



Los Angeles Health Overview of a Pregnancy Event Project

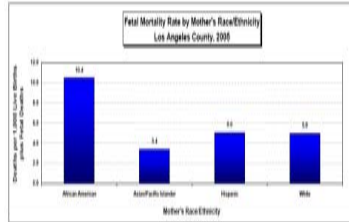


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CHALLENGES

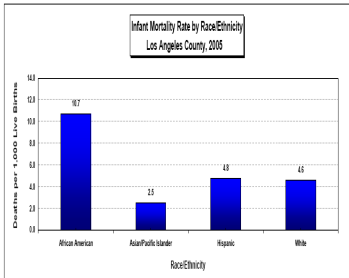
Los Angeles County (LAC) in 2005:

- 745 Infant deaths and 708 fetal deaths
- High fetal infant mortality rates among African American women and in Service Planning Areas (SPA) 1 & 6



Traditional FIMR Challenges

- Requires a tremendous amount of time to extract medical information at clinics or hospitals
- Information related to maternal risk taking behaviors during pregnancy and health system-related issues are often not well documented



OBJECTIVES

- Applying an epidemiological approach to identify risk factors related to fetal and infant loss
- Establishing a surveillance system in LAC to monitor maternal/infant health indicators related to fetal/infant loss.

METHOD

- Step 1:** Contacted LA County moms 7 to 9 months following an infant or fetal loss; random sample stratified by SPA; oversampled African American mothers
- Step 2:** Mailed surveys with telephone follow-up administered in English and Spanish with translation available
- Step 3:** Provided grief and bereavement resources and \$20 gift certificate with mailed survey regardless of whether moms chose to respond
- Step 4:** Combined results with information from birth/death records

RESULTS

L.A. HOPE Demographics

- Of 667 moms contacted, 272 responded to the survey.
- Average age of mother at delivery: 32 ± 9 Yrs
- Race/ethnicity distribution:

African American	9%
Latina	65%
White	21%
Others	5%

Table 1. Preconception Health Conditions

- Uninsured: 38%
- Unintended pregnancy: 38%
- Did not take multi vitamin: 77%
- Smoking 6 months before becoming pregnant: 11%
- **Prior Obstetrical History**
 - Prior miscarriage: 28%
 - Preterm birth: 18%
 - Low birth weight birth: 17%
 - Still birth: 13%
 - Infant death: 6%
- **Maternal Medical Conditions Prior to Pregnancy**
 - Overweight: 42%
 - Anemia: 8%
 - Periodontal disease: 7%
 - High blood pressure: 4%
 - Diabetes: 4%

Table 2. Psychosocial and Risky Behavior Issues During Pregnancy

- Depressed: 37%
- Lost interest in hobbies that they normally enjoyed: 36%
- Somewhat unsafe or not safe neighborhood: 25%
- Smoking: 5%
- Exposed to second hand smoke: 11%
- Drank alcohol: 11%
- Used drugs: 2%
- The top five stressful life events experienced:
 - Argued more than usual with their partner: 28%
 - Moved: 21%
 - Had financial problems: 18%
 - Someone close died: 11%
 - Divorced or separated: 7%

"I felt that the most challenging things that I encountered during my pregnancy was getting the support I needed during this time. I really felt alone"

- LA HOPE Mom

Maternal Medical Conditions During Pregnancy

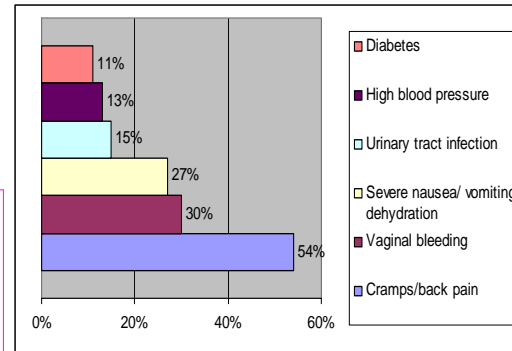


Table 3. Prenatal Care

- Lack of adequate prenatal care: 35%
- Late onset of prenatal care: 7%

Table 4. Grief and Bereavement

- Offered bereavement material: 76%
- Given information on burial arrangement: 81%
- Offered information on support group: 73%
- Received individual counseling: 16%
- Felt religion provided the best support: 42%



"In a situation like this, you are not looking for someone to blame. You are looking for answers."
- LA HOPE mom



"...I hope that my answers could help to prevent the loss of other babies"
- LA HOPE Mom

FROM DATA TO ACTION

Findings will be shared with community stakeholders, including faith-based org. Several recommendations for action steps include:

- Focus on **preconception health**, so women can prepare for healthy births before becoming pregnant.
- Create a **system to identify high-risk women**, both to themselves and their doctors, so that additional prenatal care services can be provided.
- Focus on assessing the **mental health** of pregnant women and providing support to those in need of services.
- **Expand grief and bereavement resources**; increase awareness of these resources through community referral systems.