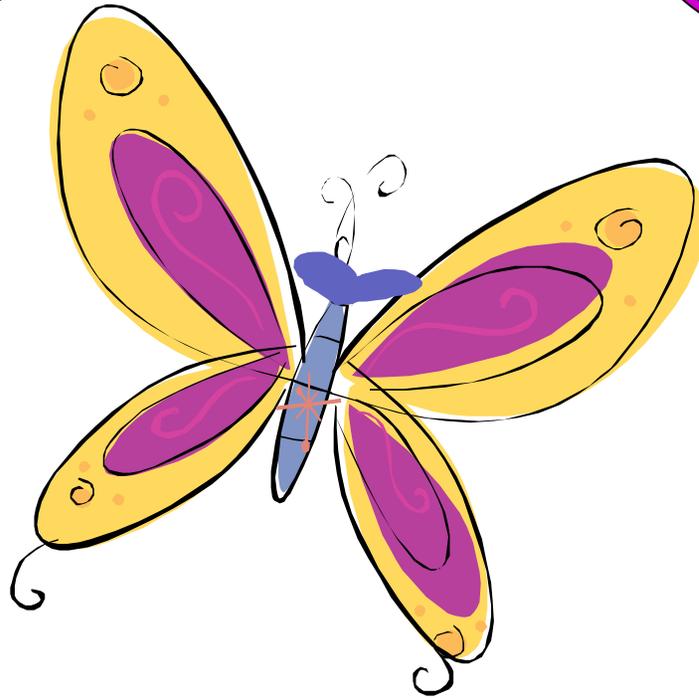


L. A. HOPE



# Los Angeles Health Overview of a Pregnancy Event Project 2010 through 2012 Data Book

A PUBLICATION OF THE LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH

Maternal, Child, and Adolescent Health Programs  
Research, Evaluation, and Planning Unit  
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# 2010 - 2012 Los Angeles Health Overview of a Pregnancy Event in Los Angeles County

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## FOREWORD

We are pleased to present the Los Angeles Health Overview of a Pregnancy Event (LA HOPE) Project 2010 - 2012 Data Book. This report is published by the Los Angeles County Department of Public Health (DPH) to describe the key indicators of health for mothers who have recently suffered a fetal or infant loss in Los Angeles County.

The Los Angeles Health Overview of a Pregnancy Event (LA HOPE) Project is a public health surveillance project developed in 2006 by the Maternal, Child, and Adolescent Health Programs of DPH. The LA HOPE Project collects countywide population-based data on the attitudes and experiences of women before, during, and shortly after they have suffered a fetal or infant loss. The goal of the LA HOPE Project is to provide data for county health officials and community partners to use in order to make decisions designed to improve the health of mothers and infants in Los Angeles County, to improve the grief and bereavement support services offered to them, and to reduce infant mortality and morbidity.

This report identifies health disparities for women who experienced a fetal or infant loss by race/ethnicity and geographic areas. Comparison data from 2010, 2011 and 2012 are included to highlight trends in factors contributing to infant and fetal loss. For example, in examining the indicators for pre-pregnancy health and health access, Latinas were more likely than any other group to be uninsured prior to pregnancy. Uninsured women reported more difficulty accessing medical care and had lower rates of receiving preventive health screenings compared to insured women. African American women had the highest rate of previous preterm birth. The prevalence of being overweight or obese was approximately 56% between 2010 and 2012. Disparities in these factors are often related to increased health risks and illness for expectant mothers.

Multi-faceted strategies are needed to eliminate the health disparities identified by this report and to promote prevention and quality health care for all women and infants. Both bold and incremental policy changes are needed to address social health and environmental disparities. The areas of need highlighted in this report are intended to inform advocacy groups, community-based organizations, civic programs, funders, and state and local government and other key stakeholders in outlining a plan of action. Collaborative efforts are in progress to improve the health status of women of reproductive age, infants, families, and communities. DPH is currently organizing trainings that incorporate protective factors to help build stronger families and communities, such as, social connections, resilience, social and emotional competence, and healthy relationships.

Thanks to the dedicated County staff, our community partners, and funding from California Department of Public Health, Maternal, Child and Adolescent Health Programs, we are now able to present this report to you.



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## About LA HOPE

The Los Angeles Health Overview of a Pregnancy Event (LA HOPE) Project is a public health surveillance project initially developed by the Maternal, Child, and Adolescent Health (MCAH) Programs of Los Angeles County (LAC) in 2006. The LA HOPE Project collects countywide population-based data on the attitudes and experiences of women before, during, and shortly after they have suffered a fetal or infant loss.

The overall purpose of the LA HOPE Project is to reduce infant morbidity and mortality and to promote maternal health by improving maternal and child health programs, policies, and maternal behaviors during pregnancy and early infancy. LA HOPE provides data for county health officials and community partners to use in order to make decisions designed to improve the health of mothers and infants in LAC and to improve the grief and bereavement support services offered to them.

## Highlights from 2010 through 2012 data:

- Twenty-nine percent of mothers did not have **health insurance** just before pregnancy. Thirty-four percent of Latina mothers were uninsured in the months before getting pregnant.
- Sixty-seven percent of mothers did not receive **preconception health counseling**. Seventy-five percent of African American mothers did not receive preconception health counseling.
- Half of mothers (50%) did not take a **multivitamin/folic acid** daily in the month before conception.
- More than half of mothers (56%) were **overweight or obese** just before pregnancy. This was higher for African American mothers (65%) compared to Asian/Pacific Islander mothers (34%).
- Almost 25% of mothers suffered from **previous miscarriages**. Twenty-eight percent of White mothers suffered from a previous miscarriage.
- Most mothers (94%) received early **prenatal care** (entered prenatal care during the first trimester).
- Thirteen percent of mothers had **high blood pressure** during pregnancy.
- Twenty-one percent of White mothers reported **drinking alcohol** during pregnancy, compared to 9.8% overall. Thirteen percent of African American mothers reported **smoking cigarettes** during pregnancy, compared to 4.4% overall. This, however, does not take into account whether or not pregnancy status was known.

- Near half (47%) of mothers reported **feeling depressed** during pregnancy and 50% of mothers reported having **postpartum depression**.
- About 5% of mothers reported being **homeless** during pregnancy. African American mothers reported the highest prevalence of homelessness during pregnancy (13.1%).
- Twenty-eight percent of African American mothers perceived their **neighborhood as unsafe**, compared to 18.6% overall.
- Forty-five percent of African American mothers reported ever experiencing **discrimination** due to their race/color, compared to 17.7% overall.
- Eighty-two percent of mothers were offered **materials on grief and bereavement**.

## Use of 2010 - 2012 LA HOPE Data Book

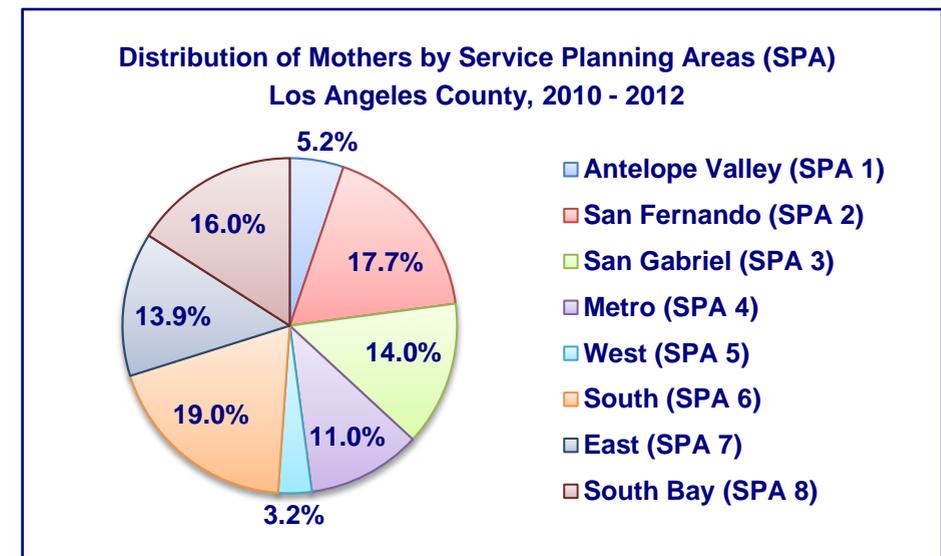
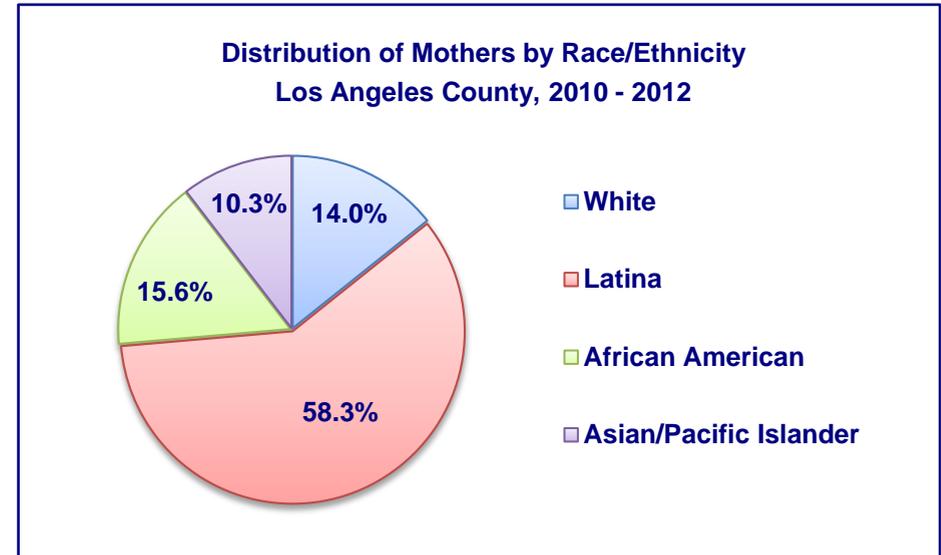
This data book represents the combined findings from the 2010, 2011, and 2012 LA HOPE Project. A random stratified sample of mothers experiencing infant or fetal loss was drawn each year. Between 2010 and 2012 a total of 963 eligible respondents participated in the LA HOPE project. These women represent the approximately 4,000 fetal and infant losses that occurred in LAC between 2010-2012. The data are weighted by the respondents' selection probability, which allows the percentage (prevalence) reported in this document to represent the entire population of infant and fetal deaths in LAC in the years 2010, 2011, and 2012.

The 2010-2012 LA HOPE data book covers a wide range of health topics, organized into five sections - preconception health (health before pregnancy), prenatal care and maternal medical conditions during pregnancy, psychosocial conditions during pregnancy, behavioral risk factors, postpartum care, and grief and bereavement support. Each section of the report contains tables displaying estimates by Race/Ethnicity and Service Planning Area (SPA). In every table, County-level estimates are provided so that comparisons may be made between subpopulations and the County total.

The LA HOPE Project recommends readers to review the Technical Notes section of this report, which includes methodology and details of the sampling, data weighting, response rate, strengths/limitations of the data, and a glossary of maternal/infant health terms.

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

Selected Demographic Indicators	LA County 2010	LA County 2011	LA County 2012
	(%)	(%)	(%)
<b>Mother's Race/Ethnicity</b>			
White	14.4	14.0	13.6
Latina	58.8	58.1	57.8
African American	16.5	15.2	15.2
Asian/Pacific Islander	8.1	11.1	11.6*
Other	2.2*	1.5*	1.8*
<b>Maternal Age</b>			
<20	8.0	8.5	5.2
20 - 24	16.7	15.9	19.1
25 - 34	48.3	46.9	45.8
35+	27.1	28.7	29.9
<b>Mother's Years Of Education</b>			
<12	29.7	25.8	27.2
12	25.0	22.2	24.3
>12	45.3	52.1	48.6
<b>Mother's Marital Status When Baby Was Born</b>			
Married	50.7	51.3	53.0
Not married	49.3	48.7	47.0
<b>Language</b>			
English	68.0	73.3	71.0
Spanish	32.0	26.7	29.0
<b>Household Income</b>			
<\$10,000	15.6	17.2	20.0
\$10,000 - \$19,999	20.8	17.0	15.0
\$20,000 - \$39,999	17.5	22.0	17.1
\$40,000 - \$59,999	8.7	8.2	12.6
\$60,000 - \$99,999	9.5	7.5	10.9
\$100,000 and more	12.8	13.1	10.4
<b>Preterm/Low Birth Weight</b>			
Preterm	72.8	72.8	76.1
Low Birth Weight	76.5	76.1	75.4
<b>Fetal/Infant Loss</b>			
Fetal loss	56.8	64.4	59.0
Infant loss	43.2	35.6	41.0



Pre-Pregnancy Health by Race/Ethnicity	LA County 2010	LA County 2011	LA County 2012	2010 - 2012				
				LA County	White	Latina	African American	Asian/ Pacific Islander
				(%)	(%)	(%)	(%)	(%)
<b>Access to Health Care Before Pregnancy</b>								
Uninsured	33.6	28.0	25.5	29.1	18.3	34.4	26.7	19.0*
On Medi-Cal	26.6	30.1	31.7	29.4	7.8*	36.0	38.2	10.9*
<b>Preconception Health Behaviors and Experiences</b>								
No preconception health counseling <sup>1</sup>	65.5	66.8	67.6	66.6	49.5	72.1	75.4	45.7
Not taking a multivitamin	49.3	53.0	48.4	50.2	31.3	56.7	53.3	37.1
Lack of folic acid knowledge	58.6	67.3	64.2	63.3	43.5	67.7	72.8	55.0
Did not have enough money for food	4.1*	3.6*	3.8*	3.8	2.0*	4.3	6.2*	0.4*
Smoked in the 6 months before pregnancy	10.5	12.6	8.6	10.6	17.8	7.4	21.2	2.1*
<b>Family Planning Practices</b>								
Unwanted pregnancy/mistimed by mother <sup>2</sup>	37.7	38.8	38.7	38.4	24.9	40.8	48.3	29.8*
Unwanted pregnancy by partner <sup>3</sup>	25.9	24.2	27.0	25.7	17.2	29.2	29.0	16.0*
Using birth control before getting pregnant <sup>4</sup>	33.2	39.4	32.9	35.1	24.7	35.9	46.4	
Received fertility treatment	6.2*	6.3	5.6*	6.0	14.1	3.4	4.8*	11.1*
<b>Preconception Health Conditions</b>								
Overweight/Obese	56.8	55.1	57.6	56.5	48.6	60.9	65.4	34.0
Asthma	3.4*	6.4	5.0*	4.9	5.6*	3.4	8.9*	7.5*
High blood pressure	3.5*	7.1	4.1*	4.9	2.9*	5.0	4.8*	7.5*
Diabetes	4.6*	2.5*	4.4*	3.8	0.9*	5.3	1.3*	3.9*
Anemia	10.1	7.6	7.8	8.5	5.3*	8.0	16.3	5.1*
Periodontal disease	9.1	10.9	9.8	9.9	8.4*	9.6	11.2*	12.5*
Depression	8.6	8.3	8.4	8.4	10.6*	8.1	8.9*	5.4*
Anxiety	7.0	9.3	9.8	8.7	17.0	6.3	7.9*	10.8*
<b>Obstetric History</b>								
Previous preterm birth	16.1	15.8	10.5	14.2	9.8*	14.9	16.9	14.2*
Previous low birth weight	10.1	15.5	9.5	11.7	5.0*	13.4	13.3	10.0*
Stillbirth (pregnancy that did not result in a live birth)	5.1*	7.9	7.8	6.9	3.6*	9.0	4.5*	2.9*
Previous miscarriage	26.4	25.3	22.0	24.6	28.4	23.5	26.6	21.5*
Previous abortion	20.8	22.1	19.8	20.9	26.0	15.1	39.2	18.1*
Previous infant death	3.0*	1.9*	2.4*	2.4	0.0	3.5	0.9*	1.2*

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

<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 baby and pregnancy?

<sup>2</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>3</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 partner." Respondents who answered, "I don't know" or "I didn't have a husband or partner" were coded missing for this field.

<sup>4</sup>Question asked: Before you got pregnant, were you doing anything to keep from getting pregnant? 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 2010	LA County 2011	LA County 2012	2010 - 2012				
				LA County	White	Latina	African American	Asian/ Pacific Islander
				(%)	(%)	(%)	(%)	(%)
<b>Prenatal Care</b>								
Entered prenatal care after 1st trimester	7.0	5.7*	6.6	6.4	8.4*	6.3	7.4*	4.1*
Did not get prenatal care as early as wanted	17.8	18.5	20.4	18.9	14.6	19.4	25.6	13.2*
Traveled 15 miles or more for prenatal care	11.9	11.8	12.8	12.2	13.9	11.7	9.0*	14.0*
Prenatal care did not meet PHS guidelines <sup>5</sup>	40.5	36.3	42.9	39.9	42.4	39.0	40.4	39.5
Dissatisfied with amount of wait time at prenatal care	22.4	22.0	17.3	20.6	13.2	22.6	21.6	15.7*
Dissatisfied with amount of time spent with doctor/nurse	21.8	22.3	16.7	20.3	9.6*	22.9	23.1	16.7*
Dissatisfied with advice given at prenatal care	17.7	17.7	16.6	17.3	10.2	22.3	10.9*	10.1*
Dissatisfied with understanding/respect received	12.7	14.7	9.4	12.2	6.2*	14.7	9.3*	11.4*
Needed to see a dentist	27.9	25.4	22.2	25.2	19.8	24.4	38.0	17.6*
Received dental care	27.5	27.5	30.4	28.5	37.6	24.8	31.7	29.5*
Received a seasonal flu vaccine	29.4	22.0	24.9	25.5	29.7	24.1	19.4	35.9
<b>Medical Conditions During Pregnancy</b>								
Labor pain 3 weeks before due date	33.3	33.1	36.0	34.1	35.1	32.5	42.0	31.3*
High blood pressure	12.3	14.9	12.1	13.1	11.0	11.7	15.2	22.0*
Gestational diabetes	14.6	10.2	10.9	12.0	7.8*	14.1	10.3*	9.8*
Problems with the placenta <sup>6</sup>	9.9	15.1	14.1	13.0	13.5	12.0	16.7	10.9*
Urinary tract infection	18.0	17.3	15.5	16.9	11.9	19.1	18.1	8.5*
Water broke more than 3 weeks early	21.2	24.7	21.5	22.4	23.9	19.9	29.4	23.9*
Incompetent cervix <sup>7</sup>	5.7*	5.0*	4.3*	5.0	5.1*	3.8	9.1*	5.8*
Sexually transmitted disease	4.1*	4.8*	3.3*	4.1	0.7*	3.3*	12.5*	0.4*
Bacterial vaginosis	8.9	13.9	9.7	10.8	7.6*	11.3	15.7	5.1*
Periodontal disease	15.8	15.3	16.0	15.7	12.9	15.1	19.2	16.8*
<b>Risk Behaviors During Pregnancy</b>								
Smoking	4.7*	5.5*	3.1*	4.4	5.8*	1.8*	13.1	5.0*
Exposure to secondhand smoke <sup>8</sup>	8.9	11.7	4.5*	8.3	8.3*	5.8	20.5	4.1*
Using illegal drugs or drugs not prescribed by a doctor <sup>9</sup>	6.2	7.8	6.5	6.8	8.2*	4.7	14.1	6.7*
Drinking alcohol	8.5	12.3	8.6	9.8	21.1	7.8	11.3*	3.5*
Did not exercise during pregnancy <sup>10</sup>	39.7	37.8	31.6	36.4	31.1	37.0	30.4	47.6

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

<sup>5</sup>Question asked: During your first or second prenatal care visit, were these part of your visit? Blood pressure measured, urine sample given, blood sample taken, height and weight measured, had pelvic exam, health history taken, ultrasound done, doctor asked about prenatal lead exposure. Those who responded "no" to any of the first six items were recoded as "PHS guidelines not met."

<sup>6</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 the placenta."

<sup>7</sup>Question asked: During your last pregnancy, did you do anything to prevent preterm or early labor? Respondents who answered "yes" to "Doctor sewed my cervix closed (cerclage of incompetent cervix)" were coded as "Incompetent cervix."

<sup>8</sup>Question asked: During your last 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>9</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>10</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 the prevalence of exercise during last three months of pregnancy.

Psychosocial and Behavioral Risk Factors During Pregnancy by Race/Ethnicity	LA County 2010	LA County 2011	LA County 2012	2010 - 2012				
				LA County	White	Latina	African American	Asian/Pacific Islander
				(%)	(%)	(%)	(%)	(%)
<b>Mental Health During Pregnancy</b>								
Self reported depression <sup>11</sup>	49.0	45.6	46.8	47.2	32.5	50.0	57.7	35.6
<b>Social Support</b>								
Dissatisfied with support given by the baby's father <sup>12</sup>	14.3	14.3	11.3	13.3	11.3	11.3	27.0	8.3*
Experienced domestic violence/intimate partner abuse <sup>13</sup>	2.5*	1.9*	2.2*	2.2*	0.0	1.8*	6.8*	0.8*
Would have someone to loan money if needed <sup>14</sup>	84.8	79.6	82.6	82.4	90.7	80.8	80.3	85.2
Would have someone to help if sick	90.6	86.6	85.8	87.7	93.0	84.7	91.4	91.4
Would have someone to listen to problems	88.7	86.2	85.9	87.0	90.7	86.3	82.3	92.9
<b>Social Environment</b>								
Perceived neighborhood as unsafe <sup>15</sup>	19.5	18.9	17.3	18.6	8.3*	21.4	28.4	0.0
<b>Stressful Life Events During Pregnancy</b>								
Family member had to go into the hospital	12.5	13.0	13.7	13.0	8.2*	12.3	17.5	17.7*
Divorced/separated from husband/partner	9.9	10.1	6.5	8.8	5.5*	9.2	14.6	
Moved to a new address	18.0	22.4	19.2	19.8	20.7	18.8	24.7	18.0*
Were homeless	5.5*	4.1*	5.1*	4.9	1.4*	4.1	13.1	2.3*
Husband/partner lost his/her job	11.0	14.0	6.4	10.5	7.1*	11.4	12.6	8.6*
Lost job but wanted to continue working	6.2	6.4	6.6	6.4	5.0*	7.6	5.7*	2.5*
Argued more than usual with husband/partner	28.5	28.6	27.1	28.1	23.0	26.9	46.6	15.9*
Had a lot of bills that could not be paid	17.8	19.4	20.8	19.3	11.3*	21.0	29.3	6.7*
Were in a physical fight	2.9*	5.1*	3.6*	3.8	2.1*	3.8	7.1*	2.1*
Husband/partner or self went to jail	3.2*	3.3*	3.0*	3.1	3.3*	2.6*	7.3*	0.0
Someone close had drinking or drug problems	7.7	7.1	9.2	8.0	7.2*	8.5	11.2	2.9*
Someone close and important died	8.6	8.9	10.0	9.2	6.6*	10.1	14.2	1.4*
<b>Reported Ever Experiencing Discrimination</b>								
Any discrimination	32.4	37.0	35.4	34.9	24.7	31.7	56.0	37.0
At work	11.3	13.1	11.6	12.0	13.2	10.2	16.3	13.0*
When getting medical care	9.7	8.5	10.7	9.6	5.7*	9.4	10.7*	15.9*
When getting housing	8.2	7.9	9.2	8.4	5.8*	7.8	18.5	1.5*
Because of race/color	19.4	17.6	16.1	17.7	6.3*	14.8	44.7	10.4*
Because of gender	9.4	10.2	10.2	9.9	11.0	7.6	17.5	9.7*
Because of pregnancy	8.7	11.2	11.1	10.4	9.8	9.7	11.8*	13.1*

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

<sup>11</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 questions were coded as having "Self reported depression."

<sup>12</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 with support given by the baby's father."

<sup>13</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>14</sup>Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

<sup>15</sup>Question asked: How would you rate this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were coded to "Perceived neighborhood as unsafe."

Postpartum Health by Race/Ethnicity	LA County 2010	LA County 2011	LA County 2012	2010 - 2012				
				LA County	White	Latina	African American	Asian/ Pacific Islander
				(%)	(%)	(%)	(%)	(%)
<b>Maternal Postpartum Health</b>								
Had a postpartum check-up	85.1	87.9	85.4	86.1	84.3	88.1	78.5	88.2
Family planning discussed during postpartum check-up	81.8	76.6	74.4	77.7	58.8	83.7	84.9	61.3
Currently using birth control <sup>16</sup>	50.6	39.2	40.2	43.4	29.5	47.2	42.9	43.5
Currently pregnant <sup>17</sup>	13.1	20.9	20.0	17.9	28.9	15.6	14.7	21.3*
<b>Self-reported Postpartum Depression</b>								
Postpartum depression <sup>18</sup>	50.5	50.3	50.3	50.3	35.8	50.4	58.8	54.7
<b>Grief and Bereavement Support</b>								
Offered information on support groups/individual counseling	76.0	82.7	78.0	78.9	83.1	77.6	79.5	78.9
Attended a support group	26.5	25.8	29.0	27.1	44.7	24.2	11.1*	47.9*
Found the support group helpful	82.6	85.3	79.4	82.3	74.2	83.6	61.1*	100.0
Attended individual counseling	51.8	48.5	47.9	49.3	71.5	43.6	41.4	53.0*
Found individual counseling helpful	87.4	78.1	85.8	83.6	84.8	85.0	66.9	
Religion provided bereavement support	48.5	45.2	48.7	47.5	44.8	47.0	45.0	57.9
Offered materials on grief or bereavement	80.5	87.5	77.0	81.6	90.2	77.8	83.7	89.8
Offered photographs of the baby	77.2	82.5	74.1	77.9	75.3	80.7	77.2	69.1
Offered keepsake items of the baby	88.1	86.1	85.5	86.6	85.6	87.0	85.1	90.5
Given information on burial arrangements	87.6	91.5	84.1	87.7	86.7	88.7	86.4	86.0

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

<sup>16</sup>Question asked: Are you or your husband or partner doing anything now to keep from getting pregnant? Respondents who answered "yes" were coded as "Currently using birth control."

<sup>17</sup>Question asked: Are you currently pregnant?

<sup>18</sup>Question asked: Did you experience postpartum depression?

Pre-Pregnancy Health by Service Planning Area	LA County 2010	LA County 2011	LA County 2012	2010 - 2012									
				LA County	Antelope Valley	San Fernando	San Gabriel	Metro	West	South	East	South Bay	
				(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
<b>Access to Health Care Before Pregnancy</b>													
Uninsured	33.6	28.0	25.5	29.1	24.7	24.6	35.9	28.9	7.0*	35.3	31.0	25.1	
On Medi-Cal	26.6	30.1	31.7	29.4	44.6	22.9	23.5	35.7	7.7*	44.0	28.1	20.9	
<b>Preconception Health Behaviors and Experiences</b>													
No preconception health counseling <sup>1</sup>	65.5	66.8	67.6	66.6	75.0	57.8	70.8	71.0	34.7	73.2	75.3	57.9	
Not taking a multivitamin	49.3	53.0	48.4	50.2	54.2	35.5	48.5	51.2	26.8*	63.8	56.9	49.6	
Lack of folic acid knowledge	58.6	67.3	64.2	63.3	64.6	55.7	68.2	59.0	39.0	71.9	68.6	60.7	
Did not have enough money for food	4.1*	3.6*	3.8*	3.8	9.4*	1.9*	4.7*	1.5*	0.0	5.4*	5.8*	2.2*	
Smoked in the 6 months before pregnancy	10.5	12.6	8.6	10.6	17.7*	9.1*	6.7*	6.0*	7.8*	15.3	5.8*	15.6	
<b>Family Planning Practices</b>													
Unwanted pregnancy/mistimed by mother <sup>2</sup>	37.7	38.8	38.7	38.4	41.8	25.1	35.7	48.8	6.9*	42.5	47.1	41.1	
Unwanted pregnancy by partner <sup>3</sup>	25.9	24.2	27.0	25.7	24.3	19.4	26.9	32.0	6.8*	28.8	31.4	23.1	
Using birth control before getting pregnant <sup>4</sup>	33.2	39.4	32.9	35.1	40.5	28.6	38.5	42.6	18.9*	40.5	32.8	31.7	
Received fertility treatment	6.2*	6.3	5.6*	6.0	4.0*	11.7*	1.4*	2.1*	29.3*	1.0*	8.8*	5.9*	
<b>Preconception Health Conditions</b>													
Overweight/Obese	56.8	55.1	57.6	56.5	70.5	53.4	47.0	57.8	22.4*	65.9	63.2	53.7	
Asthma	3.4*	6.4	5.0*	4.9	7.8*	7.2*	4.0*	1.5*	3.6*	6.5*	4.8*	3.3*	
High blood pressure	3.5*	7.1	4.1*	4.9	6.7	3.2*	5.4*	2.3*	0.0	7.2*	6.1*	4.6*	
Diabetes	4.6*	2.5*	4.4*	3.8	0	3.5*	3.9*	4.2*	0	3.4*	9.1*	1.7*	
Anemia	10.1	7.6	7.8	8.5	10.1*	2.1*	8.9*	6.3*	2.2*	11.9	12.2	10.1*	
Periodontal disease	9.1	10.9	9.8	9.9	8.4*	10.2	5.9*	8.8*	3.4*	10.1	8.6*	16.9*	
Depression	8.6	8.3	8.4	8.4	10.0*	6.0*	14.8	4.3*	4.7*	6.3*	11.6*	8.5*	
Anxiety	7.0	9.3	9.8	8.7	7.4*	6.0*	10.5	6.1*	8.5*	6.9*	9.7*	13.5*	
<b>Obstetric History</b>													
Previous preterm birth	16.1	15.8	10.5	14.2	19.8	9.0*	14.4	11.5*	12.1*	18.0	15.8	14.0*	
Previous low birth weight	10.1	15.5	9.5	11.7	12.6*	10.0*	12.6*	8.1*	7.0*	15.3	13.6	9.6*	
Stillbirth (pregnancy that did not result in a live birth)	5.1*	7.9	7.8	6.9	7.4*	4.6*	4.5*	10.1*	7.0*	6.3*	9.1*	7.7*	
Previous miscarriage	26.4	25.3	22.0	24.6	24.8	26.2	24.0	18.1	25.5*	24.9	27.1	25.2	
Previous abortion	20.8	22.1	19.8	20.9	22.8	15.2	14.4	17.2	21.0*	23.6	18.4	33.2	
Previous infant death	3.0*	1.9*	2.4*	2.4	1.3*	1.5*	2.8*	2.1*	1.6*	2.4*	3.5*	3.0*	

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

<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 baby and pregnancy?

<sup>2</sup>Question asked: Thinking back to just before you got pregnant with your last 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>3</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 partner." Respondents who answered, "I don't know" or "I didn't have a husband or partner" were coded missing for this field.

<sup>4</sup>Question asked: Before you got pregnant, were you doing anything to keep from getting pregnant? 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 Service Planning Area

	2010 - 2012												
	LA County 2010	LA County 2011	LA County 2012	LA County	Antelope Valley	San Fernando	San Gabriel	Metro	West	South	East	South Bay	
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	
<b>Prenatal Care</b>													
Entered prenatal care after 1st trimester	7.0	5.7*	6.6	6.4	12.3*	4.1*	5.7*	7.7*	0.0	8.4*	4.5*	7.4*	
Did not get prenatal care as early as wanted	17.8	18.5	20.4	18.9	32.3	13.9	17.3	19.5	2.1*	20.7	20.3	21.2	
Traveled 15 miles or more for prenatal care	11.9	11.8	12.8	12.2	25.0	13.7	17.2	5.9*	12.5*	13.7	9.3*	6.5*	
Prenatal care did not meet PHS guidelines <sup>5</sup>	40.5	36.3	42.9	39.9	55.8	38.2	42.6	44.6	56.0	35.6	37.3	34.8	
Dissatisfied with amount of wait time at prenatal care	22.4	22.0	17.3	20.6	30.0	17.6	17.2	23.9	17.0*	22.4	23.3	17.6	
Dissatisfied with amount of time spent with doctor/nurse	21.8	22.3	16.7	20.3	26.0	15.4	13.1	25.5	3.7*	23.7	24.4	22.5	
Dissatisfied with advice given at prenatal care	17.7	17.7	16.6	17.3	22.9	16.9	10.1*	16.3	8.2*	21.0	22.0	16.4	
Dissatisfied with understanding/respect received	12.7	14.7	9.4	12.2	12.1*	11.2	6.8*	11.1*	10.3*	17.8	13.1	12.1*	
Needed to see a dentist	27.9	25.4	22.2	25.2	24.2	26.8	16.1	25.4	7.1*	30.3	23.2	31.4	
Received dental care	27.5	27.5	30.4	28.5	10.0*	34.0	23.7	36.7	37.9	24.3	28.8	29.7	
Received a seasonal flu vaccine	29.4	22.0	24.9	25.5	12.4*	30.7	28.6	24.8	33.9	23.2	30.8	17.4*	
<b>Medical Conditions During Pregnancy</b>													
Labor pain 3 weeks before due date	33.3	33.1	36.0	34.1	40.3	33.0	25.7	32.8	32.1	33.2	34.4	42.7	
High blood pressure	12.3	14.9	12.1	13.1	17.3*	13.1*	14.9	9.2*	2.3*	16.3	12.7*	11.6*	
Gestational diabetes	14.6	10.2	10.9	12.0	11.5*	12.1	14.0	13.9*	6.3*	9.7	12.8	12.0*	
Problems with the placenta <sup>6</sup>	9.9	15.1	14.1	13.0	15.0*	12.7	6.7*	16.9*	13.8*	11.4	15.2	15.2	
Urinary tract infection	18.0	17.3	15.5	16.9	23.0	18.3	14.7	9.5*	13.8*	21.7	15.5	16.2	
Water broke more than 3 weeks early	21.2	24.7	21.5	22.4	17.0*	24.8	13.5	19.8*	27.1*	20.8	21.2	33.2	
Incompetent cervix <sup>7</sup>	5.7*	5.0*	4.3*	5.0	3.5*	1.0*	1.9*	2.1*	13.9*	8.1*	6.5*	8.0*	
Sexually transmitted disease	4.1*	4.8*	3.3*	4.1	3.0*	1.9	1.0*	0.0	1.8*	9.8	7.2*	3.2*	
Bacterial vaginosis	8.9	13.9	9.7	10.8	3.6*	11.9	8.8*	10.2*	5.5*	14.7	15.0	6.6*	
Periodontal disease	15.8	15.3	16.0	15.7	16.6*	15.1	11.2*	13.5*	11.8*	18.2	17.2	18.1	
<b>Risk Behaviors During Pregnancy</b>													
Smoking	4.7*	5.5*	3.1*	4.4	7.2*	3.9*	1.6*	1.9*	0.0	8.3	2.5*	6.3*	
Exposure to secondhand smoke <sup>8</sup>	8.9	11.7	4.5*	8.3	14.6*	5.8*	8.2*	2.7*	5.7*	14.2	7.4*	7.3*	
Using illegal drugs or drugs not prescribed by a doctor <sup>9</sup>	6.2	7.8	6.5	6.8	10.4*	5.9*	6.5*	5.1*	0.0	7.5*	7.3*	8.0*	
Drinking alcohol	8.5	12.3	8.6	9.8	13.5*	9.6*	4.3*	10.8*	27.8*	6.3*	10.4*	12.7*	
Did not exercise during pregnancy <sup>10</sup>	39.7	37.8	31.6	36.4	41.9	40.7	38.6	26.5	29.2*	29.2	42.0	40.2	

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

<sup>5</sup>Question asked: During your first or second prenatal care visit, were these part of your visit? Blood pressure measured, urine sample given, blood sample taken, height and weight measured, had pelvic exam, health history taken, ultrasound done, doctor asked about prenatal lead exposure. Those who responded "no" to any of the first six items were recoded as "PHS guidelines not met."

<sup>6</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 the placenta."

<sup>7</sup>Question asked: During your last pregnancy, did you do anything to prevent preterm or early labor? Respondents who answered "yes" to "Doctor sewed my cervix closed (cerclage of incompetent cervix)" were coded as "Incompetent cervix."

<sup>8</sup>Question asked: During your last 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>9</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>10</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 the prevalence of exercise during last three months of pregnancy.

Psychosocial and Behavioral Risk Factors During Pregnancy by Service Planning Area	LA County 2010	LA County 2011	LA County 2012	2010 - 2012									
				LA County	Antelope Valley	San Fernando	San Gabriel	Metro	West	South	East	South Bay	
				SPA 1	SPA 2	SPA 3	SPA 4	SPA 5	SPA 6	SPA 7	SPA 8		
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
<b>Mental Health During Pregnancy</b>													
Self reported depression <sup>11</sup>	49.0	45.6	46.8	47.2	49.0	42.3	46.1	49.7	20.6*	51.7	52.6	46.3	
<b>Social Support</b>													
Dissatisfied with support given by the baby's father <sup>12</sup>	14.3	14.3	11.3	13.3	16.7*	7.0*	11.2*	18.2	12.9*	21.6	10.8*	10.1*	
Experienced domestic violence/intimate partner abuse <sup>13</sup>	2.5*	1.9*	2.2*	2.2*	0.0	1.0*	0.0	0.8*	2.3*	4.1*	2.7*	4.4*	
Would have someone to loan money if needed <sup>14</sup>	84.8	79.6	82.6	82.4	83.1	89.1	73.0	80.9	95.2	78.0	84.5	84.8	
Would have someone to help if sick	90.6	86.6	85.8	87.7	88.1	86.8	88.0	80.6	90.5	87.5	89.1	91.6	
Would have someone to listen to problems	88.7	86.2	85.9	87.0	87.0	91.3	83.0	83.0	95.2	84.1	86.8	90.1	
<b>Social Environment</b>													
Perceived neighborhood as unsafe <sup>15</sup>	19.5	18.9	17.3	18.6	11.3*	11.2	8.8*	21.9	8.5*	40.3	19.6	11.2*	
<b>Stressful Life Events During Pregnancy</b>													
Family member had to go into the hospital	12.5	13.0	13.7	13.0	8.2*	15.0	13.3*	22.7*	6.1*	12.7	12.2	8.4*	
Divorced/separated from husband/partner	9.9	10.1	6.5	8.8	8.1*	2.5*	9.4*	8.4*	6.3*	11.8	14.6	8.2*	
Moved to a new address	18.0	22.4	19.2	19.8	17.4*	17.9	21.7	18.6	16.5*	25.0	21.2	15.2	
Were homeless	5.5*	4.1*	5.1*	4.9	3.3*	5.9*	1.1*	3.4*	2.7*	12.3	2.7*	2.5*	
Husband/partner lost his/her job	11.0	14.0	6.4	10.5	18.7	9.3*	8.6*	4.9*	1.8*	15.5	8.8*	11.8*	
Lost job but wanted to continue working	6.2	6.4	6.6	6.4	4.6*	9.9	4.7*	10.4*	0.0	8.3*	2.8*	4.1*	
Argued more than usual with husband/partner	28.5	28.6	27.1	28.1	32.2	24.4	20.1	29.8	14.1*	37.9	27.0	28.5	
Had a lot of bills that could not be paid	17.8	19.4	20.8	19.3	20.2	17.9	19.5	18.0*	5.8*	24.1	17.7	19.7	
Were in a physical fight	2.9*	5.1*	3.6*	3.8	2.1*	3.0*	3.4*	2.5*	0.0	7.5*	2.7*	4.0*	
Husband/partner or self went to jail	3.2*	3.3*	3.0*	3.1	5.7*	2.0*	2.2*	1.7*	0.0	6.3*	1.8*	3.5*	
Someone close had drinking or drug problems	7.7	7.1	9.2	8.0	10.4*	7.0*	12.9	5.6*	0.0	10.3	7.1*	5.4*	
Someone close and important died	8.6	8.9	10.0	9.2	8.2*	4.6*	9.2*	10.9*	4.8*	13.2	15.0	4.7*	
<b>Reported Ever Experiencing Discrimination</b>													
Any discrimination	32.4	37.0	35.4	34.9	41.4	36.6	29.7	35.8	35.1	36.8	23.7	42.4	
At work	11.3	13.1	11.6	12.0	14.4*	16.4	9.0*	19.2	15.4*	10.8	5.1*	10.9*	
When getting medical care	9.7	8.5	10.7	9.6	10.6*	8.1*	7.1*	11.2*	4.5*	8.9	6.9*	16.3*	
When getting housing	8.2	7.9	9.2	8.4	15.9*	7.0*	8.4*	9.5*	7.4*	11.9	4.5*	6.3*	
Because of race/color	19.4	17.6	16.1	17.7	20.4	18.0	13.3	20.3	19.0*	26.1	11.4*	13.8*	
Because of gender	9.4	10.2	10.2	9.9	9.3*	11.0	9.6*	15.4*	14.4*	9.4	5.9*	8.7*	
Because of pregnancy	8.7	11.2	11.1	10.4	16.7*	12.3	9.4*	7.6*	7.7*	9.7	5.2*	14.6*	

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

<sup>11</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 questions were coded as having "Self reported depression."

<sup>12</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 with support given by the baby's father."

<sup>13</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>14</sup>Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

<sup>15</sup>Question asked: How would you rate this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were coded to "Perceived neighborhood as unsafe."

Postpartum Health by Service Planning Area	LA County 2010	LA County 2011	LA County 2012	2010 - 2012								
				LA County	Antelope Valley	San Fernando	San Gabriel	Metro	West	South	East	South Bay
				(%)	SPA 1	SPA 2	SPA 3	SPA 4	SPA 5	SPA 6	SPA 7	SPA 8
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	
<b>Maternal Postpartum Health</b>												
Had a postpartum check-up	85.1	87.9	85.4	86.1	80.8	89.1	93.0	89.4	87.8	79.6	84.1	85.5
Family planning discussed during postpartum check-up	81.8	76.6	74.4	77.7	68.9	73.7	75.2	85.7	58.8	86.6	82.8	71.6
Currently using birth control <sup>16</sup>	50.6	39.2	40.2	43.4	44.5	39.9	41.8	44.7	42.9	49.6	45.2	39.2
Currently pregnant <sup>17</sup>	13.1	20.9	20.0	17.9	25.3	20.6	14.8	17.4	21.9*	16.2	12.8	21.2
<b>Self-reported Postpartum Depression</b>												
Postpartum depression <sup>18</sup>	50.5	50.3	50.3	50.3	61.3	48.2	43.8	43.4	31.0	52.7	50.4	60.7
<b>Grief and Bereavement Support</b>												
Offered information on support groups/individual counseling	76.0	82.7	78.0	78.9	79.5	84.9	70.9	79.0	73.7	75.7	79.2	83.7
Attended a support group	26.5	25.8	29.0	27.1	30.7*	39.9	28.4*	24.5*	53.9*	17.3*	17.7*	23.6*
Found the support group helpful	82.6	85.3	79.4	82.3	70.3*	89.0	90.8	89.9	78.1	78.7	59.9*	74.7
Attended individual counseling	51.8	48.5	47.9	49.3	51.3	59.7	50.7	43.9	73.2	40.2	35.0	53.5
Found individual counseling helpful	87.4	78.1	85.8	83.6	79.4	90.4	84.9	92.6	94.0	79.3	61.7	82.0
Religion provided bereavement support	48.5	45.2	48.7	47.5	40.3	46.5	55.2	50.7	40.7	46.8	39.3	50.9
Offered materials on grief or bereavement	80.5	87.5	77.0	81.6	84.5	86.7	75.8	79.4	81.0	77.7	78.7	89.0
Offered photographs of the baby	77.2	82.5	74.1	77.9	80.1	83.3	78.6	78.3	71.1	78.1	75.7	73.4
Offered keepsake items of the baby	88.1	86.1	85.5	86.6	89.9	92.7	87.5	85.1	83.0	82.1	83.9	87.3
Given information on burial arrangements	87.6	91.5	84.1	87.7	90.3	88.4	88.4	91.2	91.0	88.6	89.3	80.1

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

<sup>16</sup>Question asked: Are you or your husband or partner doing anything now to keep from getting pregnant? Respondents who answered "yes" were coded as "Currently using birth control."

<sup>17</sup>Question asked: Are you currently pregnant?

<sup>18</sup>Question asked: Did you experience postpartum depression?

## Technical Notes

### I. Methods

LA HOPE is an ongoing, population-based survey that surveys women in LAC seven to nine months after they have experienced a fetal or infant loss. Women are selected from infant and fetal death records and 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 and Spanish, with translators available for other languages. In addition, grief and bereavement resources and a \$25 gift certificate are provided with each mailed survey regardless if mothers chose to participate.

### II. Sampling

The 2010-2012 LA HOPE Project uses stratified random sampling by mother's race and SPA and an over-sample of African American mothers.

### III. Data Weighting

To obtain a representative picture of the mothers who experienced a fetal or infant loss in LAC in 2010-2012, the data were weighted by SPA and race/ethnicity. Specifically, post stratification procedures were used to properly weight the sample and account for the complex sampling frame.

### IV. Response Rate

There were 963 mothers who responded to the 2010-2012 LA HOPE survey, resulting in an average adjusted response rate of 52%, based on calculations proposed by the American Association for Public Opinion Research (AAPOR)<sup>1</sup>.

### V. 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<sup>2,3</sup>. All missing and unknown response values were excluded from individual calculations where applicable.

### VI. Strengths and Limitations

Strengths: LA HOPE is a population-based survey allowing generalization to all women who have experienced fetal or infant loss in LAC.

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. Also, the data can only be generalized to LAC residents who experienced fetal or infant loss in 2010-2012.

### VII. Glossary

1. Unwanted/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 of 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. Meeting the PHS prenatal care guidelines: Meeting all the recommendations of the Public Health Service Expert Panel on the Content of Prenatal Care (1989), including having blood pressure measured, urine and blood samples taken, height and weight measured, a pelvic exam, and a health history taken.
6. Depressed during pregnancy: Feeling depressed for most of the day for two weeks or longer during pregnancy.

### VIII. References to Technical Notes

1. American Association for Public Opinion Research (AAPOR)  
[http://www.aapor.org/Standard\\_Definitions/2852.htm](http://www.aapor.org/Standard_Definitions/2852.htm)
2. Behavioral Risk Factor Survey Relative Standard Error  
<http://www.dhs.wisconsin.gov/wish/main/BRFS/rse.htm>
3. National Center for Health Statistics Reference  
<http://www.cdc.gov/nchs/data/statnt/statnt24.pdf>

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<http://publichealth.lacounty.gov/mch/LAHOPE/LAHOPE.htm>

