

2011 LACHS

Domain/Subdomain		<i>Nutrition & Physical Activity / Fruit and Vegetables Consumption</i>			<i>Nutrition & Physical Activity / Obesity & Overweight</i>			<i>Nutrition & Physical Activity / Exercise / Physical Activity</i>			<i>Mental Health / Anxiety and Depression</i>			
Indicator Description		Percentage of women aged 18-49 years who consume fruits and vegetables at least five times per day			Percentage of women aged 18-49 years who are obese based on body mass index (BMI)			Percentage of women aged 18-49 years who reported enough aerobic physical activity in a typical week to meet the recommended levels of aerobic physical activity			Percentage of women aged 18-49 years who reported having been currently diagnosed with depression			
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		
LA County		16.2	15.1	17.4	23.6	22.3	24.9	61.8	60.3	63.3	8.3	7.5	9.0	
Race/Ethnicity	White	24.1	19.5	28.7	12.9	9.6	16.2	64.7	59.3	70.2	16.1	12.2	20.1	
	Latina	17.7	14.7	20.6	32.4	28.7	36.1	62.1	58.4	65.8	6.2	4.5	7.9	
	African-American	14.2	8.2	20.2	34.5	26.3	42.7	65.0	56.9	73.2	12.3*	6.7	17.9	
	Asian	26.2	18.4	34.0	5.6*	1.8	9.3	50.6	42.5	58.7	2.9*	0.5	5.4	
Service Planning Areas	SPA 1	Antelope Valley	13.5*	16.4	18.4	39.8	27.2	52.5	46.5	34.3	58.6	20.6*	9.2	32.0
	SPA 2	San Fernando	19.5	14.6	24.4	18.9	14.0	23.8	59.3	53.4	65.2	8.9	5.9	11.9
	SPA 3	San Gabriel	23.0	16.8	29.3	23.7	17.8	29.6	58.8	52.2	65.3	8.7	5.2	12.1
	SPA 4	Metro	24.9	17.8	31.9	22.5	15.9	29.1	67.7	60.7	74.7	7.4*	3.4	11.3
	SPA 5	West	25.2	15.0	35.3	6.3*	1.5	11.2	68.5	56.2	80.8	12.2*	4.3	20.1
	SPA 6	South	13.5	8.8	18.3	39.8	31.9	47.7	65.7	58.5	73.0	7.4*	3.7	11.00
	SPA 7	East	15.5	10.4	20.6	29.9	22.7	37.0	60.7	53.5	68.0	7.6*	4.0	11.1
	SPA 8	South Bay	20.8	14.8	26.7	22.9	16.6	29.1	62.6	55.4	69.7	7.3*	3.7	10.8

For more information about Los Angeles County Health Survey (LACHS) please visit www.publichealth.lacounty.gov/ha/hasurveyintro.htm

*This estimate is statistically unstable (relative standard error greater than or equal to 23%) and therefore may not be appropriate to use for planning or policy purposes.