



# Health Indicators for Mothers and Babies in Los Angeles County, 2016

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Maternal, Child & Adolescent Health Division  
Research Evaluation and Planning Unit  
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# Health Indicators for Mothers and Babies in Los Angeles County, 2016

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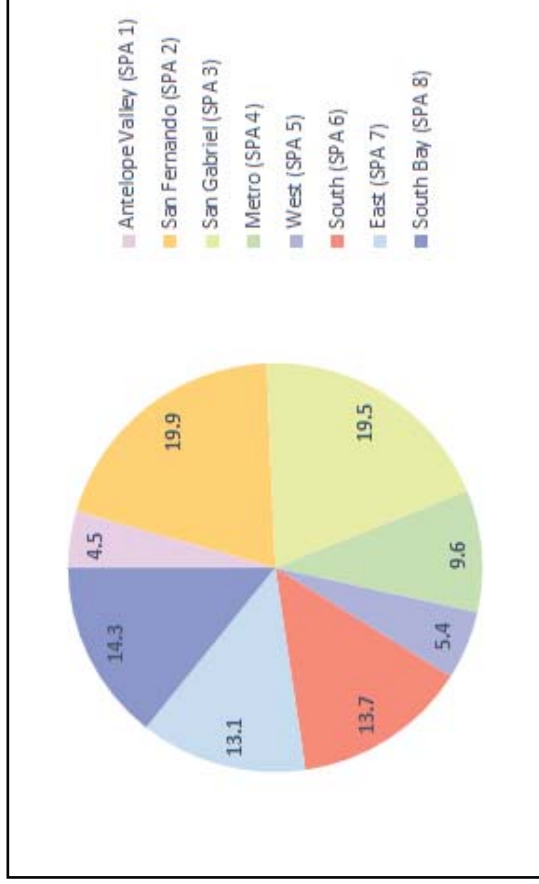
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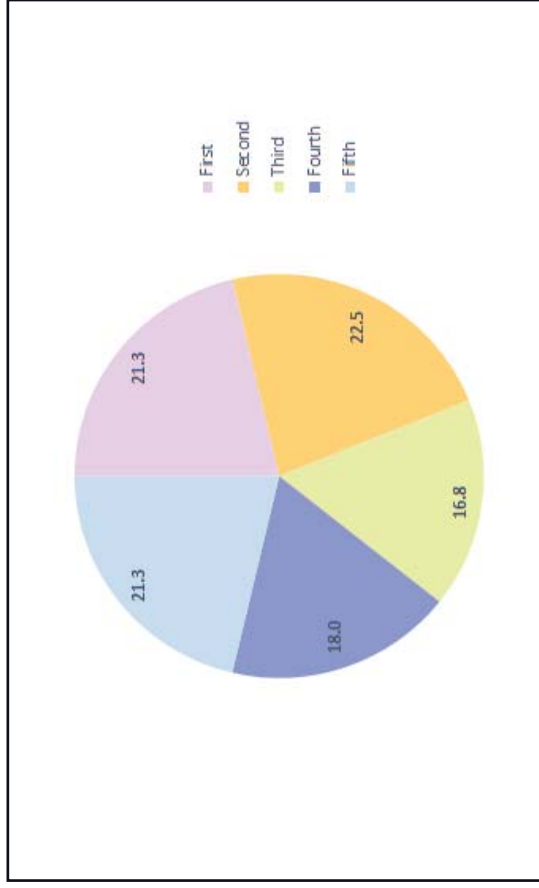
## Selected Demographic Characteristics

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)
<b>Mother's Race/Ethnicity</b>			
White	17.8	18.5	18.6
Latina	57.7	55.2	55.3
African American	7.6	7.4	6.8
Asian	15.0	17.6	15.9
<b>Maternal Age</b>			
<20*	7.0	5.3	4.3
20-24	18.9	16.5	16.3
25-34*	51.0	55.5	55.4
35+	23.2	22.7	24.0
<b>Mother's Years of Education</b>			
<12*	22.0	17.5	13.7
=12	24.1	25.8	23.2
>12*	54.0	56.7	63.1
<b>Mother's Marital Status When Baby Was Born</b>			
Married*	54.9	57.1	59.3
Not married*	45.1	42.9	40.7
<b>Language(s) Usually Spoken at Home</b>			
English*	71.0	72.5	77.1
Spanish	44.7	41.0	42.0
Asian Language	11.1	12.9	11.9
Other Language	5.7	4.6	5.5
<b>Household Income</b>			
<\$20,000*	33.2	32.1	27.5
\$20,000 - \$39,999	20.6	19.5	19.9
\$40,000 - \$59,999	8.1	8.4	9.2
\$60,000 - \$99,999	10.8	10.6	11.9
\$100,000 and more*	14.5	16.9	19.6

\* Indicates significant differences between 2012 and 2016.



Percent of Mothers across Service Planning Areas (SPA)  
Los Angeles County 2016



Percent of Mothers across Supervisorial Districts  
Los Angeles County 2016



*"I really hope that this survey makes a change in helping women whether they are pregnant or trying to get pregnant." ~2016 LAMB Mom*

# Pre-pregnancy Health & Well-being by Race/Ethnicity

## Health Insurance Coverage Before Pregnancy

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	White (%)	Latina (%)	African American (%)	Asian (%)
Uninsured*	35.8	32.9	18.6	7.2	26.3	10.8	10.5
On Medi-Cal*	22.3	20.8	28.8	10.4	37.6	46.6	14.9
Employer based & Private	NA	39.1	40.4	69.1	25.7	28.4	60.3
Covered CA & Insurance through parents	NA	2.1	4.8	5.0	4.4	5.6	5.0

## Pre-pregnancy Health Behaviors and Experiences

Was dieting 6 months before pregnancy	NA	35.2	35.8	32.3	39.5	38.6	25.8
Was exercising 3+ days/wk before pregnancy	NA	54.3	54.0	62.6	54.5	53.3	41.1
Was regularly taking prescription medicine	NA	12.4	13.1	21.0	10.9	15.7	9.9
No preconception health counseling <sup>1</sup>	68.6	72.6	70.1	58.6	75.8	70.5	64.5
Not taking a multivitamin	47.5	49.9	45.5	28.6	53.3	51.8	36.7
Lack of folic acid knowledge	67.9	65.2	68.1	54.1	77.5	76.5	51.2
Did not have enough money for food	5.5	5.1	4.3	2.7	4.5	10.7	2.5
Smoked cigarettes in the 6 months before pregnancy	8.7	7.2	7.3	10.3	5.2	15.4	6.3
Cigarette smoking/nicotine use in the 6 months before pregnancy <sup>2</sup>	NA	NA	11.6	15.7	8.6	23.1	10.4
She or her partner travelled to or resided in a region with Zika virus <sup>3</sup>	NA	NA	6.4	5.8	7.3	4.3	4.8 <sup>†</sup>

## Childhood Experiences<sup>4</sup>

Did not have an adult who believed in them	NA	NA	12.4	8.7	13.7	13.7	11.9
Parent/guardian got divorced or separated	NA	NA	30.3	29.6	33.8	39.3	14.8
Moved due to trouble paying the rent/mortgage	NA	NA	14.8	12.9	17.4	21.5	5.1
Went hungry because they could not afford food	NA	NA	10.1	5.9	13.1	12.5	4.3
Parent/guardian went to jail	NA	NA	8.7	7.2	9.8	17.1	2.5 <sup>†</sup>
Parent/guardian had drinking or drug problem	NA	NA	15.8	15.7	18.9	16.3	5.6
Was in foster care	NA	NA	2.3	1.7	2.2	9.7	0.5 <sup>†</sup>

## Family Planning Practices

Unwanted/mistimed pregnancy by mother <sup>5</sup>	46.6	44.9	42.7	23.8	52.0	55.9	30.0
Unwanted pregnancy by partner <sup>6</sup>	28.0	31.0	29.4	20.9	34.9	37.1	19.8
Using birth control when they became pregnant*	28.9	24.9	23.5	14.5	26.6	20.4	26.0
Received fertility treatment	5.6	4.6	5.0	9.6	2.6	3.1	7.8
Ever used emergency contraception*	19.5	23.6	27.9	33.5	27.9	29.4	20.0

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	White (%)	Latina (%)	African American (%)	Asian (%)
<b>Pre-pregnancy Health Conditions</b>							
Overweight/Obese	44.9	47.9	49.6	35.0	61.5	61.3	21.8
Asthma	5.0	5.7	5.4	5.1	4.9	11.2	4.9
High blood pressure	3.6	3.6	3.6	3.2	2.8	7.7	5.0
Diabetes	2.8	2.5	3.0	1.3 <sup>†</sup>	3.2	3.5	4.3
Anemia	11.8	10.9	9.6	6.5	9.9	19.7	8.0
Depressed mood	11.0	10.0	9.6	9.5	8.8	14.7	10.0
Periodontal disease	9.5	9.6	8.0	6.4	8.8	10.7	6.2
<b>Obstetric History</b>							
Previous preterm birth	8.0	6.9	7.3	4.3	8.8	9.5	5.0
Previous low birth weight	5.6	5.6	6.5	3.9	7.3	9.7	5.8
Stillbirth (pregnancy that did not result in a live birth)	1.3	1.6	1.4	0.7 <sup>†</sup>	1.3 <sup>†</sup>	2.9	2.2 <sup>†</sup>
Previous miscarriage	19.5	21.2	21.3	21.6	20.7	26.6	19.8
Previous abortion	15.2	15.8	14.7	13.3	12.0	32.9	17.0

<sup>†</sup> 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 2012 and 2016.

<sup>1</sup> 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?

<sup>2</sup> Question asked: In the six months before you got pregnant, did you use any of the following tobacco/nicotine products? Respondents who answered "yes" to using e-cigarettes, vapes, chewing tobacco, nicotine patch or other product OR cigarette smoking were recoded as "Cigarette smoking/nicotine use in the 6 months before pregnancy."

<sup>3</sup> Question asked: Did you, or your sexual partner, travel to or reside in a region with ongoing Zika Virus transmission (Mexico, Central and South America, Caribbean, New Guinea, Samoa, Fiji, Marshall Islands, Palau, Singapore, Tonga) in the 3 months before or during your most recent pregnancy?

<sup>4</sup> Question stated: Please tell us if any of these things ever happened to you from birth through age 13.

<sup>5</sup> 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."

<sup>6</sup> 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.

<sup>7</sup> 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".

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

	LA County 2016			
	White (%)	Latina (%)	African American (%)	Asian (%)
<b>Prenatal Care</b>				
Entered prenatal care after 1st trimester	4.7	9.7	13.1	5.2
Did not get prenatal care as early as wanted	6.7	11.8	18.6	9.4
Traveled 15 miles or more for prenatal care	8.0	9.0	12.5	13.0
Dissatisfied with amount of wait time at prenatal care	14.6	18.4	15.4	21.1
Dissatisfied with amount of time spent with doctor/nurse	7.6	11.6	8.2	8.6
Dissatisfied with advice given at prenatal care	5.6	7.5	5.8	5.5
Dissatisfied with understanding/respect received	2.7	4.6	5.2	1.8†
Needed to see a dentist*	16.7	20.7	25.0	14.1
Received dental care	55.4	34.0	34.5	36.7
Received a seasonal flu shot during or before pregnancy	62.3	54.4	47.6	64.4
Received a Tdap shot during pregnancy or at delivery	78.9	72.2	71.2	79.5
	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	
Entered prenatal care after 1st trimester	9.5	8.6	8.2	
Did not get prenatal care as early as wanted	13.4	13.4	10.9	
Traveled 15 miles or more for prenatal care	11.2	10.8	9.8	
Dissatisfied with amount of wait time at prenatal care	18.0	19.7	17.9	
Dissatisfied with amount of time spent with doctor/nurse	9.8	12.4	10.1	
Dissatisfied with advice given at prenatal care	6.5	7.0	6.7	
Dissatisfied with understanding/respect received	3.8	3.6	3.8	
Needed to see a dentist*	23.1	20.4	19.2	
Received dental care	36.8	37.4	38.7	
Received a seasonal flu shot during or before pregnancy	NA	NA	57.4	
Received a Tdap shot during pregnancy or at delivery	NA	NA	74.9	
<b>Medical Conditions During Pregnancy</b>				
Labor pain 3 weeks before due date*	15.0	12.7	11.8	8.3
High blood pressure	9.7	10.5	11.2	7.6
Gestational diabetes	11.8	12.2	12.6	19.2
Problems with the placenta <sup>8</sup>	4.8	4.5	5.1	5.4
Urinary tract infection*	13.2	9.5	8.1	5.2
Water broke more than 3 weeks early	4.4	4.9	5.0	4.1
Incompetent cervix	2.2	2.0	1.6	0.8†
Sexually transmitted disease*	3.5	2.1	1.6	0.4†
Bacterial vaginosis	10.8	10.3	9.9	5.7
Periodontal disease*	16.7	15.1	11.9	8.5
<b>Risk Behaviors During Pregnancy</b>				
Cigarette smoking*	2.4	1.5	1.5	1.2†
Cigarette smoking/nicotine use <sup>9</sup>	NA	NA	2.5	2.6†
Exposure to secondhand smoke <sup>10</sup>	4.3	4.5	4.5	10.3
Using illegal drugs or drugs not prescribed by a doctor <sup>11</sup>	5.7	4.1	5.5	6.7
Using marijuana	1.8	1.5	2.0	0.5†
Binge drinking alcohol <sup>12</sup>	NA	NA	7.4	4.2†
Did not exercise during pregnancy <sup>13*</sup>	20.9	23.0	24.5	26.9

<sup>8</sup> 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."

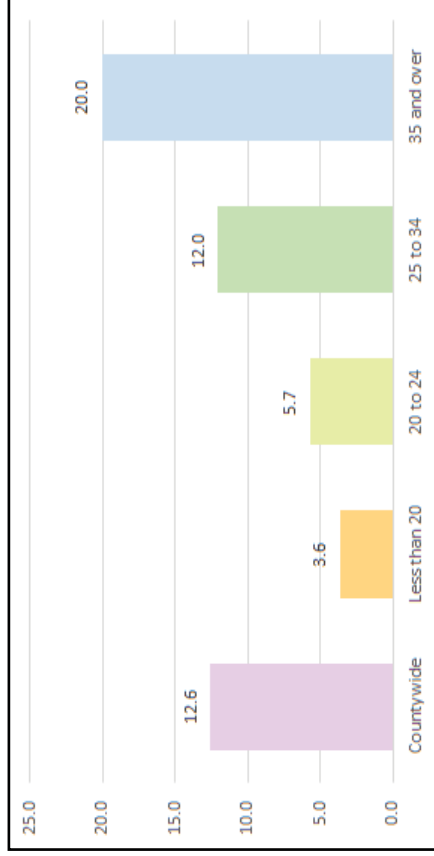
<sup>9</sup> Question asked: During your last pregnancy, did you use any of the following tobacco/nicotine products? Respondents who answered "yes" to using e-cigarettes, vapes, chewing tobacco, nicotine patch or other product OR cigarette smoking during pregnancy were recoded as "Cigarette smoking/nicotine use."

<sup>10</sup> 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."

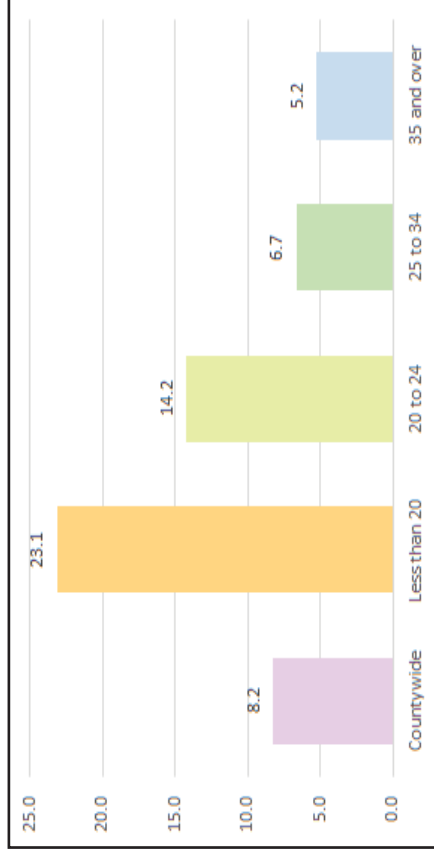
<sup>11</sup> Respondents who answered "yes" when questioned about use of marijuana, hashish, tranquilizers, hallucinogens, cocaine, heroin, amphetamines or prescription drugs not prescribed by their doctors were coded as "using illegal drugs or drugs not prescribed by a doctor."

<sup>12</sup> Question asked: "During your pregnancy (including before you knew you were pregnant for sure) how many times did you drink 4 or more drinks with alcohol in one sitting (within 2 hours)?" Respondents who answered one or more times were recoded as "Binge drinking alcohol."

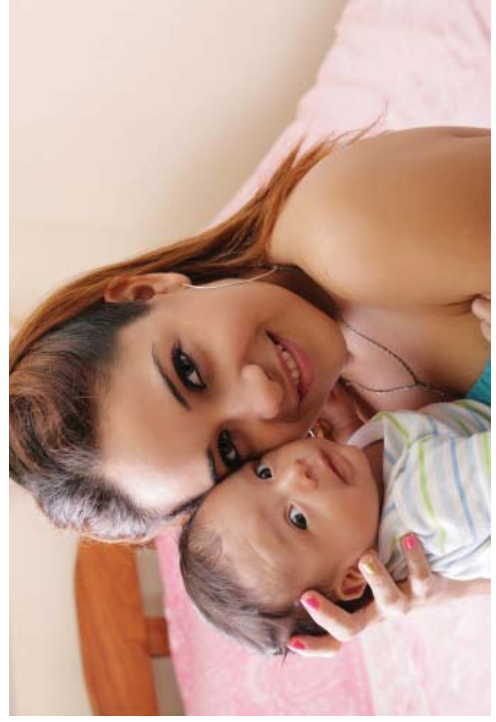
<sup>13</sup> Question asked: How often did you exercise for 30 minutes or more in the last three months of pregnancy; women who were told by a doctor, nurse, or health care worker not to exercise were excluded from the denominator to calculate prevalence of exercise during last three months of pregnancy.



**Percentage of Mothers with Self-Reported Gestational Diabetes by Age Group  
Los Angeles County 2016**



**Percentage of Mothers Entering Prenatal Care After First Trimester by Age Group  
Los Angeles County 2016**





# Psychosocial and Behavioral Risk Factors During Pregnancy by Race/Ethnicity

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	LA County 2016			
				White (%)	Latina (%)	African American (%)	Asian (%)
<b>Mental Health During Pregnancy</b>							
Depressed mood <sup>14*</sup>	29.7	26.1	25.0	18.5	27.5	35.8	19.4
Low Maternal Resiliency <sup>15</sup>	8.1	8.2	7.9	7.2	7.4	9.6	10.6
<b>Social Support</b>							
Dissatisfied with support given by the baby's father <sup>16</sup>	8.3	8.2	6.9	3.4	7.0	18.5	5.9
Experienced domestic violence/intimate partner abuse <sup>17</sup>	2.3	1.6	1.9	1.0†	1.9	3.9	1.9†
Would have someone to loan money if needed <sup>18</sup>	82.1	82.5	84.8	95.5	81.9	82.0	82.0
Would have someone to help if sick	86.1	87.2	89.1	94.8	86.7	87.0	91.0
Would have someone to listen to problems	85.1	85.3	87.7	96.5	84.0	87.1	89.8
<b>Social Environment</b>							
Perceived neighborhood as unsafe <sup>19</sup>	14.2	13.5	14.4	5.8	19.2	20.8	5.8
<b>Stressful Life Events During Pregnancy</b>							
Family member had to go into the hospital	16.1	14.7	14.5	18.6	13.1	21.9	10.5
Divorced/separated from husband/partner	8.1	6.9	5.6	1.7	7.3	12.2	1.5†
Moved to a new address	25.6	24.9	23.6	23.6	22.1	31.5	24.0
Were homeless	4.6	3.5	3.3	1.2†	3.2	15.7	0.3†
Husband/partner lost his/her job*	12.4	10.8	9.2	6.4	10.8	14.4	4.6
Lost job but wanted to continue working*	9.6	9.2	7.2	3.3	8.1	14.7	5.2
Argued more than usual with husband/partner	26.3	23.8	22.8	17.2	23.4	40.9	19.1
Had a lot of bills that could not be paid*	18.5	17.8	14.8	9.2	17.5	27.1	6.4
Were in a physical fight*	2.7	2.2	1.7	0.6†	1.5	7.0	1.0†
Husband/partner or self went to jail*	3.5	2.5	2.1	1.0†	2.5	5.6	0.2†
Someone close had drinking or drug problems	8.1	7.1	7.4	7.5	8.2	12.5	1.7†
Someone close and important died	12.5	11.2	11.7	11.0	12.0	17.9	8.2

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	White (%)	Latina (%)	African American (%)	Asian (%)
<b>Reported Ever Experiencing Discrimination</b>							
Any discrimination	39.1	37.8	35.6	34.2	33.6	53.7	34.8
At work	17.4	16.8	16.3	21.2	12.7	24.8	17.8
When getting medical care	8.2	7.6	6.4	4.5	7.3	11.6	3.4
When getting housing*	9.1	8.0	7.0	4.4	6.9	18.5	6.0
Because of race/color	18.1	15.5	15.6	6.8	15.0	39.4	17.7
Because of gender	11.3	11.1	12.5	20.4	8.5	18.3	12.5
At home	NA	7.9	7.1	4.6	6.6	15.1	8.0
Because of breastfeeding	NA	5.9	8.3	10.5	7.9	9.1	6.5
Because of pregnancy	14.7	14.9	13.0	12.6	13.3	19.5	9.2

† 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 2012 and 2016.

<sup>14</sup> 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 "depressed mood."

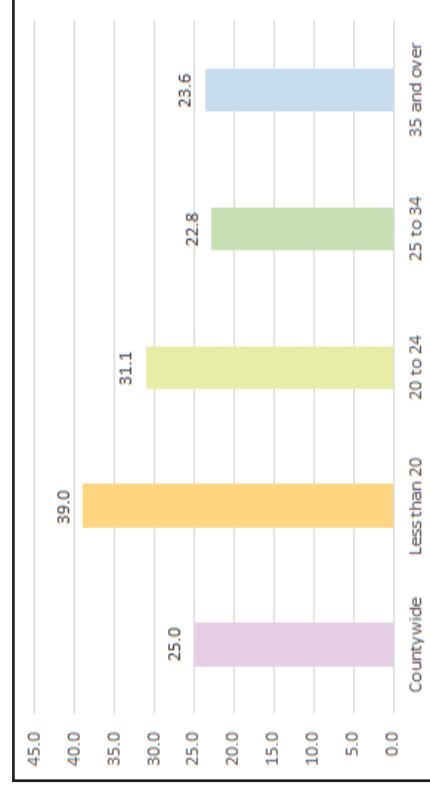
<sup>15</sup> Low maternal resiliency combined the responses of seven LAMB 2016 questions that asked mothers how strongly they agreed with statements about their self-esteem and perception that they can achieve their goals or complete tasks and control the events affecting them.

<sup>16</sup> 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."

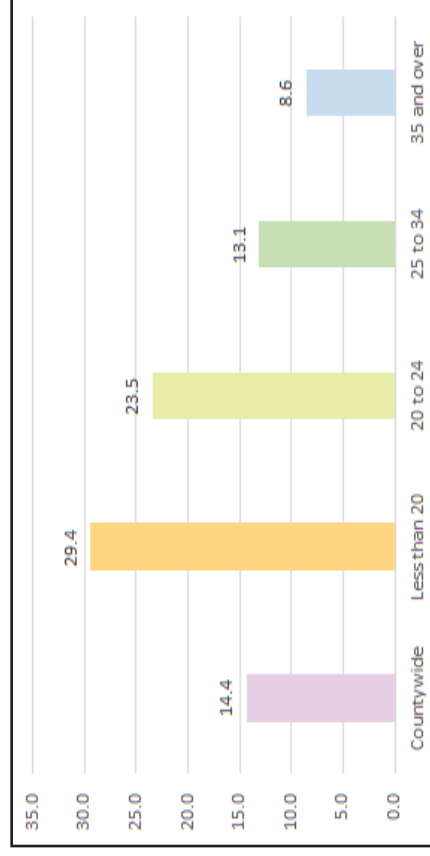
<sup>17</sup> Question asked: During your last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

<sup>18</sup> Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

<sup>19</sup> Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recorded to "Neighborhood Unsafe."



Percentage of Mothers with Self-Reported Depressed Mood by Age Group Los Angeles County 2016



Percentage of Mothers Perceiving Neighborhood in Pregnancy as Unsafe by Age Group Los Angeles County 2016

## Postpartum Health & Well-being by Race/Ethnicity

### Delivery Method

Had a C-section  
 C-section discussion initiated by mother  
 Reason for C-section: Had previous C-section  
 Reason for C-section: Baby was in wrong position  
 Reason for C-section: Labor was taking too long

### Maternal Postpartum Health

Had a postpartum check-up  
 Family planning discussed during check-up  
 Received home visitation services  
 Depressed mood since birth of baby<sup>20</sup>

## Infant Health & Well-being

### Preterm/Low Birth Weight

Preterm  
 Low Birth Weight

### Infant Health

Currently reading to baby\*  
 Had a well-baby check-up

### Breastfeeding Practice

Any breastfeeding at 1 week  
 Exclusive breastfeeding at 1 week  
 Any breastfeeding at 1 month  
 Exclusive breastfeeding at 1 month  
 Any breastfeeding at 3 months  
 Exclusive breastfeeding at 3 months

## LA County 2016

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	White (%)	Latina (%)	African American (%)	Asian (%)
Delivery Method							
Had a C-section	NA	35.4	32.7	33.6	32.0	38.8	31.9
C-section discussion initiated by mother	NA	11.7	12.6	17.3	10.5	13.5	14.2
Reason for C-section: Had previous C-section	NA	44.6	46.2	36.9	51.4	45.8	41.2
Reason for C-section: Baby was in wrong position	NA	16.9	16.2	20.6	15.6	8.7	15.9
Reason for C-section: Labor was taking too long	NA	15.8	12.6	10.6	12.8	11.0	15.5
Maternal Postpartum Health							
Had a postpartum check-up	89.9	92.1	90.7	93.8	89.5	86.9	93.3
Family planning discussed during check-up	90.1	89.3	90.5	92.0	90.9	92.8	85.7
Received home visitation services	NA	NA	12.2	6.2	15.8	17.7	5.0
Depressed mood since birth of baby <sup>20</sup>	NA	NA	25.2	22.5	26.3	28.2	24.0
Preterm/Low Birth Weight							
Preterm	9.7	9.1	8.1	6.6	8.3	11.8	7.3
Low Birth Weight	7.5	6.4	6.8	6.6	6.6	8.9	7.0
Infant Health							
Currently reading to baby*	74.0	79.7	85.2	90.9	84.7	92.2	77.0
Had a well-baby check-up	97.1	97.2	98.1	99.3	97.8	97.4	98.2
Breastfeeding Practice							
Any breastfeeding at 1 week	NA	86.9	88.8	93.5	87.1	81.7	91.8
Exclusive breastfeeding at 1 week	NA	54.4	55.7	70.5	51.9	55.6	50.6
Any breastfeeding at 1 month	NA	80.3	82.9	89.7	79.4	77.0	89.3
Exclusive breastfeeding at 1 month	NA	47.8	51.1	66.7	44.3	51.6	54.7
Any breastfeeding at 3 months	NA	65.5	70.8	81.5	65.2	64.0	80.1
Exclusive breastfeeding at 3 months	NA	38.2	43.2	59.0	35.3	41.7	51.6

	LA County 2016				LA County 2016 (%)	LA County 2014 (%)	LA County 2012 (%)
	White (%)	Latina (%)	African American (%)	Asian (%)			
<b>Baby's Sleep Environment</b> <sup>21</sup>							
Sleeps on his/her side*	8.4	11.3	12.1	11.7	10.8	12.8	20.0
Sleeps on his/her back*	87.4	86.5	72.2	82.9	85.0	82.7	75.4
Sleeps on his/her stomach	4.2	2.2	15.7	5.5	4.1	4.5	4.6
Ever slept with another person <sup>22</sup>	58.8	74.0	83.7	79.9	72.6	71.7	75.3

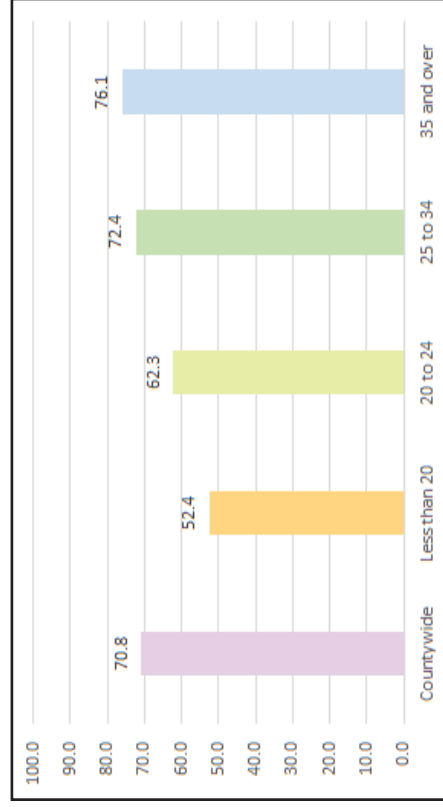
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\* Indicates significant differences between 2012 and 2016.

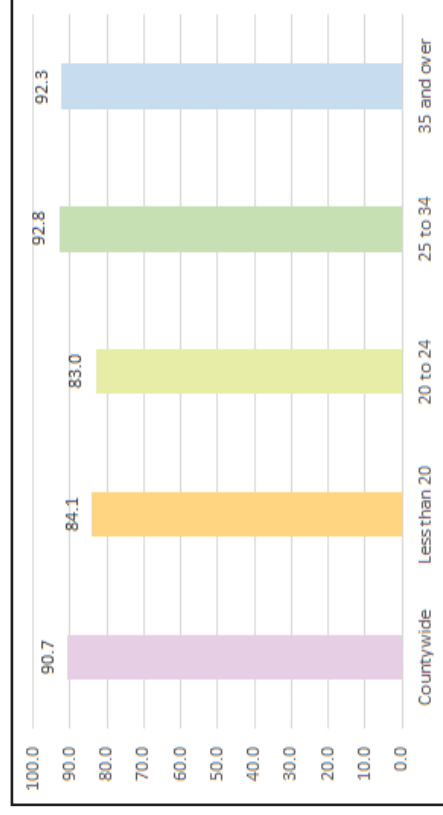
<sup>20</sup> Two-part question asked: For 2 weeks or longer since your most recent pregnancy did you feel sad, empty or depressed for most of the day? and For 2 weeks or longer during your most recent pregnancy did you lose interest in most things like work, hobbies, and other things you usually enjoyed? Respondents who answered "Yes" to either response were coded as having "depressed mood since birth of baby."

<sup>21</sup> Average age of babies at time of interview was 5.5 months.

<sup>22</sup> 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 at 3 Months by Age Group  
Los Angeles County 2016



Percentage of Mothers having a Postpartum Check Up by Age Group  
Los Angeles County 2016

# Pre-pregnancy Health & Well-being by SPA

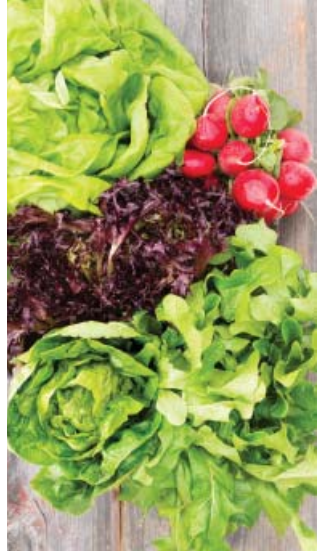
	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	LA County 2016							
				Antelope Valley SPA 1 (%)	San Fernando SPA 2 (%)	San Gabriel SPA 3 (%)	Metro SPA 4 (%)	West SPA 5 (%)	South SPA 6 (%)	East SPA 7 (%)	South Bay SPA 8 (%)
<b>Health Insurance Coverage Before Pregnancy</b>											
Uninsured*	35.8	32.9	18.6	13.3	17.2	16.9	22.4	7.4	26.4	22.3	15.5
On Medi-Cal*	22.3	20.8	30.1	45.7	25.1	22.4	32.6	8.1	47.4	35.9	27.5
Employer based & Private	NA	39.1	40.3	29.2	47.8	47.2	35.8	73.8	18.9	31.9	43.0
Covered CA & Insurance through parents	NA	2.1	4.8	5.8	4.6	5.0	4.6	4.8	2.5†	5.0†	6.3
<b>Pre-pregnancy Health Behaviors and Experiences</b>											
Was dieting 6 months before pregnancy	NA	35.2	35.8	42.5	39.6	33.4	32.1	26.6	36.9	37.5	35.0
Was exercising 3+ days/wk before pregnancy	NA	54.3	54.0	56.1	52.5	46.8	55.6	69.0	51.6	55.6	59.7
Was regularly taking prescription medicine	NA	12.4	13.1	17.1	13.8	10.2	12.5	20.6	13.2	10.3	15.1
No preconception health counseling <sup>1</sup>	68.6	72.6	70.1	74.6	66.6	71.6	73.7	54.4	72.9	73.7	69.0
Not taking a multivitamin	47.5	49.9	45.5	54.5	42.2	43.3	49.1	27.0	58.1	47.5	40.8
Lack of folic acid knowledge	67.9	65.2	68.1	73.6	65.0	63.1	63.9	43.1	82.0	75.2	70.7
Did not have enough money for food	5.5	5.1	4.3	8.8	3.0	3.5	4.8	1.7†	6.3	3.4†	5.5
Smoked cigarettes in the 6 months before pregnancy	8.7	7.2	7.3	13.2	8.5	6.3	7.0	6.5†	8.4	4.2	7.4
Cigarette smoking/nicotine use in the 6 months before pregnancy <sup>2</sup>	NA	NA	11.6	18.3	12.3	10.4	11.9	10.2†	13.7	6.8	12.3
She or her partner travelled to or resided in a region with Zika virus <sup>3</sup>	NA	NA	6.4	6.0†	4.7†	4.6†	6.8†	8.5	7.1†	9.6†	6.5†
<b>Childhood Experiences<sup>4</sup></b>											
Did not have an adult who believed in them	NA	NA	12.4	14.8	10.1	12.4	16.2	7.9	14.0	13.3	11.4
Parent/guardian got divorced or separated	NA	NA	30.3	37.2	26.0	25.6	33.4	26.1	35.0	33.8	32.2
Problems paying the rent/mortgage	NA	NA	14.8	20.2	11.8	10.2	17.2	10.7	21.2	16.1	16.2
Went hungry because they could not afford food	NA	NA	10.1	10.0	6.9	9.2	12.8	3.9	14.9	9.8	12.3
Parent/guardian went to jail	NA	NA	8.7	15.9	5.9	7.2	10.5	4.3	12.2	11.3	6.9
Parent/guardian had drinking or drug problem	NA	NA	15.8	18.8	13.0	13.4	18.0	12.0	19.1	16.0	18.8
Was in foster care	NA	NA	2.3	5.8	1.2†	1.4†	2.0†	0.9†	4.7	2.7†	2.3†
<b>Family Planning Practices</b>											
Unwanted/mistimed pregnancy by mother <sup>5</sup>	46.6	44.9	42.7	50.1	38.5	40.0	42.3	22.2	57.1	45.7	41.7
Unwanted pregnancy by partner <sup>6</sup>	28.0	31.0	29.3	33.9	27.2	27.7	29.9	18.8	35.4	32.4	29.0
Using birth control when they became pregnant <sup>7*</sup>	28.9	24.9	23.5	22.6	21.5	25.7	25.2	15.1	26.4	24.4	21.8
Received fertility treatment	5.6	4.6	5.0	3.2†	5.8	5.3	5.3	13.3	2.5†	2.6†	5.7
Ever used emergency contraception*	19.5	23.6	27.9	21.1	29.6	24.3	30.1	34.7	29.4	27.0	27.7

LA County 2016

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	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 (%)	
<b>Pre-pregnancy Health Conditions</b>												
Overweight/Obese	44.9	47.9	49.6	63.0	51.3	39.9	43.1	24.8	63.0	56.5	50.5	
Asthma	5.0	5.7	5.4	10.0	4.7	5.1	5.6	4.0	6.5	4.8*	5.6	
High blood pressure	3.6	3.6	3.6	5.3	2.5	4.5	3.5	2.6*	5.7	2.0*	3.1	
Diabetes	2.8	2.5	3.0	4.0†	1.5†	3.8†	3.3	1.5†	5.4†	2.4†	2.1	
Anemia	11.8	10.9	9.6	13.7	9.1	9.5	9.8	6.2	12.1	7.5	9.9	
Depressed Mood	11.0	10.0	9.6	15.5	6.1	9.0	9.7	11.3	11.6	9.3	10.9	
Periodontal disease	9.5	9.6	8.0	9.7	6.1	8.0	8.2	5.2	11.6	6.9	8.7	
<b>Obstetric History</b>												
Previous preterm birth	8.0	6.9	7.3	9.2	6.3	6.8	7.1	3.9	8.4	9.2	7.4	
Previous low birth weight	5.6	5.6	6.5	9.1	5.7	6.4	6.3	2.2†	8.0	7.0	6.6	
Stillbirth (pregnancy that did not result in a live birth)	1.3	1.6	1.4	0.9†	0.8†	2.2†	0.9†	0.3†	2.2†	2.1†	0.8†	
Previous miscarriage	19.5	21.2	21.3	26.3	20.5	22.9	17.1	21.6	23.1	18.1	22.7	
Previous abortion	15.2	15.8	14.7	14.1	12.0	16.8	11.9	13.3	16.8	13.3	17.1	

† 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 2012 and 2016.  
 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: In the six months before you got pregnant, did you use any of the following tobacco/nicotine products? Respondents who answered "yes" to using e-cigarettes, vapes, chewing tobacco, nicotine patch or other product OR cigarette smoking were recoded as "Cigarette smoking/nicotine use in the 6 months before pregnancy."  
 3 Question asked: Did you, or your sexual partner, travel to or reside in a region with ongoing Zika Virus transmission (Mexico, Central and South America, Caribbean, New Guinea, Samoa, Fiji, Marshall Islands, Palau, Singapore, Tonga) in the 3 months before or during your most recent pregnancy?

4 Question stated: Please tell us if any of these things ever happened to you from birth through age 13.  
 5 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."  
 6 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.  
 7 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".



## LA County 2016

## Prenatal Care and Maternal Risk Factors During Pregnancy by SPA

### Prenatal Care

Entered prenatal care after 1st trimester	9.5	8.6	8.2	17.0	5.5	7.6	8.3	4.0	10.0	7.6	10.6
Did not get prenatal care as early as wanted	13.4	13.4	10.9	20.0	8.8	10.0	10.7	4.2	13.6	10.2	13.1
Traveled 15 miles or more for prenatal care	11.2	10.8	9.8	26.1	9.8	11.7	6.4	4.4 <sup>†</sup>	9.4	6.8	9.4
Dissatisfied with amount of wait time at prenatal care	18.0	19.7	17.9	18.1	15.1	21.9	18.6	14.8	17.8	19.1	16.0
Dissatisfied with amount of time spent with doctor/nurse	9.8	11.1	10.1	9.9	8.6	11.9	12.4	6.4	9.9	11.9	8.2
Dissatisfied with advice given at prenatal care	6.5	7.0	6.7	7.1	5.0	7.8	8.7	4.0	6.0	7.7	6.4
Dissatisfied with understanding/respect received	3.8	3.6	3.8	5.6	2.9 <sup>†</sup>	4.6	4.1 <sup>†</sup>	1.4 <sup>†</sup>	3.7 <sup>†</sup>	4.8	3.4
Needed to see a dentist*	23.1	20.4	19.2	18.8	18.3	17.7	22.0	15.4	25.3	18.1	17.0
Received dental care	36.8	37.4	38.7	30.5	44.2	30.9	43.7	59.9	38.1	33.1	38.6
Received a seasonal flu shot during or before pregnancy	NA	NA	57.4	53.1	57.8	55.6	65.0	74.0	55.1	52.5	56.0
Received a Tdap shot during pregnancy or at delivery	NA	NA	74.9	73.0	78.9	73.0	75.4	86.0	70.0	68.5	78.0

### Medical Conditions During Pregnancy

Labor pain 3 weeks before due date*	15.0	12.7	11.8	14.6	11.9	11.6	11.2	10.1	12.8	10.9	11.7
High blood pressure	9.7	10.5	11.2	11.7	9.1	11.1	9.4	7.9	17.4	10.3	11.7
Gestational diabetes	11.8	12.2	12.6	12.5	9.1	17.9	10.1	6.5	15.2	11.5	12.4
Problems with the placenta <sup>8</sup>	4.8	4.5	5.1	7.3	3.8	6.2	4.1	6.2	4.2 <sup>†</sup>	5.3 <sup>†</sup>	5.9
Urinary tract infection*	13.2	9.5	8.1	12.6	8.3	7.6	8.1	5.4	6.5	7.7	10.0
Water broke more than 3 weeks early	4.4	4.9	5.0	8.3	4.0 <sup>†</sup>	3.5 <sup>†</sup>	5.5	6.6 <sup>†</sup>	6.1 <sup>†</sup>	5.0 <sup>†</sup>	5.4
Incompetent cervix	2.2	2.0	1.6	2.3 <sup>†</sup>	0.9 <sup>†</sup>	1.6 <sup>†</sup>	2.4 <sup>†</sup>	1.4 <sup>†</sup>	2.1 <sup>†</sup>	0.9 <sup>†</sup>	2.2 <sup>†</sup>
Sexually transmitted disease*	3.5	2.1	1.6	3.3 <sup>†</sup>	1.0 <sup>†</sup>	0.5 <sup>†</sup>	1.5 <sup>†</sup>	0.6 <sup>†</sup>	1.4 <sup>†</sup>	2.3 <sup>†</sup>	3.1
Bacterial vaginosis	10.8	10.3	9.9	12.4	6.7	10.2	9.4	6.2	10.9	13.1	10.9
Periodontal disease*	16.7	15.1	11.9	13.4	11.4	10.7	12.5	9.8	15.0	10.5	12.1

### Risk Behaviors During Pregnancy

Cigarette smoking*	2.4	1.5	1.5	6.6	1.6 <sup>†</sup>	1.7 <sup>†</sup>	0.9 <sup>†</sup>	0.7 <sup>†</sup>	1.7	0.4 <sup>†</sup>	1.2 <sup>†</sup>
Cigarette smoking/nicotine use <sup>9</sup>	NA	NA	2.6	8.1	2.8 <sup>†</sup>	2.8 <sup>†</sup>	1.8 <sup>†</sup>	0.9 <sup>†</sup>	3.7 <sup>†</sup>	0.6 <sup>†</sup>	1.8 <sup>†</sup>
Exposure to secondhand smoke <sup>10</sup>	4.3	4.5	4.5	7.4	2.9	9.0	2.8	1.7 <sup>†</sup>	4.4 <sup>†</sup>	2.6 <sup>†</sup>	3.7
Using illegal drugs or drugs not prescribed by a doctor <sup>11</sup>	5.7	4.1	5.5	7.1	4.8	7.0	6.0	7.5 <sup>†</sup>	5.5	3.0 <sup>†</sup>	4.9
Using marijuana	1.8	1.5	2.0	2.9 <sup>†</sup>	2.4 <sup>†</sup>	1.1 <sup>†</sup>	1.9 <sup>†</sup>	4.4 <sup>†</sup>	3.0 <sup>†</sup>	0.6 <sup>†</sup>	2.0 <sup>†</sup>
Binge drinking alcohol <sup>12</sup>	NA	NA	7.4	5.5	4.1	5.4	11.7	6.2	9.7	7.8	10.0
Did not exercise during pregnancy <sup>13*</sup>	20.9	23.0	24.5	27.0	27.9	22.9	19.7	17.1	26.4	26.4	23.5

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 (%)

LA County 2012 (%)

LA County 2014 (%)

LA County 2016 (%)

<sup>8</sup> 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."

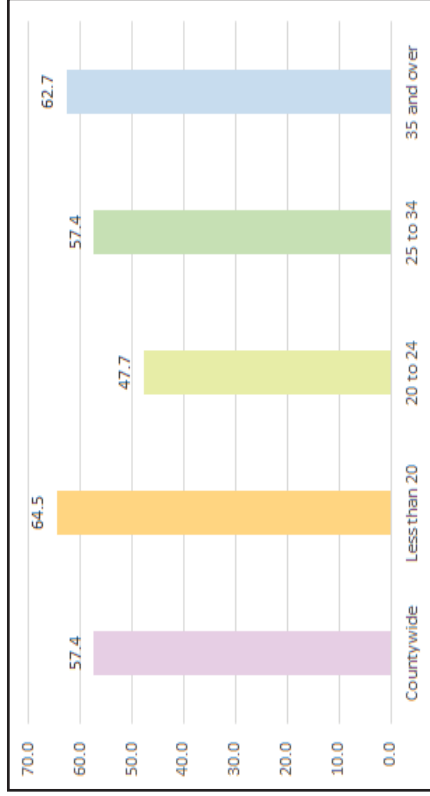
<sup>9</sup> Question asked: During your last pregnancy, did you use any of the following tobacco/nicotine products? Respondents who answered "yes" to using e-cigarettes, vapes, chewing tobacco, nicotine patch or other product OR cigarette smoking during pregnancy were recoded as "Cigarette smoking/nicotine use."

<sup>10</sup> 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."

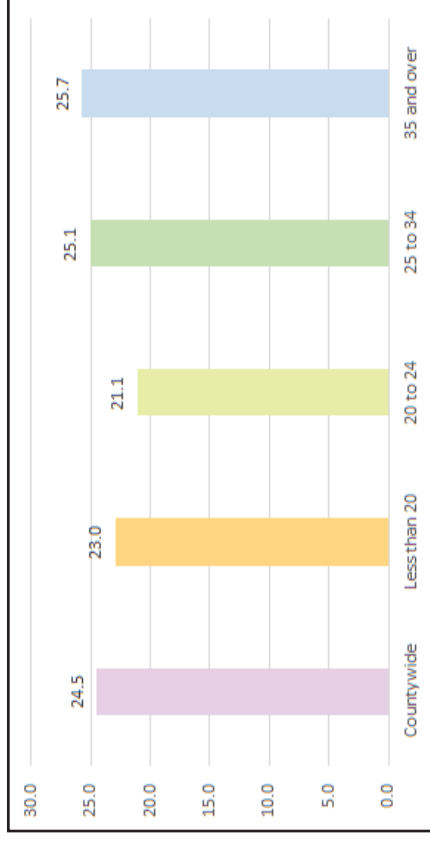
<sup>11</sup> Respondents who answered "yes" when questioned about use of marijuana, hashish, tranquilizers, hallucinogens, cocaine, heroin, amphetamines or prescription drugs not prescribed by their doctors were coded as "using illegal drugs or drugs not prescribed by a doctor."

<sup>12</sup> Question asked: "During your pregnancy (including before you knew you were pregnant for sure) how many times did you drink 4 or more drinks with alcohol in one sitting (within 2 hours)?" Respondents who answered one or more times were recoded as "Binge drinking alcohol."

<sup>13</sup> 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 or Before Pregnancy by Age Group  
Los Angeles County 2016**



**Percentage of Mothers who did Not Exercise During Pregnancy by Age Group  
Los Angeles County 2016**



*"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." ~2014 LAMB Mom*



# Psychosocial and Behavioral Risk Factors During Pregnancy by SPA

	LA County 2016							
	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 (%)
<b>Mental Health During Pregnancy</b>								
Depressed mood <sup>14*</sup>	25.3	24.4	24.9	25.6	18.1	29.6	25.6	23.3
Low Maternal Resiliency <sup>15</sup>	7.7	6.5	9.7	8.3	9.9	9.8	4.5	7.9
<b>Social Support</b>								
Dissatisfied with support given by the baby's father <sup>16</sup>	12.1	4.1	6.9	7.4	2.5 <sup>†</sup>	8.1	7.6	8.4
Experienced domestic violence/intimate partner abuse <sup>17</sup>	2.5 <sup>†</sup>	1.4 <sup>†</sup>	2.9 <sup>†</sup>	2.8 <sup>†</sup>	1.1 <sup>†</sup>	1.7 <sup>†</sup>	0.8 <sup>†</sup>	1.9 <sup>†</sup>
Would have someone to loan money if needed <sup>18</sup>	84.5	85.1	82.5	83.3	94.5	80.9	84.6	88.5
Would have someone to help if sick	89.4	89.9	90.2	86.9	96.2	84.2	87.3	91.5
Would have someone to listen to problems	88.4	89.9	87.5	86.7	95.5	83.4	85.5	88.8
<b>Social Environment</b>								
Perceived neighborhood as unsafe <sup>19</sup>	10.2	10.1	7.6	19.3	2.6 <sup>†</sup>	34.0	12.7	15.0
<b>Stressful Life Events During Pregnancy</b>								
Family member had to go into the hospital	14.9	16.8	11.4	14.0	14.7	15.6	12.6	16.1
Divorced/separated from husband/partner	6.3	3.7	4.7	6.3	1.2 <sup>†</sup>	8.2	6.3	7.2
Moved to a new address	31.2	23.6	23.9	21.2	23.7	21.1	23.9	24.2
Were homeless	6.7	2.5 <sup>†</sup>	2.8 <sup>†</sup>	3.1 <sup>†</sup>	0.6 <sup>†</sup>	6.8	1.2 <sup>†</sup>	3.6
Husband/partner lost his/her job*	10.1	8.8	8.1	7.8	4.8	11.2	11.0	10.1
Lost job but wanted to continue working*	10.1	3.7	5.9	7.8	3.7	11.6	8.1	8.7
Argued more than usual with husband/partner	26.7	18.8	21.1	23.4	20.6	28.5	19.1	27.5
Had a lot of bills that could not be paid*	18.8	10.2	12.0	16.2	5.8	25.1	15.2	15.9
Were in a physical fight*	4.0	1.2 <sup>†</sup>	1.2 <sup>†</sup>	2.0 <sup>†</sup>	1.1 <sup>†</sup>	2.7 <sup>†</sup>	1.3 <sup>†</sup>	1.8 <sup>†</sup>
Husband/partner or self went to jail*	5.5	1.7 <sup>†</sup>	1.7 <sup>†</sup>	0.9 <sup>†</sup>	0.7 <sup>†</sup>	2.6 <sup>†</sup>	1.5 <sup>†</sup>	3.4 <sup>†</sup>
Someone close had drinking or drug problems	10.1	5.3	4.8	7.8	6.2	11.9	8.4	8.0
Someone close and important died	15.1	12.0	9.6	9.6	7.9	15.0	12.5	12.0
<b>Reported Ever Experiencing Discrimination</b>								
Any discrimination	34.8	31.1	36.9	41.9	39.9	33.1	34.6	37.7
At work	14.2	16.3	16.3	17.7	25.0	16.1	11.1	17.6
When getting medical care	8.0	4.7	5.3	8.6	4.4	7.6	8.2	6.3
When getting housing*	6.4	4.5	8.7	8.0	3.8	8.5	6.9	7.7
Because of race/color	15.1	11.9	15.4	16.1	13.9	20.3	14.9	17.8
Because of gender	10.4	11.3	11.6	15.1	23.9	9.5	11.2	14.1
At home	9.6	6.5	9.0	7.2	3.6	5.4	8.0	6.7
Because of breastfeeding	8.6	6.5	9.6	11.3	10.4	5.3	7.9	9.4
Because of pregnancy	14.9	12.1	11.0	9.8	12.8	16.6	15.6	12.6
LA County 2012 (%)	29.7	26.1	25.0	25.0	14.4	14.4	14.4	14.4
LA County 2014 (%)	8.1	8.2	7.9	7.9	13.5	13.5	13.5	13.5
LA County 2016 (%)	8.3	8.2	6.9	6.9	14.7	14.5	14.5	14.5
	2.3	1.6	1.9	1.9	6.9	5.6	5.6	5.6
	82.1	82.5	84.8	84.8	24.9	23.6	23.6	23.6
	86.1	87.2	89.1	89.1	3.5	3.3	3.3	3.3
	85.1	85.3	87.7	87.7	12.4	9.2	9.2	9.2
					9.6	7.2	7.2	7.2
					26.3	22.8	22.8	22.8
					18.5	17.8	17.8	17.8
					2.7	2.2	1.7	1.7
					3.5	2.5	2.1	2.1
					8.1	7.1	7.4	7.4
					12.5	11.2	11.7	11.7
	39.1	37.8	35.6	35.6	37.8	35.6	35.6	35.6
	17.4	16.8	16.3	16.3	16.8	16.3	16.3	16.3
	8.2	7.6	6.4	6.4	7.6	6.4	6.4	6.4
	8.8	9.1	7.0	7.0	9.1	7.0	7.0	7.0
	20.0	18.1	15.6	15.6	18.1	15.6	15.6	15.6
	11.6	11.3	12.5	12.5	11.3	12.5	12.5	12.5
	NA	7.9	7.1	7.1	7.9	7.1	7.1	7.1
	NA	5.9	8.3	8.3	5.9	8.3	8.3	8.3
	15.1	14.7	13.0	13.0	14.7	13.0	13.0	13.0

† 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 between 2012 and 2016.

<sup>14</sup> 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 "depressed mood."

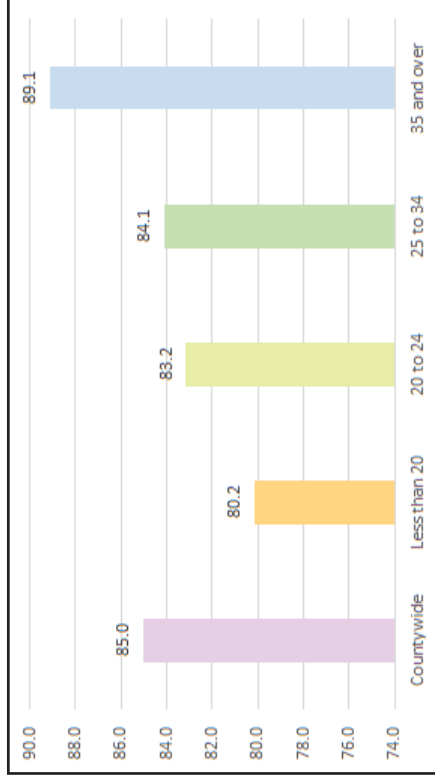
<sup>15</sup> Low maternal resiliency combined the responses of seven LAMB 2016 questions that asked mothers how strongly they agreed with statements about their self-esteem and perception that they can achieve their goals or complete tasks and control the events affecting them.

<sup>16</sup> 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."

<sup>17</sup> 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.

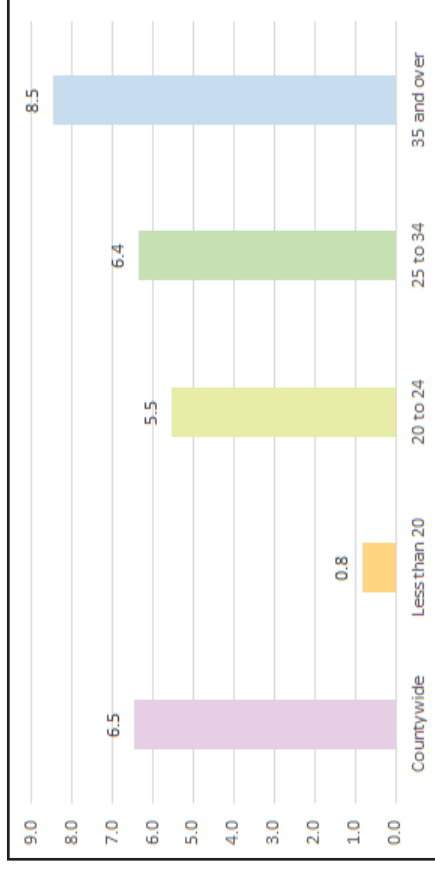
<sup>18</sup> Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

<sup>19</sup> 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 County 2016**

*"My partner struggles with addiction and is now receiving treatment. During both my pregnancies he was unavailable to me for support or care. I think it's important for other expecting moms to know if they are not having an "ideal pregnancy" that they are NOT alone. My partner has now been sober one year, and things are better."*  
~2016 LAMB Mom



**Percentage of Mothers with Low Maternal Resiliency by Age Group  
Los Angeles County 2016**

*"I feel very fortunate to have had a healthy and easy pregnancy, loving husband, food, shelter and financial resources for our new family."* ~2016 LAMB Mom

## Postpartum Health & Well-being by SPA

	LA County 2016										
	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	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 (%)
<b>Delivery Method</b>											
Had a C-section	NA	35.4	32.7	34.5	35.9	34.8	31.8	26.4	30.3	30.8	32.2
C-section discussion initiated by mother	NA	11.6	12.6	8.7	15.4	11.8	11.6	13.0	10.9	13.1	12.3
Reason for C-section: Had previous C-section	NA	44.6	46.2	55.2	46.4	48.3	39.4	30.3	50.3	54.6	38.1
Reason for C-section: Baby was in wrong position	NA	16.9	16.2	14.6	15.8	17.5	19.9	26.3	10.8 <sup>†</sup>	18.4	12.5
Reason for C-section: Labor was taking too long	NA	15.8	12.6	9.1 <sup>†</sup>	12.0	11.6 <sup>†</sup>	15.0	15.5	12.5 <sup>†</sup>	9.9 <sup>†</sup>	16.2
<b>Maternal Postpartum Health</b>											
Had a postpartum check-up	89.9	92.1	90.7	84.2	93.2	91.1	89.1	96.2	87.0	91.4	90.6
Family planning discussed during check-up	90.1	89.3	90.5	93.8	92.5	84.8	91.8	90.4	90.0	91.4	93.0
Received home visitation services	NA	NA	12.2	20.8	13.0	5.6	8.1	3.3	16.3	12.6	19.1
Depressed mood since birth of baby <sup>20</sup>	NA	NA	25.2	24.4	25.2	28.1	22.1	16.9	28.7	23.4	24.8
<b>Infant Health &amp; Well-being</b>											
<b>Preterm/Low Birth Weight</b>											
Preterm	9.7	9.1	8.1	8.7	7.6	7.5	9.4	6.2	8.8	7.5	9.2
Low Birth Weight	7.5	6.4	6.8	8.5	6.8	5.3	8.2	5.8	8.3	7.0	6.4
<b>Infant Health</b>											
Currently reading to baby*	74.0	79.7	85.2	86.4	87.8	82.5	85.4	92.3	83.6	82.6	85.8
Had a well-baby check-up	97.1	97.2	98.1	95.9	99.0	97.8	98.5	99.0	97.1	98.3	98.1
<b>Breastfeeding Practice</b>											
Any breastfeeding at 1 week	NA	NA	88.8	83.9	89.3	88.2	93.5	96.7	83.5	87.5	90.6
Exclusive breastfeeding at 1 week	NA	NA	55.7	56.1	56.8	55.3	58.0	70.1	45.9	51.1	61.1
Any breastfeeding at 1 month	NA	NA	82.9	77.1	83.5	83.6	86.7	94.5	74.8	79.7	86.5
Exclusive breastfeeding at 1 month	NA	NA	51.1	48.3	53.1	53.0	49.7	69.5	40.0	45.6	55.8
Any breastfeeding at 3 months	NA	NA	70.8	59.9	71.4	71.9	77.4	90.1	58.9	67.9	74.2
Exclusive breastfeeding at 3 months	NA	NA	43.2	33.3	44.1	46.9	42.7	68.6	28.8	39.4	47.6

		LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	LA County 2016							
					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 (%)
<b>Baby's Sleep Environment<sup>21</sup></b>												
Sleeps on his/her side*		20.0	12.8	10.8	10.1	12.0	11.5	12.6	7.9	11.6	10.4	8.1
Sleeps on his/her back*		75.4	82.7	85.0	82.9	84.1	84.8	84.1	87.2	83.3	86.7	87.4
Sleeps on his/her stomach		5.2	4.6	4.1	7.1	3.9	3.7 <sup>†</sup>	3.3	4.9	5.1	2.9 <sup>†</sup>	4.5
Ever slept with another person <sup>22*</sup>		76.9	75.3	72.6	75.2	67.5	78.3	74.4	60.8	76.7	70.9	72.4

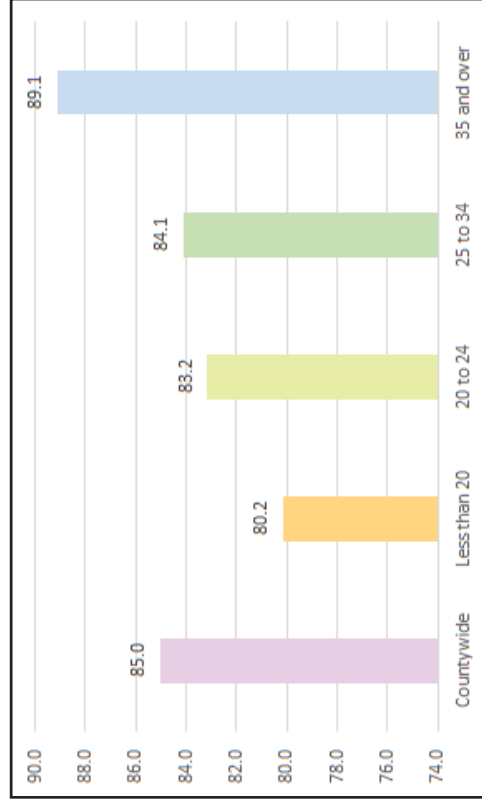
<sup>†</sup> Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

\* Indicates significant differences between 2012 and 2016.

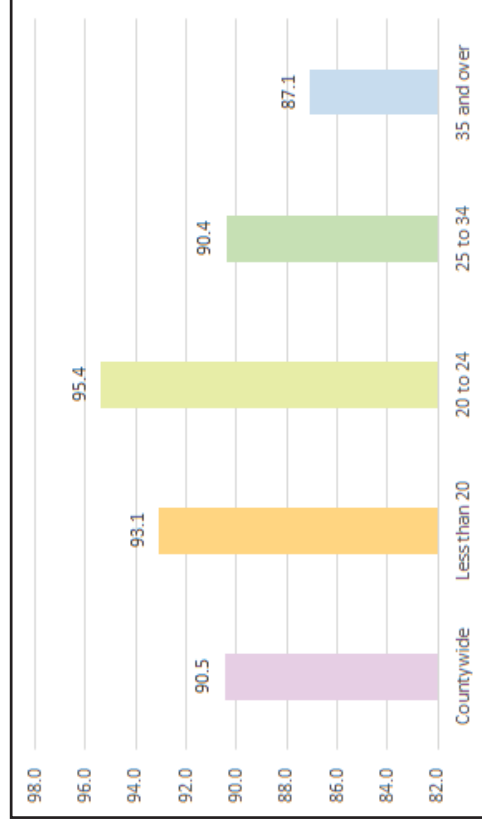
<sup>20</sup> Two-part question asked: For 2 weeks or longer since your most recent pregnancy did you feel sad, empty or depressed for most of the day? and For 2 weeks or longer during your most recent pregnancy did you lose interest in most things like work, hobbies, and other things you usually enjoyed? Respondents who answered "Yes" to either response were coded as having "depressed mood since birth of baby."

<sup>21</sup> Average age of babies at time of interview was 5.5 months.

<sup>22</sup> 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 with Babies Sleeping Supine (on their back) by Age Group Los Angeles County 2016



Percentage of Mothers Discussing Family Planning During Postpartum Checkup by Age Group Los Angeles County 2016

## Pre-pregnancy Health & Well-being by Supervisory District

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	LA County 2016				
				First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
<b>Health Insurance Coverage Before Pregnancy</b>								
Uninsured*	35.8	32.9	18.6	25.7	22.4	17.8	14.5	11.7
On Medi-Cal*	22.3	20.8	30.1	34.8	39.8	25.2	25.2	23.2
Employer based & Private	NA	39.1	40.4	28.9	29.8	45.6	46.3	53.9
Covered CA & Insurance through parents	NA	2.1	4.8	5.4	3.0	5.4	6.4	4.1
<b>Pre-pregnancy Health Behaviors and Experiences</b>								
Was dieting 6 months before pregnancy	NA	35.2	35.8	34.2	34.6	36.8	35.1	38.6
Was exercising 3+ days/wk before pregnancy	NA	54.3	54.0	51.7	52.7	55.1	59.0	52.8
Was regularly taking prescription medicine	NA	12.4	13.1	10.8	13.2	13.7	14.6	13.7
No preconception health counseling <sup>1</sup>	68.6	72.6	70.1	76.1	71.6	63.8	68.1	69.0
Not taking a multivitamin	47.5	49.9	45.5	50.3	52.4	39.4	39.8	42.8
Lack of folic acid knowledge	67.9	65.2	68.1	71.7	76.4	61.8	65.3	62.9
Did not have enough money for food	5.5	5.1	4.3	5.0	6.0	3.3	3.5	3.3
Smoked cigarettes in the 6 months before pregnancy	8.7	7.2	7.3	5.5	7.3	9.7	7.6	7.0
Cigarette smoking/nicotine use in the 6 months before pregnancy <sup>2</sup>	NA	NA	11.6	8.4	11.7	14.6	12.7	11.5
She or her partner travelled to or resided in a region with Zika virus <sup>3</sup>	NA	NA	6.4	6.1 <sup>†</sup>	7.9 <sup>†</sup>	4.3 <sup>†</sup>	7.3 <sup>†</sup>	5.9 <sup>†</sup>
<b>Childhood Experiences<sup>4</sup></b>								
Did not have an adult who believed in them	NA	NA	12.4	15.7	14.0	9.5	10.0	11.6
Parent/guardian got divorced or separated	NA	NA	30.3	31.6	34.7	27.6	30.7	26.1
Problems paying the rent/mortgage	NA	NA	14.8	14.0	19.1	11.0	15.1	13.7
Went hungry because they could not afford food	NA	NA	10.1	10.5	12.8	6.4	11.0	9.2
Parent/guardian went to jail	NA	NA	8.7	10.1	10.1	5.9	9.0	7.6
Parent/guardian had drinking or drug problem	NA	NA	15.8	16.8	17.9	12.9	17.7	13.5
Was in foster care	NA	NA	2.3	2.9 <sup>†</sup>	3.5	1.6 <sup>†</sup>	1.7	1.7
<b>Family Planning Practices</b>								
Unwanted/mistimed pregnancy by mother <sup>5</sup>	46.6	44.9	42.7	47.6	49.8	36.8	40.1	37.2
Unwanted pregnancy by partner <sup>6</sup>	28.0	31.0	29.4	31.4	33.0	26.5	28.3	26.9
Using birth control when they became pregnant <sup>7*</sup>	28.9	24.9	23.5	28.0	24.4	20.3	20.8	22.7
Received fertility treatment	5.6	4.6	5.0	3.8	4.2	7.2	5.1	5.4
Ever used emergency contraception*	19.5	23.6	27.9	24.7	27.5	30.6	30.0	27.3

LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)
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	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
<b>Pre-pregnancy Health Conditions</b>					
Overweight/Obese	50.3	55.7	44.9	48.2	47.4
Asthma	5.2	6.4	4.6	4.5	6.1
High blood pressure	3.0	4.3	2.3	3.7	4.2
Diabetes	3.2	4.4	1.6†	2.2†	3.0
Anemia	10.5	11.0	8.3	8.3	9.5
Depressed mood	9.1	11.8	6.8	10.4	9.1
Periodontal disease	8.1	10.4	6.5	6.9	7.7
<b>Obstetric History</b>					
Previous preterm birth	7.1	7.5	6.0	9.1	6.8
Previous low birth weight	6.7	6.6	5.4	7.4	6.2
Stillbirth (pregnancy that did not result in a live birth)	2.2†	1.8†	0.9†	1.3†	0.8†
Previous miscarriage	19.2	23.1	19.6	19.4	24.4
Previous abortion	14.6	16.0	11.0	15.8	15.2

† 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 2012 and 2016.

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: In the six months before you got pregnant, did you use any of the following tobacco/nicotine products? Respondents who answered "yes" to using e-cigarettes, vapes, chewing tobacco, nicotine patch or other product OR cigarette smoking were recoded as "Cigarette smoking/nicotine use in the 6 months before pregnancy."

3 Question asked: Did you, or your sexual partner, travel to or reside in a region with ongoing Zika Virus transmission (Mexico, Central and South America, Caribbean, New Guinea, Samoa, Fiji, Marshall Islands, Palau, Singapore, Tonga) in the 3 months before or during your most recent pregnancy?

4 Question stated: Please tell us if any of these things ever happened to you from birth through age 13.

5 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."

6 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.

7 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".

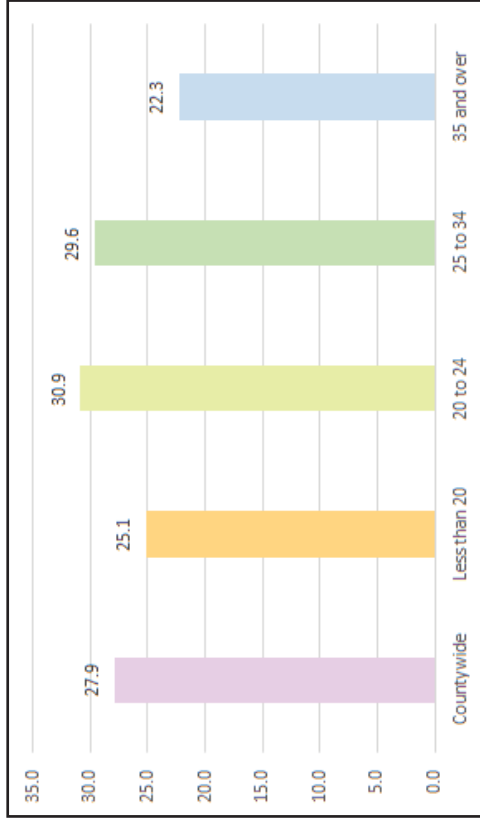
*"I suffered anxiety and depression during pregnancy and could not find mental health services targeted towards pregnant women. I sought out mental health services instead, but it was very difficult." ~2016 LAMB Mom*

## Prenatal Care and Maternal Risk Factors During Pregnancy by Supervisory District

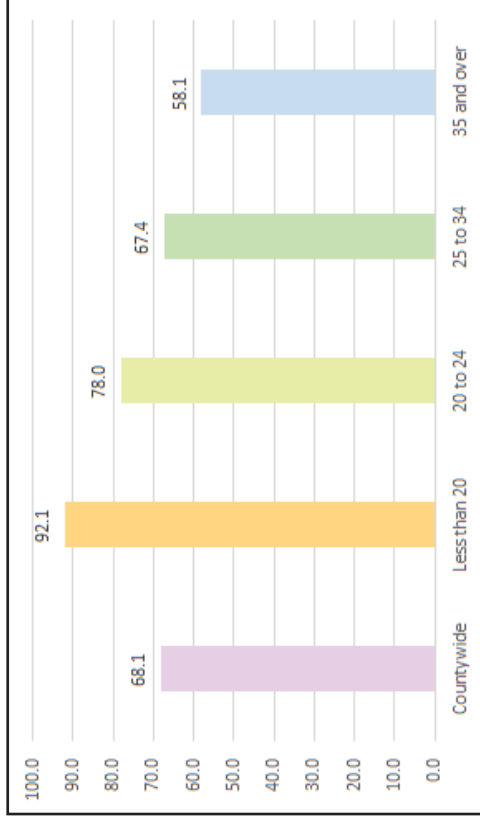
	LA County 2016				
	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
<b>Prenatal Care</b>					
Entered prenatal care after 1st trimester	8.9	9.8	5.9	8.9	7.1
Did not get prenatal care as early as wanted	10.9	13.0	8.2	10.2	11.4
Traveled 15 miles or more for prenatal care	8.0	9.2	6.8	8.3	15.6
Dissatisfied with amount of wait time at prenatal care	20.4	16.9	14.9	17.6	19.0
Dissatisfied with amount of time spent with doctor/nurse	12.6	8.5	7.4	10.7	10.9
Dissatisfied with advice given at prenatal care	7.4	5.5	3.9	7.6	8.5
Dissatisfied with understanding/respect received	4.7	3.9	2.6 <sup>†</sup>	3.3	4.1
Needed to see a dentist*	19.1	23.9	18.9	15.3	17.6
Received dental care	31.0	40.1	46.7	39.3	38.1
Received a seasonal flu shot during or before pregnancy	56.1	58.4	61.2	56.8	55.2
Received a Tdap shot during pregnancy or at delivery	69.8	73.3	79.8	77.1	75.7
	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)		
	9.5	8.6	8.2		
	13.4	13.4	10.9		
	11.2	10.8	9.8		
	18.0	19.7	17.9		
	9.8	11.1	10.1		
	6.5	7.0	6.7		
	3.8	3.6	3.8		
	23.1	20.4	19.2		
	36.8	37.4	38.7		
	NA	NA	57.4		
	NA	NA	74.9		
<b>Medical Conditions During Pregnancy</b>					
Labor pain 3 weeks before due date*	15.0	12.7	11.8	11.6	12.2
High blood pressure	9.7	10.5	11.2	14.5	11.4
Gestational diabetes	11.8	12.2	12.6	14.4	12.8
Problems with the placenta <sup>8</sup>	4.8	4.5	5.1	3.9	6.8
Urinary tract infection*	13.2	9.5	8.1	7.9	8.6
Water broke more than 3 weeks early	4.4	4.9	5.0	5.9	4.4
Incompetent cervix	2.2	2.0	1.6	2.4 <sup>†</sup>	1.6 <sup>†</sup>
Sexually transmitted disease*	3.5	2.1	1.6	1.5	1.5 <sup>†</sup>
Bacterial vaginosis	10.8	10.3	9.9	11.0	7.9
Periodontal disease*	16.7	15.1	11.9	14.1	11.2
<b>Risk Behaviors During Pregnancy</b>					
Smoking*	2.4	1.5	1.5	1.3	2.4
Cigarette smoking/nicotine use <sup>9</sup>	NA	NA	2.6	2.3	3.9 <sup>†</sup>
Exposure to secondhand smoke <sup>10</sup>	4.3	4.5	4.5	4.3	5.6
Using illegal drugs or drugs not prescribed by a doctor <sup>11</sup>	5.7	4.1	5.5	6.2	5.7
Using marijuana	1.8	1.5	2.0	2.8 <sup>†</sup>	1.2 <sup>†</sup>
Binge drinking alcohol <sup>12</sup>	NA	NA	7.4	9.9	5.4
Did not exercise during pregnancy <sup>13*</sup>	20.9	23.0	24.5	25.7	25.7

- <sup>8</sup> 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."
- <sup>9</sup> Question asked: During your last pregnancy, did you use any of the following tobacco/nicotine products? Respondents who answered "yes" to using e-cigarettes, vapes, chewing tobacco, nicotine patch or other product OR cigarette smoking during pregnancy were recorded as "Cigarette smoking/nicotine use."
- <sup>10</sup> 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."
- <sup>11</sup> 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."
- <sup>12</sup> Question asked: "During your pregnancy (including before you knew you were pregnant for sure) how many times did you drink 4 or more drinks with alcohol in one sitting (within 2 hours)?" Respondents who answered one or more times were recorded as "Binge drinking alcohol."
- <sup>13</sup> 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 Ever Using Emergency Contraception by Age Group  
Los Angeles County 2016**



**Percentage of Mothers Lacking Knowledge of Folic Acid Benefits by Age Group  
Los Angeles County 2016**





## Psychosocial and Behavioral Risk Factors During Pregnancy by Supervisory District

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	LA County 2016				
				First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
<b>Mental Health During Pregnancy</b>								
Depressed mood <sup>14*</sup>	29.7	26.1	25.0	26.8	28.3	22.5	21.8	24.6
Low Maternal Resiliency <sup>15</sup>	8.1	8.2	7.9	7.3	9.5	5.0	7.5	9.5
<b>Social Support</b>								
Dissatisfied with support given by the baby's father <sup>16</sup>	8.3	8.2	6.9	7.8	8.6	3.9	5.8	7.2
Experienced domestic violence/intimate partner abuse <sup>17</sup>	2.3	1.6	1.9	2.4 <sup>†</sup>	1.6 <sup>†</sup>	1.3 <sup>†</sup>	1.6 <sup>†</sup>	2.5 <sup>†</sup>
Would have someone to loan money if needed <sup>18</sup>	82.1	82.5	84.8	81.9	82.1	84.5	89.0	87.1
Would have someone to help if sick	86.1	87.2	89.1	86.0	86.3	90.7	91.9	91.6
Would have someone to listen to problems	85.1	85.3	87.7	84.6	85.1	89.9	90.0	90.0
<b>Social Environment</b>								
Perceived neighborhood as unsafe <sup>19</sup>	14.2	13.5	14.4	16.8	26.2	9.9	10.2	6.7
<b>Stressful Life Events During Pregnancy</b>								
Family member had to go into the hospital	16.1	14.7	14.5	11.9	15.7	14.4	13.0	16.9
Divorced/separated from husband/partner	8.1	6.9	5.6	6.4	7.3	3.4 <sup>†</sup>	6.6	3.8
Moved to a new address	25.6	24.9	23.6	24.5	21.1	21.6	24.5	25.9
Were homeless	4.6	3.5	3.3	3.0	5.2	3.1	2.3	2.5
Husband/partner lost his/her job*	12.4	10.8	9.2	10.8	10.7	7.7	8.9	7.6
Lost job but wanted to continue working*	9.6	9.2	7.2	7.9	10.0	3.1	7.2	6.8
Argued more than usual with husband/partner	26.3	23.8	22.8	19.9	27.1	19.9	23.9	22.3
Had a lot of bills that could not be paid*	18.5	17.8	14.8	18.2	21.3	9.1	12.2	11.2
Were in a physical fight*	2.7	2.2	1.7	1.5 <sup>†</sup>	2.3	1.4 <sup>†</sup>	1.5 <sup>†</sup>	1.7 <sup>†</sup>
Husband/partner or self went to jail*	3.5	2.5	2.1	1.7 <sup>†</sup>	2.5	1.6 <sup>†</sup>	1.9 <sup>†</sup>	2.6
Someone close had drinking or drug problems	8.1	7.1	7.4	6.9	9.2	5.8	9.0	6.0
Someone close and important died	12.5	11.2	11.7	11.5	13.5	11.1	11.3	10.7
<b>Reported Ever Experiencing Discrimination</b>								
Any discrimination	39.1	37.8	35.6	36.7	36.8	32.3	37.8	33.8
At work	17.4	16.8	16.3	12.6	16.5	18.4	18.8	16.0
When getting medical care	8.2	7.6	6.4	7.8	7.6	4.5	6.2	5.4
When getting housing*	9.1	8.0	7.0	8.7	8.7	4.4	6.5	6.2
Because of race/color	18.1	15.5	15.6	15.1	19.0	11.4	16.9	14.7
Because of gender	11.3	11.1	12.5	9.2	12.1	13.3	15.0	13.4
At home	NA	7.9	7.1	8.8	5.9	5.9	6.7	8.1
Because of breastfeeding	NA	5.9	8.3	8.3	8.0	6.6	9.7	8.8
Because of pregnancy	14.7	14.9	13.0	11.9	14.1	12.4	14.3	12.2

† 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 2012 and 2016.

<sup>14</sup> 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 "depressed mood."

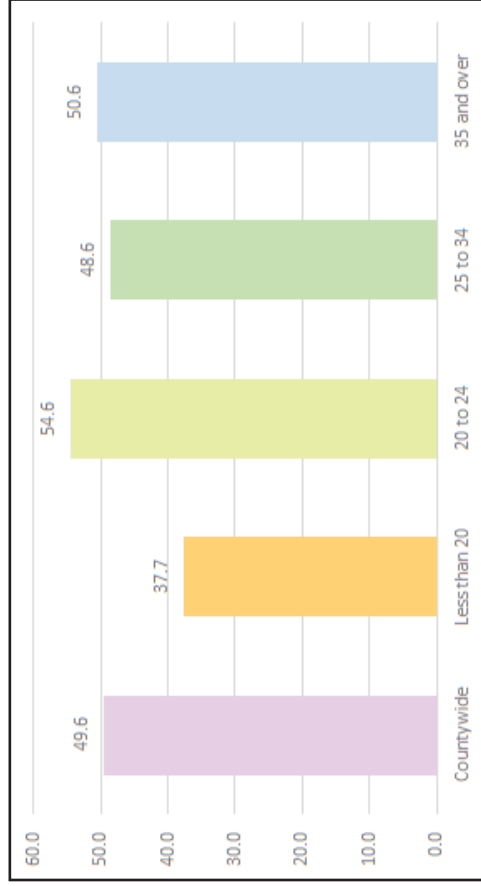
<sup>15</sup> Low maternal resiliency combined the responses of seven LAMB 2016 questions that asked mothers how strongly they agreed with statements about their self-esteem and perception that they can achieve their goals or complete tasks and control the events affecting them.

<sup>16</sup> 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."

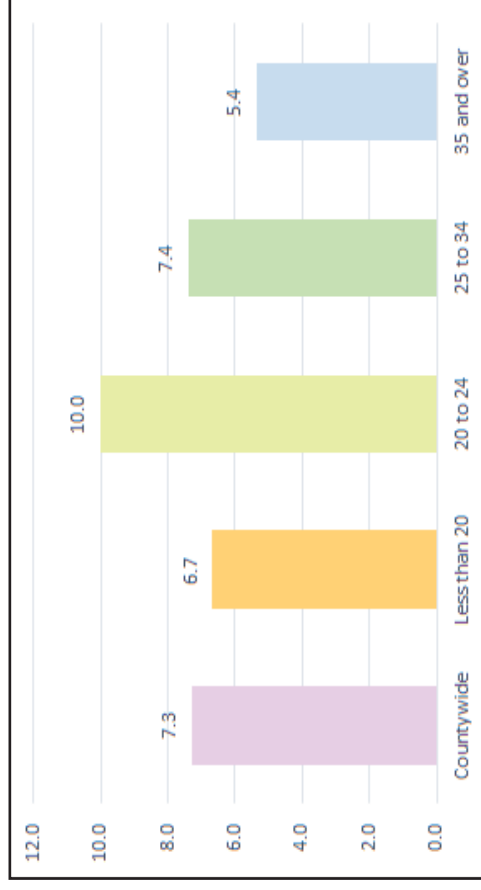
<sup>17</sup> Question asked: During your last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

<sup>18</sup> Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

<sup>19</sup> 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 Overweight or Obese Before Pregnancy by Age Group  
Los Angeles County 2016



Percentage of Mothers who Smoked in the 6 Months Before Pregnancy by Age Group  
Los Angeles County 2016

## Postpartum Health & Well-being by Supervisory District

	LA County 2012 (%)	LA County 2014 (%)	LA County 2016 (%)	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
<b>Delivery Method</b>								
Had a C-section	NA	35.4	32.7	32.0	32.7	32.3	28.5	37.5
C-section discussion initiated by mother	NA	11.6	12.6	11.8	10.3	12.0	15.6	13.7
Reason for C-section: Had previous C-section	NA	44.6	46.2	49.4	45.5	43.4	48.1	44.7
Reason for C-section: Baby was in wrong position	NA	16.9	16.2	18.7	11.9	17.2	14.1	18.7
Reason for C-section: Labor was taking too long	NA	15.8	12.6	12.2	14.0	13.6	12.5	11.1
<b>Maternal Postpartum Health</b>								
Had a postpartum check-up	89.9	92.1	90.7	89.2	89.2	93.4	90.8	91.6
Family planning discussed during check-up	90.1	89.3	90.5	88.7	91.6	93.6	91.8	87.4
Received home visitation services	NA	NA	12.2	10.2	14.4	14.3	15.5	7.4
Depressed mood since birth of baby <sup>20</sup>	NA	NA	25.2	24.5	27.4	22.6	22.9	27.3
<b>Infant Health &amp; Well-being</b>								
<b>Preterm/Low Birth Weight</b>								
Preterm	9.7	9.1	8.1	7.6	9.1	7.6	7.6	8.5
Low Birthweight	7.5	6.4	6.8	6.1	7.1	5.2	7.7	7.7
<b>Infant Health</b>								
Currently reading to baby*	74.0	79.7	85.2	81.0	84.6	88.3	86.1	86.8
Had a well-baby check-up	97.1	97.2	98.1	98.4	96.9	99.0	98.4	98.1
Enrolled in health coverage program before leaving hospital*	71.9	69.8	65.9	69.9	71.2	64.6	63.8	59.4
<b>Breastfeeding Practice</b>								
Any breastfeeding at 1 week	NA	86.9	88.8	86.8	88.1	91.2	90.0	88.6
Exclusive breastfeeding at 1 week	NA	54.4	55.7	51.3	51.5	59.4	59.5	58.3
Any breastfeeding at 1 month	NA	80.3	82.9	77.2	80.4	86.4	87.1	84.9
Exclusive breastfeeding at 1 month	NA	47.9	51.1	43.0	45.6	56.2	56.8	56.1
Any breastfeeding at 3 months	NA	65.5	70.8	64.5	66.3	74.6	76.7	73.9
Exclusive breastfeeding at 3 months	NA	38.3	43.2	35.3	37.6	46.5	49.9	48.6
<b>Baby's Sleep Environment<sup>21</sup></b>								
Sleeps on his/her side*	20.0	12.8	10.8	12.9	11.4	10.5	8.7	10.3
Sleeps on his/her back*	75.4	82.7	85.0	84.2	83.5	85.3	86.9	85.7
Sleeps on his/her stomach	4.6	4.5	4.1	2.9 <sup>†</sup>	5.1	4.2	4.4	4.0
Ever slept with another person <sup>22</sup>	75.3	71.7	72.6	75.1	75.4	68.1	71.3	72.0

<sup>†</sup> 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 2012 and 2016.

<sup>20</sup> Two-part question asked: For 2 weeks or longer since 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 "depressed mood since birth of baby."

<sup>21</sup> Average age of babies at time of interview was 5.5 months.

<sup>22</sup> 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."

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