													
Not at all depressed	49.0	52.7	52.9	54.5	50.4	48.5	57.0	55.8	57.1	54.7	53.1		
A little depressed	36.9	34.1	34.9	34.3	36.4	38.3	33.8	34.4	31.6	31.4	35.0		
Moderately depressed	9.7	9.9	9.3	8.3	10.4	10.2	7.5	8.4	8.1	10.8	7.9		
Very depressed**	4.4	3.4	2.9	2.9*	2.9	3.0*	1.6*	1.4*	3.1*	3.1*	4.1		
Infant Health & Well-being													
Preterm/Low Birth Weight													
Preterm	9.7	9.1	8.5	8.5	8.9	7.0	8.9	7.4	9.8	8.3	8.8		
Low Birth Weight	7.5	6.4	6.3	8.5	6.4	4.8	5.7	6.8	6.9	7.2	6.4		
Infant Health													
Currently reading to baby**	71.2	74.0	79.7	85.6	83.9	72.3	81.6	88.8	78.3	77.3	81.5		
Had a well-baby check-up	97.8	97.1	97.2	95.5	99.0	97.6	97.1	97.5	97.8	96.8	98.0		
Enrolled in health care coverage program before leaving hospital**	71.9	69.8	65.9	65.6	63.1	59.6	70.9	59.4	74.9	69.3	66.9		
Breastfeeding Practice													
Any breastfeeding at 1 week	NA	NA	86.9	84.8	89.7	85.5	89.9	95.0	82.4	85.8	86.0		
Exclusive breastfeeding at 1 week	NA	NA	54.4	60.7	60.7	50.1	54.5	68.0	46.4	49.2	58.0		
Any breastfeeding at 1 month	NA	NA	80.3	72.1	85.3	79.2	85.3	93.2	72.2	78.2	78.8		
Exclusive breastfeeding at 1 month	NA	NA	47.9	47.4	53.5	45.2	50.0	67.0	35.7	42.1	52.1		
Any breastfeeding at 3 months	NA	NA	65.5	56.9	68.3	67.9	70.8	85.3	56.4	61.2	62.4		
Exclusive breastfeeding at 3 months	NA	NA	38.3	34.6	42.1	38.1	44.6	61.8	25.8	33.0	37.5		

LA County 2014	(%)
LA County 2012	(%)
LA County 2010	(%)

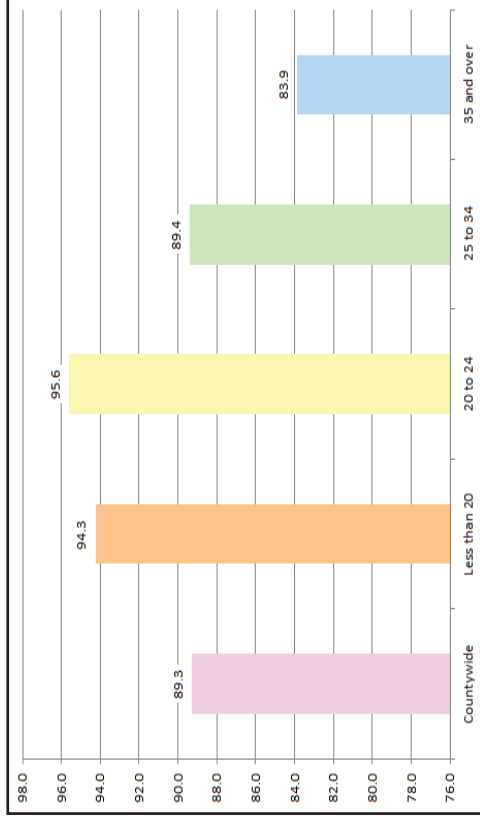
Baby's Sleep Environment¹⁵

- Sleeps on his/her side**
- Sleeps on his/her back**
- Sleeps on his/her stomach
- Ever slept with another person^{16**}

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



Percentage of Mothers with Babies Sleeping Supine (on their back) by Age Group Los Angeles County 2014



Percentage of Mothers Discussing Family Planning During Postpartum Checkup by Age Group Los Angeles County 2014

LA County 2014	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 (%)
Sleeps on his/her side**	10.1	11.8	12.1	13.9	7.3	18.5	12.9	12.1
Sleeps on his/her back**	83.4	83.3	83.2	82.4	88.6	77.5	83.8	82.4
Sleeps on his/her stomach	6.5	4.9	4.8	3.8	4.1	4.0	3.3	5.4
Ever slept with another person ^{16**}	71.2	64.8	74.4	75.3	66.5	78.9	70.7	70.5

Pre-pregnancy Health & Well-being by Supervisory District

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014				
				First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
Health Insurance Coverage Before Pregnancy								
Uninsured	34.7	35.8	32.9	41.3	38.8	31.0	27.3	24.6
On Medi-Cal	19.7	22.3	20.8	25.7	27.7	17.5	18.1	13.8
Employer based & Private	NA	NA	39.1	25.6	26.6	45.8	46.3	54.0
Covered CA & Insurance through parents	NA	NA	2.1	2.2	1.5	1.0	3.4	2.6
Pre-pregnancy Health Behaviors and Experiences								
Was dieting 6 months before pregnancy	NA	NA	35.2	35.2	34.8	34.5	36.8	34.7
Was exercising 3+ days/wk before pregnancy	NA	NA	54.3	51.8	52.3	59.9	57.8	51.7
Was regularly taking prescription medicine	NA	NA	12.4	10.2	12.7	14.4	12.3	12.9
No pre-pregnancy health counseling ¹	69.4	68.6	72.6	74.0	77.4	67.2	71.9	71.0
Not taking a multivitamin	50.5	47.5	49.9	56.2	56.4	44.2	48.7	42.2
Lack of folic acid knowledge	63.5	67.9	65.2	66.3	74.7	59.2	63.6	60.5
Did not have enough money for food	6.0	5.5	5.1	6.8	5.6	5.2	3.9	3.7
Smoked in the 6 months before pregnancy**	9.5	8.7	7.2	5.2	7.3	7.2	8.3	8.1
Family Planning Practices								
Unwanted/mistimed pregnancy by mother ²	48.4	46.6	44.9	49.2	55.4	38.0	43.1	36.9
Unwanted pregnancy by partner ³	31.9	28.0	31.0	33.6	35.4	27.5	31.7	26.6
Using birth control when they became pregnant ⁴	27.8	28.9	24.9	29.1	27.9	20.5	24.3	21.5
Received fertility treatment	4.2	5.6	4.6	3.1*	3.3	6.1	5.9	5.0
Ever used emergency contraception**	16.4	19.5	23.6	21.7	22.8	24.9	26.1	23.4
Pre-pregnancy Health Conditions								
Overweight/Obese	44.8	44.9	47.9	52.8	56.5	41.8	44.7	41.7
Asthma	4.4	5.0	5.7	5.5	5.9	5.0	5.9	6.3
High blood pressure	4.1	3.6	3.6	4.4	3.7	1.9*	3.6	4.0
Diabetes	2.4	2.8	2.5	3.4	2.8	1.5*	2.3*	2.0*
Anemia	11.4	11.8	10.9	10.8	15.4	10.0	9.1	8.8
Depression**	12.5	11.0	10.0	11.8	9.0	8.1	11.2	9.9
Periodontal disease	9.9	9.5	9.6	10.5	9.5	10.2	8.9	8.8
Obstetric History								
Previous preterm birth	6.7	8.0	6.9	6.6	7.9	5.6	6.8	7.3
Previous low birth weight	6.0	5.6	5.6	4.8	6.3	5.0	6.1	5.9
Stillbirth (pregnancy that did not result in a live birth)	1.8	1.3	1.6	1.8*	2.4*	1.1*	1.8*	0.8*
Previous miscarriage	19.6	19.5	21.2	18.3	19.9	19.0	23.0	25.5
Previous abortion	15.1	15.2	15.8	12.9	15.6	15.0	17.1	18.3

See previous footnotes for Pre-Pregnancy Health data tables

Prenatal Care and Maternal Risk Factors During Pregnancy by Supervisory District

Prenatal Care

Entered prenatal care after 1st trimester
 Did not get prenatal care as early as wanted
 Traveled 15 miles or more for prenatal care
 Dissatisfied with amount of wait time at prenatal care
 Dissatisfied with amount of time spent with doctor/nurse
 Dissatisfied with advice given at prenatal care
 Dissatisfied with understanding/respect received
 Needed to see a dentist
 Received dental care**
 Received a seasonal flu shot**

Medical Conditions During Pregnancy

Labor pain 3 weeks before due date**
 High blood pressure
 Gestational diabetes
 Problems with the placenta⁵
 Urinary tract infection**
 Water broke more than 3 weeks early
 Incompetent cervix
 Sexually transmitted disease
 Bacterial vaginosis**
 Periodontal disease

Risk Behaviors During Pregnancy

Smoking**
 Exposure to secondhand smoke⁶
 Using illegal drugs or drugs not prescribed by a doctor⁷
 Drinking alcohol
 Did not exercise during pregnancy⁸

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
Entered prenatal care after 1st trimester	9.2	9.5	8.6	7.7	9.6	7.0	9.5	9.0
Did not get prenatal care as early as wanted	14.9	13.4	13.4	13.2	14.9	9.6	13.9	14.6
Traveled 15 miles or more for prenatal care	12.4	11.2	10.8	10.8	9.7	8.8	9.6	14.4
Dissatisfied with amount of wait time at prenatal care	18.2	18.0	19.7	22.7	18.2	16.8	19.0	21.0
Dissatisfied with amount of time spent with doctor/nurse	10.6	9.8	11.1	15.8	8.8	8.4	9.9	11.9
Dissatisfied with advice given at prenatal care	7.8	6.5	7.0	8.4	7.0	5.6	6.9	6.8
Dissatisfied with understanding/respect received	3.6	3.8	3.6	4.8	3.1	2.8	3.0	4.0
Needed to see a dentist	22.0	23.1	20.4	24.6	21.3	20.0	19.0	16.8
Received dental care**	33.5	36.8	37.4	33.7	33.9	47.3	36.2	38.4
Received a seasonal flu shot**	34.9	33.4	48.7	47.2	50.7	51.2	49.0	46.1
Labor pain 3 weeks before due date**	16.2	15.0	12.7	10.6	13.4	13.9	12.6	13.3
High blood pressure	11.6	9.7	10.5	9.9	10.8	8.9	11.5	11.3
Gestational diabetes	12.4	11.8	12.2	13.3	9.2	11.0	12.8	14.7
Problems with the placenta ⁵	4.2	4.8	4.5	3.5	3.0	5.8	4.5	5.8
Urinary tract infection**	11.8	13.2	9.5	10.1	10.4	9.1	9.1	8.8
Water broke more than 3 weeks early	4.7	4.4	4.9	4.1	4.3	4.9*	4.7	6.3
Incompetent cervix	2.7	2.2	2.0	2.2*	2.2	2.4*	1.4*	1.7*
Sexually transmitted disease	2.5	3.5	2.1	2.6*	2.4	1.4*	1.9	2.1*
Bacterial vaginosis**	14.9	10.8	10.3	11.9	10.6	8.9	10.6	9.4
Periodontal disease	17.4	16.7	15.1	17.9	14.2	15.2	11.5	16.0
Smoking**	2.5	2.4	1.5	0.5*	1.9	0.8*	2.7	1.6
Exposure to secondhand smoke ⁶	4.2	4.3	4.5	3.6*	6.5	3.9	4.7	3.7
Using illegal drugs or drugs not prescribed by a doctor ⁷	5.3	5.7	4.1	3.5*	3.7	2.8	4.5	5.7
Drinking alcohol	9.1	9.5	9.5	7.6	8.2	13.4	12.3	7.6
Did not exercise during pregnancy ⁸	22.9	20.9	23.0	23.0	27.5	19.2	19.4	24.5

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

Psychosocial and Behavioral Risk Factors During Pregnancy by Supervisory District

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014					
				First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)	
Mental Health During Pregnancy									
Self reported depression**	31.7	29.7	26.1	30.8	29.5	23.8	22.6	22.8	
Low maternal resiliency ¹⁰	9.0	8.1	8.2	10.1	7.1	7.8	8.0	7.9	
Social Support									
Dissatisfied with support given by the baby's father ¹¹	9.6	8.3	8.2	8.2	10.1	6.0	8.5	7.5	
Experienced domestic violence/intimate partner abuse ¹²	2.2	2.3	1.6	1.3*	2.6	1.3*	1.7*	0.9*	
Would have someone to loan money if needed ¹³	81.9	82.1	82.5	77.2	77.9	85.3	86.7	86.7	
Would have someone to help if sick	87.5	86.1	87.2	84.4	83.9	89.0	89.7	90.1	
Would have someone to listen to problems	86.2	85.1	85.3	80.0	79.6	88.2	88.7	90.8	
Social Environment									
Perceived neighborhood as unsafe ¹⁴	14.7	14.2	13.5	15.9	24.4	9.8	9.5	6.4	
Stressful Life Events During Pregnancy									
Family member had to go into the hospital	16.0	16.1	14.7	12.9	13.5	15.5	18.1	14.4	
Divorced/separated from husband/partner	7.3	8.1	6.9	6.9	9.6	6.4	7.5	4.1	
Moved to a new address**	28.4	25.6	24.9	21.4	26.4	24.1	26.6	26.2	
Were homeless	4.3	4.6	3.5	3.5	5.4	2.8*	3.7	2.2*	
Husband/partner lost his/her job**	17.6	12.4	10.8	12.4	12.2	9.2	9.0	10.4	
Lost job but wanted to continue working	11.1	9.6	9.2	10.9	12.1	7.3	7.7	7.5	
Argued more than usual with husband/partner**	27.8	26.3	23.8	25.0	24.8	21.0	23.4	24.2	
Had a lot of bills that could not be paid**	23.2	18.5	17.8	21.1	20.1	15.0	15.6	16.1	
Were in a physical fight**	3.5	2.7	2.2	2.6*	3.1	1.3*	2.1	1.6	
Husband/partner or self went to jail	3.3	3.5	2.5	3.5	3.0	1.4*	2.9	1.7	
Someone close had drinking or drug problems	8.2	8.1	7.1	6.2	8.9	5.7	8.1	6.6	
Someone close and important died	13.0	12.5	11.2	9.9	13.2	11.9	9.7	11.1	
Reported Ever Experiencing Discrimination									
Any discrimination**	43.2	39.1	37.8	36.3	39.0	39.8	38.7	36.0	
At work	18.4	17.4	16.8	14.8	17.2	18.5	17.0	17.1	
When getting medical care	8.3	8.2	7.6	8.9	8.6	7.0	7.6	5.5	
When getting housing	8.8	9.1	8.0	7.0	9.2	7.4	9.2	7.2	
Because of race/color**	20.0	18.1	15.5	13.7	18.4	13.9	16.0	14.9	
Because of gender	11.6	11.3	11.1	8.4	9.6	12.1	12.8	13.1	
At home	NA	NA	7.9	8.6	9.2	7.9	8.0	5.9	
Because of breastfeeding	NA	NA	5.9	5.6	4.9	6.8	6.3	6.3	
Because of pregnancy	15.1	14.7	14.9	14.0	17.3	15.6	14.5	13.1	

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

Postpartum Health & Well-being by Supervisory District

	LA County 2010 (%)	LA County 2012 (%)	LA County 2014 (%)	LA County 2014 (%)				
				First District	Second District	Third District	Fourth District	Fifth District
Delivery Method								
Had a C-section	NA	NA	35.4	35.5	37.2	36.1	35.4	34.1
C-section discussion initiated by mother	NA	NA	11.6	11.7	10.1	9.9	13.6	13.1
Reason for C-section: Had previous C-section	NA	NA	44.6	49.1	43.6	43.6	44.0	42.3
Reason for C-section: Baby was in wrong position	NA	NA	16.9	13.7	15.4	19.1	22.6	15.2
Reason for C-section: Labor was taking too long	NA	NA	15.8	18.5	15.9	15.3	15.8	13.1
Maternal Postpartum Health								
Had a postpartum check-up	91.4	89.9	92.1	91.6	90.4	94.1	92.1	92.3
Family planning discussed during check-up	91.9	90.1	89.3	86.9	91.7	90.4	88.7	88.9
Self-reported Postpartum Depression								
Not at all depressed	49.0	52.7	52.9	52.0	55.6	53.4	51.2	52.4
A little depressed	36.9	34.1	34.9	34.9	32.8	35.9	37.1	34.3
Moderately depressed	9.7	9.9	9.3	10.9	8.4	8.4	7.6	10.5
Very depressed**	4.4	3.4	2.9	2.2*	3.2	2.2*	4.1	2.9
Infant Health & Well-being								
Preterm/Low Birth Weight								
Preterm	9.7	9.1	8.5	6.8	9.7	9.1	8.5	8.4
Low Birth Weight	7.5	6.4	6.3	5.8	6.9	6.5	6.0	6.1
Infant Health								
Currently reading to baby**	71.2	74.0	79.7	74.8	80.7	83.8	80.2	80.0
Had a well-baby check-up	97.8	97.1	97.2	97.4	97.8	99.2	96.7	97.7
Enrolled in health coverage program before leaving hospital**	71.9	69.8	65.9	69.9	71.2	64.6	63.8	59.4
Breastfeeding Practice								
Any breastfeeding at 1 week	NA	NA	86.9	85.4	85.2	89.5	85.6	89.3
Exclusive breastfeeding at 1 week	NA	NA	54.4	50.8	50.3	60.0	55.6	57.1
Any breastfeeding at 1 month	NA	NA	80.3	76.0	76.8	85.5	79.3	85.0
Exclusive breastfeeding at 1 month	NA	NA	47.9	45.6	42.1	52.2	48.4	52.0
Any breastfeeding at 3 months	NA	NA	65.5	64.1	60.9	68.8	63.1	71.1
Exclusive breastfeeding at 3 months	NA	NA	38.3	36.6	31.5	42.3	38.0	43.9
Baby's Sleep Environment¹⁵								
Sleeps on his/her side**	20.3	20.0	12.8	15.0	16.3	12.1	10.5	9.7
Sleeps on his/her back**	74.4	75.4	82.7	81.7	79.4	83.5	84.5	84.8
Sleeps on his/her stomach	5.2	4.6	4.5	3.3*	4.4	4.5	5.0	5.6
Ever slept with another person ^{16**}	76.9	75.3	71.7	76.1	76.7	67.0	70.2	67.0

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

Technical Notes

I. Methods

The LAMB Project 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 2014 LAMB Project 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.

III. Data Weighting

To get a representative picture of the mothers who gave birth in Los Angeles County in 2014, the data were weighted by SPA, race/ethnicity (does not include multiracial designation), mother's age (mother's age less than 20 or not), preterm birth-weight status and mother's education (mother's education less than 12 years, 12 years, or more). Specifically, post stratification procedures were used to properly weight the sample and account for the complex sampling frame.

III. Response Rate:

There were 6,035 mothers who responded to the 2014 LAMB Project, resulting in a response rate of 56.7%, 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: The LAMB Project is a population-based survey allowing generalization to all women with a live birth in Los Angeles County in 2014.

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) https://www.aapor.org/AAPOR_Main/media/publications/Standard-Definitions20169theditionfinal.pdf
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>

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