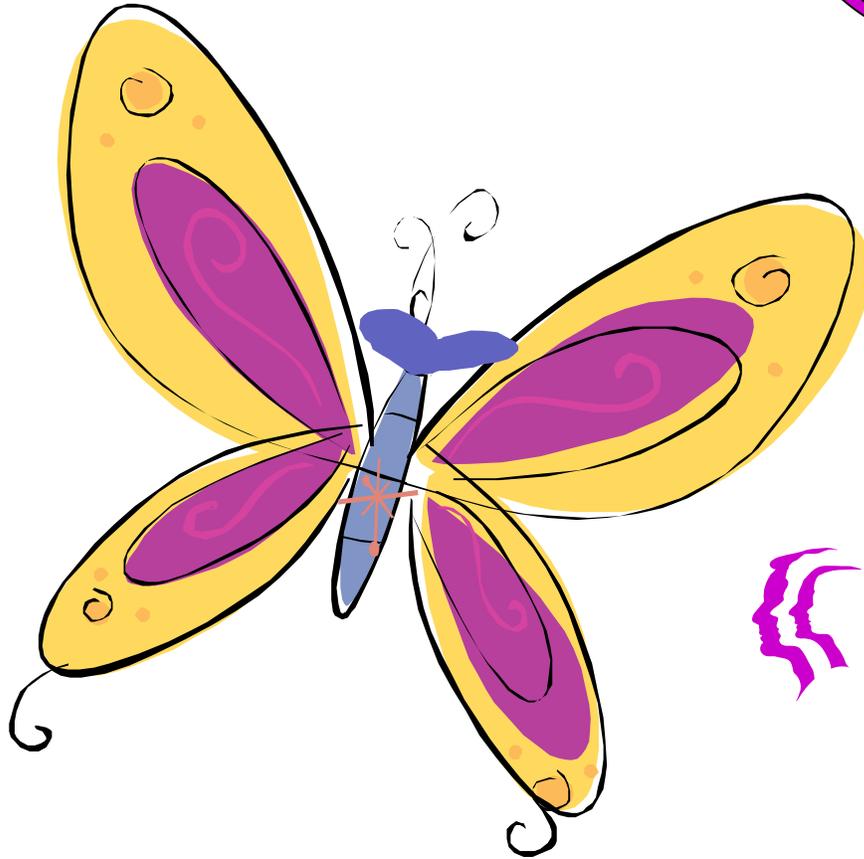


L.A. HOPE



Los Angeles Health Overview of a Pregnancy Event 2007-2009 Data Book



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About the Los Angeles Health Overview of a Pregnancy Event Project

The Los Angeles Health Overview of a Pregnancy Event (LA HOPE) is a public health surveillance project developed by the Maternal, Child, and Adolescent Health Programs of Los Angeles County 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.

Purpose

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 Los Angeles County and to improve the grief and bereavement support services offered to them.

Using the LA HOPE 2007-2009 Data Book

This data book represents findings from the 2007-2009 LA HOPE Project. Nine hundred thirty-eight eligible respondents were surveyed, representing 4,409 fetal and infant losses in Los Angeles County during 2007-2009. The data were 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 Los Angeles County in the years 2007 – 2009.

Through the release of this report, the Maternal, Child, and Adolescent Health Programs hope that these data can be used to monitor and assess trends, to plan and evaluate programs, and to direct policy decisions, with the ultimate goal of improving the health of mothers and infants in Los Angeles County. The LA HOPE Project recommends that readers review the Technical Notes section of this report, which includes the methodology and details of the sampling, data weighting, response rate, strengths and limitations of the data, and a glossary of maternal and infant health terms.

The LA HOPE 2007-2009 Data Book covers a wide range of health topics, including:

- Preconception health (health before pregnancy)
- Prenatal care and maternal medical conditions during pregnancy
- Psychosocial conditions during pregnancy
- Behavioral risk factors
- Postpartum care
- 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.

To address uncertainty about each estimate, the Relative Standardized Error (RSE) was calculated to determine the stability of each estimate. An asterisk (*) next to an estimate cautions the readers that the estimate is statistically unstable and therefore may not be appropriate to use for planning or policy purposes.

Major highlights from this report:

The following are based on weighted sample representing women who experienced an infant or fetal loss in Los Angeles County between 2007 and 2009:

- One in three (34%) women were uninsured before their pregnancies. The prevalence was highest for Latina women (42%) and lowest for Asian/Pacific Islander women (14%).
- More than three-quarters (76%) of women reported that they did not receive preconception health counseling. The prevalence was highest for Latina women (80%) and lowest for White women (57%).
- Thirteen percent of women reported that they smoked cigarettes during the six months before they became pregnant, and 4% continued to smoke during their pregnancies. African American women reported the highest prevalence of smoking six month before pregnancy (20%) and during pregnancy (10%).
- More than half of (55%) women reported that they were overweight or obese just before they became pregnant. The prevalence was highest among African American (63%) and lowest among White (35%) women.
- More than one in four (28%) women suffered from previous miscarriages. The prevalence varied across racial/ethnic groups, ranging from 25% for Latina women to 34% for African American.
- Thirty-nine percent of women had prenatal care that did not meet US Public Health Service (PHS) guidelines.
- One in six and one in seven (17% and 14%) women experienced a previous preterm or low birth weight birth, respectively.
- More than one in three (37%) women reported experiencing labor pain three weeks before their due date.
- Over one-third (34%) of women reported using illegal drugs or drugs not prescribed by a doctor.
- One in ten women (12%) reported drinking alcohol, with White women reporting twice (24%) the county prevalence. This, however, does not take into account whether or not pregnancy status was known.
- Forty-one percent of women reported having depressed mood during their pregnancy.
- Four percent of women reported being homeless during their pregnancies.
- Most women (71%) were offered information regarding support groups or individual counseling, but only 15% attended.

Pre-Pregnancy Health by Race/Ethnicity	2007-2009							
	LA County 2007	LA County 2008	LA County 2009	LA County	White	Latina	African American	Asian/Pacific Islander
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Access to Health Care Before Pregnancy								
Uninsured	34.0	35.2	31.8	33.7	18.6	41.6	28.1	13.6
On Medi-Cal	65.5	64.8	67.5	66.0	81.1	58.1	71.8	86.1
Preconception Health Behaviors and Experiences								
No preconception health counseling ¹	75.2	77.9	76.1	76.8	57.5	81.6	79.0	70.7
Not taking a multivitamin	54.3	60.7	66.8	60.2	38.5	67.0	66.0	43.1
Did not have enough money for food	7.8	8.9	10.6	9.2	*5.7	9.1	16.5	0.0
Smoked in the 6 months before pregnancy	12.0	11.7	13.1	13.1	16.7	10.6	20.1	*10.6
Family Planning Practices								
Unwanted pregnancy/mistimed by mother ²	39.1	47.0	40.8	42.9	35.3	45.8	43.6	34.2
Using birth control before getting pregnant ³	34.4	39.9	38.5	37.2	33.1	37.8	41.1	31.1
Received fertility treatment	6.9	*3.6	7.2	5.9	17.3	3.4	*3.2	*8.4
Preconception Health Conditions								
Overweight/Obese	55.5	52.0	57.6	54.6	35.2	59.4	62.5	42.1
Asthma	6.4	4.7	8.1	6.2	*6.2	6.0	*8.0	*4.4
High blood pressure	5.8	7.5	*5.5	6.4	*3.1	5.5	13.2	*2.0
Diabetes	*3.3	*3.5	*5.5	4.1	*2.1	4.5	*4.7	0.0
Anemia	7.4	11.9	10.7	10.3	*5.8	9.0	23.7	*2.1
Periodontal disease	9.3	9.3	10.4	9.9	*8.7	10.6	9.8	*6.3
Obstetric History								
Previous preterm birth	16.4	17.0	13.3	16.7	14.0	15.5	24.9	*12.1
Previous low birth weight	14.5	13.6	11.6	13.9	*11.1	12.7	18.5	*14.8
Stillbirth (pregnancy that did not result in a live birth)	9.2	7.0	7.4	8.1	*6.2	9.4	*8.5	*2.3
Previous miscarriage	27.7	25.9	28.1	27.6	29.8	24.8	33.5	32.3
Previous abortion	22.3	23.5	19.4	21.8	21.2	15.7	43.6	24.4
Previous infant death	7.1	*3.2	*5.0	5.9	*6.6	5.4	*7.5	*2.4

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

¹Question 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?

²Question 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".

³Question asked: Before you got pregnant, were you doing something 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	2007-2009								
	LA County 2007	LA County 2008	LA County 2009	LA County	White	Latina	African American	Asian/Pacific Islander	
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Prenatal Care									
Entered prenatal care after 1st trimester	9.8	7.6	8.4	8.5	*4.3	9.9	10.3	*3.1	
Did not get prenatal care as early as wanted	17.0	17.8	15.8	16.4	*11.3	17.6	19.1	*13.5	
Traveled 15 miles or more for prenatal care	11.9	14.2	15.1	12.6	12.6	10.6	17.4	*20.4	
Prenatal care did not meet PHS guidelines ⁴	35.2	44.3	40.0	39.1	40.1	41.1	31.3	37.8	
Dissatisfied with amount of wait time at prenatal care	36.5	39.1	34.0	36.4	25.0	40.4	35.4	32.9	
Dissatisfied with amount of time spent with doctor/nurse	30.6	38.2	34.5	33.2	13.2	39.6	32.2	*27.7	
Dissatisfied with advice given at prenatal care	28.7	36.8	37.6	33.3	16.6	37.5	33.0	34.8	
Dissatisfied with understanding/respect received from the prenatal care provider's staff	17.6	19.1	15.4	16.3	*9.2	18.8	16.6	*7.8	
Medical Conditions During Pregnancy									
Labor pain 3 weeks before due date	33.4	33.9	43.9	36.9	34.5	38.6	34.4	*28.8	
High blood pressure	17.0	12.7	12.9	14.3	10.9	14.2	18.5	*7.9	
Gestational diabetes	9.1	11.0	14.4	11.2	*6.2	12.5	9.7	*9.8	
Problems with the placenta ⁵	11.6	9.8	10.2	10.9	15.4	9.3	13.1	*10.7	
Urinary tract infection	14.8	14.8	15.9	15.0	13.9	16.5	15.3	*5.5	
Water broke more than 3 weeks early	21.0	18.8	19.7	19.3	22.6	19.3	19.9	*7.9	
Sexually transmitted disease	*4.5	*5.5	*3.9	4.9	*1.9	4.7	*8.5	*6.7	
Bacterial vaginosis	7.1	4.9	7.5	6.6	*5.4	6.5	9.3	*2.2	
Periodontal disease	14.2	14.1	12.3	13.9	12.3	13.0	18.1	*11.6	
Risk Behaviors During Pregnancy									
Smoking	*4.7	*2.9	*2.6	3.9	*4.1	*2.2	9.5	*3.5	
Exposure to secondhand smoke ⁶	9.5	7.4	8.3	9.4	*9.4	7.5	17.4	*6.3	
Using illegal drugs or drugs not prescribed by a doctor ⁷	32.4	31.0	38.3	34.0	38.7	31.4	41.1	28.9	
Drinking alcohol	10.9	14.8	10.5	12.2	24.2	9.4	14.2	*5.9	
Did not exercise during pregnancy ⁸	47.4	47.7	45.0	46.7	40.7	49.2	45.8	36.6	

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

⁴Question 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."

⁵Question 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".

⁶Question 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".

⁷Respondents 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".

⁸Question asked: During your last pregnancy how often did you exercise for 30 minutes or more? Respondents who answered "I didn't exercise" or "I didn't exercise; a doctor, nurse or health care worker said not to exercise" were coded as "did not exercise during pregnancy".

Psychosocial and Behavioral Risk Factors During Pregnancy by Race/Ethnicity	2007-2009							
	LA County 2007	LA County 2008	LA County 2009	LA County	White	Latina	African American	Asian/Pacific Islander
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Mental Health During Pregnancy								
Self reported depression ⁹	41.5	41.6	40.2	40.9	23.3	46.2	43.0	29.5
Social Support								
Dissatisfied with support given by the baby's father ¹⁰	16.7	19.7	15.0	17.1	10.0	16.1	29.3	*11.7
Experienced domestic violence/intimate partner abuse ¹¹	*4.5	*3.2	*2.4	3.7	*0.3	4.0	*7.7	0.0
Would have someone to loan money if needed ¹²	76.0	78.2	75.1	75.7	88.2	71.4	81.4	71.8
Would have someone to help if sick	81.9	78.6	80.1	79.8	86.0	76.7	87.1	76.2
Would have someone to listen to problems	80.9	80.6	82.7	81.2	89.1	79.0	82.2	77.2
Social Environment								
Perceived neighborhood as unsafe ¹³	18.6	24.6	19.5	21.0	11.5	22.4	27.5	*15.1
Stressful Life Events During Pregnancy								
Family member had to go into the hospital	12.1	16.8	11.5	13.5	13.3	13.9	14.1	*8.7
Divorced/separated from husband/partner	10.2	11.0	9.2	10.6	*3.8	11.1	19.1	0.0
Moved to a new address	17.9	20.8	19.2	19.5	21.2	19.3	20.2	*13.9
Were homeless	*5.5	*2.0	*4.6	4.2	0.0	4.3	*6.3	*8.8
Husband/partner lost his/her job	10.7	12.9	13.7	12.7	*7.8	14.4	13.3	*5.5
Lost job but wanted to continue working	5.5	7.1	7.4	6.3	*3.5	7.4	*6.8	*3.1
Argued more than usual with husband/partner	26.8	25.7	26.1	27.2	16.1	28.3	36.2	*16.8
Had a lot of bills that could not be paid	18.4	22.2	18.3	20.3	*9.8	23.0	25.1	*3.2
Were in a physical fight	*4.2	*2.2	*2.6	3.2	*1.0	3.0	*6.8	*2.2
Husband/partner or self went to jail	*4.4	*2.8	*2.3	3.7	*2.9	3.5	*7.3	0.0
Someone close had drinking or drug problems	8.0	9.1	*4.2	7.7	*9.3	7.8	*7.0	*3.2
Someone close and important died	11.6	13.1	10.8	11.8	*7.9	12.8	13.0	*8.6

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

⁹Question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? Respondents who answered "Yes" were coded as "self reported depression".

¹⁰Question 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".

¹¹Question 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.

¹²Question asked: During your last pregnancy, would you have someone to loan you 50\$ if you had needed it?

¹³Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "not at all safe" or "soemwhat unsafe" were recoded to "Neighborhood Unsafe."

Postpartum Health by Race/Ethnicity	2007-2009							
	LA County 2007	LA County 2008	LA County 2009	LA County	White	Latina	African American	Asian/Pacific Islander
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Maternal Postpartum Health								
Had a postpartum check-up	84.9	83.0	83.3	84.0	91.2	82.8	79.2	91.4
Family planning discussed during postpartum check-up	81.9	77.4	79.5	80.2	73.2	83.2	82.2	70.2
Self-reported Postpartum Depression								
Self reported postpartum depression ¹⁴	53.4	54.5	52.5	52.8	49.3	53.3	59.6	36.5
Grief and Bereavement Support								
Offered info on support groups/individual counseling	66.3	73.3	72.9	70.6	81.0	65.9	72.1	83.9
Attended a support group	8.0	14.4	42.1	14.9	27.8	10.5	22.3	*8.4
Religion provided bereavement support	49.6	46.1	51.8	49.2	48.7	46.2	58.5	52.1
Offered materials on grief or bereavement	76.7	75.9	78.2	77.0	86.3	72.0	81.5	85.6
Offered photographs of the baby	80.2	77.6	83.8	80.3	81.6	81.2	77.3	73.5
Offered keepsake items of the baby	84.1	84.9	86.1	85.5	90.9	83.8	84.9	88.3
Given information on burial arrangements	80.4	82.4	82.2	81.3	80.2	82.0	81.3	75.5

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

¹⁴Question asked: Did you experience postpartum depression?

Pre-Pregnancy Health by Service Planning Area	LA County 2007	LA County 2008	LA County 2009	2007-2009								
				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	
Access to Health Care Before Pregnancy												
Uninsured	34.0	35.2	31.8	33.7	30.9	35.4	26.5	38.0	12.9	38.1	35.9	34.1
On Medi-Cal	65.5	64.8	67.5	66.0	69.1	64.4	73.3	62.1	86.5	61.7	63.6	65.3
Preconception Health Behaviors and Experiences												
No preconception health counseling ¹	75.2	77.9	76.1	76.8	86.2	73.6	74.0	74.7	35.6	86.5	79.1	76.6
Not taking a multivitamin	54.3	60.7	66.8	60.2	63.0	49.8	56.8	62.0	32.6	73.6	58.4	65.7
Did not have enough money for food	7.8	8.9	10.6	9.2	*14.0	*8.2	*6.7	*10.6	*6.2	11.8	*8.6	8.8
Smoked in the 6 months before pregnancy	12.0	11.7	13.1	13.1	20.1	*9.7	10.3	*6.8	*18.5	17.0	14.0	14.6
Family Planning Practices												
Unwanted pregnancy/mistimed by mother ²	39.1	47.0	40.8	42.9	43.2	41.4	37.0	44.0	28.2	47.4	49.3	41.5
Using birth control before getting pregnant ³	34.4	39.9	38.5	37.2	31.3	34.5	29.4	32.2	45.9	40.1	41.1	44.0
Received fertility treatment	6.9	*3.6	7.2	5.9	*4.6	*9.1	*4.6	*6.2	33.4	*1.4	*2.6	*5.7
Preconception Health Conditions												
Overweight/Obese	55.5	52.0	57.6	54.6	62.8	51.2	49.7	49.7	*17.3	64.4	61.9	53.4
Asthma	6.4	4.7	8.1	6.2	*11.9	*6.2	*2.7	*9.1	0.0	8.6	*6.6	*4.0
High blood pressure	5.8	7.5	*5.5	6.4	*8.9	*5.2	*4.7	*6.4	0.0	10.9	*5.8	*5.4
Diabetes	*3.3	*3.5	*5.5	4.1	*4.1	*3.4	*4.1	*2.4	0.0	*6.9	*4.1	*3.3
Anemia	7.4	11.9	10.7	10.3	*10.4	*8.2	*9.8	*7.0	*6.4	13.6	*9.3	12.8
Periodontal disease	9.3	9.3	10.4	9.9	*10.2	*9.6	*3.5	*9.9	*12.6	13.3	*7.7	*13.6
Obstetric History												
Previous preterm birth	16.4	17.0	13.3	16.7	19.7	17.4	16.8	*11.9	*10.9	19.9	14.0	17.1
Previous low birth weight	14.5	13.6	11.6	13.9	*7.7	12.7	12.0	*13.0	*8.7	17.0	*14.5	16.7
Stillbirth (pregnancy that did not result in a live birth)	9.2	7.0	7.4	8.1	*10.9	*6.4	*7.6	*12.2	*11.7	*8.7	*11.7	*3.1
Previous miscarriage	27.7	25.9	28.1	27.6	27.5	24.7	22.0	24.2	39.1	32.7	31.7	26.7
Previous abortion	22.3	23.5	19.4	21.8	21.5	16.7	20.6	18.7	*28.5	24.0	17.9	30.3
Previous infant death	7.1	*3.2	*5.0	5.9	*8.2	*5.0	*4.9	*7.9	*9.4	*7.7	*3.7	*5.1

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

¹Question 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?

²Question 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".

³Question asked: Before you got pregnant, were you doing something 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	LA County 2007	LA County 2008	LA County 2009	2007-2009								
	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	
Prenatal Care												
Entered prenatal care after 1st trimester	9.8	7.6	8.4	8.5	*17.2	*7.2	*7.6	*7.3	*4.8	9.4	*10.8	*6.7
Did not get prenatal care as early as wanted	17.0	17.8	15.8	16.4	23.3	16.6	15.8	17.2	*7.7	17.6	*9.8	20.3
Traveled 15 miles or more for prenatal care	11.9	14.2	15.1	12.6	27.9	16.9	*11.3	*8.2	*15.8	12.7	*7.2	*10.1
Prenatal care did not meet PHS guidelines ⁴	35.2	44.3	40.0	39.1	36.9	37.8	43.8	46.1	26.8	40.8	38.7	34.1
Dissatisfied with amount of wait time at prenatal care	36.5	39.1	34.0	36.4	31.7	34.7	31.1	34.8	27.4	46.7	38.3	33.9
Dissatisfied with amount of time spent with doctor/nurse	30.6	38.2	34.5	33.2	31.4	28.1	31.3	42.7	*12.2	41.1	32.1	32.5
Dissatisfied with advice given at prenatal care	28.7	36.8	37.6	33.3	36.8	29.5	36.5	33.7	31.9	36.6	30.6	32.2
Dissatisfied with understanding/respect received from the prenatal care provider's staff	17.6	19.1	15.4	16.3	18.9	12.3	19.1	*14.6	*9.0	20.3	15.5	15.9
Medical Conditions During Pregnancy												
Labor pain 3 weeks before due date	33.4	33.9	43.9	36.9	43.4	35.7	38.4	30.1	41.1	28.5	43.0	43.4
High blood pressure	17.0	12.7	12.9	14.3	*12.8	15.8	13.4	16.1	*6.4	16.8	15.4	*10.6
Gestational diabetes	9.1	11.0	14.4	11.2	24.7	10.4	*9.7	*9.5	*13.2	11.3	*11.1	*9.6
Problems with the placenta ⁵	11.6	9.8	10.2	10.9	*17.2	11.4	10.9	*6.0	*9.1	10.7	*11.0	*11.4
Urinary tract infection	14.8	14.8	15.9	15.0	*9.8	17.0	*9.8	*14.1	18.4	*20.6	18.1	*9.3
Water broke more than 3 weeks early	21.0	18.8	19.7	19.3	28.2	20.3	15.2	19.5	*19.6	20.1	16.5	20.2
Sexually transmitted disease	*4.5	*5.5	*3.9	4.9	*6.8	*4.7	*3.4	*5.7	*5.6	*5.3	*2.3	*7.5
Bacterial vaginosis	7.1	4.9	7.5	6.6	*4.6	*9.2	*4.3	*4.4	4.6	8.6	*5.2	*6.9
Periodontal disease	14.2	14.1	12.3	13.9	*11.7	12.2	*10.1	15.6	*9.4	17.4	*9.0	20.3
Risk Behaviors During Pregnancy												
Smoking	*4.7	*2.9	*2.6	3.9	*3.0	*2.7	*4.2	0.0	*6.1	*7.7	*2.6	*3.7
Exposure to secondhand smoke ⁶	9.5	7.4	8.3	9.4	*9.9	*5.1	*5.0	*6.9	*15.5	13.8	*11.7	*11.2
Using illegal drugs or drugs not prescribed by a doctor ⁷	32.4	31.0	38.3	34.0	36.3	35.0	35.8	34.4	40.9	36.9	29.5	29.4
Drinking alcohol	10.9	14.8	10.5	12.2	*11.8	13.9	*8.6	*6.8	*24.3	10.7	*9.9	17.9
Did not exercise during pregnancy ⁸	47.4	47.7	45.0	46.7	56.8	47.8	49.6	36.2	32.5	45.6	50.4	46.5

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

⁴Question 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."

⁵Question 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".

⁶Question 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".

⁷Respondents 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".

⁸Question asked: During your last pregnancy how often did you exercise for 30 minutes or more? Respondents who answered "I didn't exercise" or "I didn't exercise; a doctor, nurse or health care worker said not to exercise" were coded as "did not exercise during pregnancy".

Psychosocial and Behavioral Risk Factors During Pregnancy by Service Planning Area	LA County 2007	LA County 2008	LA County 2009	2007-2009									
				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		
Mental Health During Pregnancy													
Self reported depression ⁹	41.5	41.6	40.2	40.9	44.5	40.6	46.8	37.8	*26.3	47.1	34.4	38.1	
Social Support													
Dissatisfied with support given by the baby's father ¹⁰	16.7	19.7	15.0	17.1	19.4	15.5	16.9	16.1	*10.7	23.9	12.6	16.2	
Experienced domestic violence/intimate partner abuse ¹¹	*4.5	*3.2	*2.4	3.7	*1.7	*6.0	*2.0	*2.3	*4.2	*6.1	*2.9	*1.5	
Would have someone to loan money if needed ¹²	76.0	78.2	75.1	75.7	74.1	77.7	73.7	70.5	86.7	74.9	72.5	80.6	
Would have someone to help if sick	81.9	78.6	80.1	79.8	79.9	82.8	80.5	68.8	85.8	79.1	79.5	81.5	
Would have someone to listen to problems	80.9	80.6	82.7	81.2	71.6	81.2	78.7	77.7	91.4	81.7	83.5	84.1	
Social Environment													
Perceived neighborhood as unsafe ¹³	18.6	24.6	19.5	21.0	*14.0	17.2	*9.5	23.7	*10.8	45.0	16.1	16.2	
Stressful Life Events During Pregnancy													
Family member had to go into the hospital	12.1	16.8	11.5	13.5	*13.4	12.9	10.5	*9.4	*10.2	14.1	18.2	15.3	
Divorced/separated from husband/partner	10.2	11.0	9.2	10.6	*12.7	11.5	*4.3	*9.2	*6.7	15.7	*8.9	*11.6	
Moved to a new address	17.9	20.8	19.2	19.5	*17.0	25.8	17.4	19.3	*16.7	17.2	20.2	17.3	
Were homeless	*5.5	*2.0	*4.6	4.2	*8.2	*2.9	*1.8	*4.1	*5.2	*7.4	*1.8	*5.1	
Husband/partner lost his/her job	10.7	12.9	13.7	12.7	*10.7	12.7	12.2	*9.2	*10.0	15.8	13.5	*12.0	
Lost job but wanted to continue working	5.5	7.1	7.4	6.3	*6.9	*6.1	*5.8	*2.1	*15.9	*8.1	*7.1	*4.6	
Argued more than usual with husband/partner	26.8	25.7	26.1	27.2	26.2	27.9	23.5	22.1	33.5	33.0	27.0	24.8	
Had a lot of bills that could not be paid	18.4	22.2	18.3	20.3	25.2	22.1	15.2	18.0	*19.2	23.9	18.6	20.3	
Were in a physical fight	*4.2	*2.2	*2.6	3.2	*5.3	*2.8	*1.2	*4.6	*6.7	*5.2	*1.8	*2.0	
Husband/partner or self went to jail	*4.4	*2.8	*2.3	3.7	*1.7	*4.8	*1.5	*2.3	*6.6	*6.9	*1.1	*4.0	
Someone close had drinking or drug problems	8.0	9.1	*4.2	7.7	*8.2	10.9	*5.8	*5.3	*11.2	*7.3	*7.6	*6.6	
Someone close and important died	11.6	13.1	10.8	11.8	*8.2	13.1	11.7	*9.3	*7.9	14.7	*11.4	*11.0	

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

⁹Question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? Respondents who answered "Yes" were coded as "self reported depression".

¹⁰Question 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".

¹¹Question 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.

¹²Question asked: During your last pregnancy, would you have someone to loan you 50\$ if you had needed it?

¹³Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "not at all safe" or "soemwhat unsafe" were recoded to "Neighborhood Unsafe."

Postpartum Health by Service Planning Area	LA County 2007	LA County 2008	LA County 2009	2007-2009								
	LA County	LA County	LA County	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
Maternal Postpartum Health												
Had a postpartum check-up	84.9	83.0	83.3	84.0	75.8	89.3	85.8	86.0	89.2	75.2	88.0	83.7
Family planning discussed during postpartum check-up	81.9	77.4	79.5	80.2	79.7	76.2	78.7	87.2	67.9	87.8	78.6	79.0
Self-reported Postpartum Depression												
Self reported postpartum depression ¹⁴	53.4	54.5	52.5	52.8	51.7	51.6	53.3	55.5	55.6	50.5	55.9	52.0
Grief and Bereavement Support												
Offered info on support groups/individual counseling	66.3	73.3	72.9	70.6	74.9	83.9	71.0	65.1	86.7	56.3	67.9	72.1
Attended a support group	8.0	14.4	42.1	14.9	*13.8	14.7	14.0	*12.5	37.6	15.3	*17.0	*11.8
Religion provided bereavement support	49.6	46.1	51.8	49.2	51.6	52.6	48.7	42.5	*25.5	48.4	45.8	57.0
Offered materials on grief or bereavement	76.7	75.9	78.2	77.0	83.2	83.6	73.1	70.3	87.5	72.3	70.1	83.7
Offered photographs of the baby	80.2	77.6	83.8	80.3	82.0	80.0	78.8	79.3	87.2	78.7	81.1	81.9
Offered keepsake items of the baby	84.1	84.9	86.1	85.5	88.9	89.3	87.4	83.5	96.6	77.5	82.3	88.9
Given information on burial arrangements	80.4	82.4	82.2	81.3	85.9	80.7	85.1	77.1	78.0	80.0	82.7	80.0

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

¹⁴Question asked: Did you experience postpartum depression?

Technical Notes

I. Methods

LA HOPE is an ongoing, population-based survey that surveys women in Los Angeles County seven to nine months after they have experienced a fetal or infant loss. Women were 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 \$20-25 gift certificates were provided with each mailed survey regardless if moms chose to participate.

II. Sampling

The 2007-2009 LA HOPE Project uses stratified random sampling and an over-sample of African American mothers.

II. Data Weighting

To obtain a representative picture of the mothers who experienced a fetal or infant loss in Los Angeles County in 2007-2009, the data were weighted by SPA and race/ethnicity.

III. Response Rate:

There were 938 mothers who responded to the 2007-2009 LA HOPE survey, resulting in an average response rate of 60%, based on calculations proposed by the American Association for Public Opinion Research (AAPOR).¹

V. Statistical Methods

Point estimates and their variances were calculated using the SAS, PROC SURVEYFREQ procedures, (Release 9.2, North Carolina) to account for the complex sample design. In this report, RSE >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.²

All missing and unknown response values were excluded from individual calculations where applicable.

VI. Strengths and Limitations

LA HOPE is a population-based survey allowing generalization to all women who have experienced fetal or infant loss Los Angeles County. However, sample sizes for some subpopulations were too small for precise estimates. If presented, these are indicated by an asterisk. Potential sources of bias include non-response, recall, and non-coverage. The data can only be generalized to LAC residents who experienced fetal or infant loss in 2007-2009.

VII. Glossary

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).

Preterm Birth: an infant born before 37 weeks of gestation.

Overweight/Obese: 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) http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html

Low Birth Weight: an infant weighing less than 2500 grams or 5 pounds 8 ounces at birth.

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.

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
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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