

The LAMB Advisory Summit

May 11, 2016

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Los Angeles County Department of Public Health

Today's Agenda

- | | | |
|---------------|-----------------------------------|------------------|
| • 8:00-8:30 | Registration & Light Refreshments | |
| • 8:30-8:45 | Welcome and Introduction | Suzanne Bostwick |
| • 8:45-9:00 | Opening Remarks | Cindy Harding |
| • 9:00-10:00 | LAMB Background/Findings | LAMB team |
| • 10:00-10:40 | Poster Gallery | Everyone |
| • 10:40-11:20 | Small Group Break out Sessions | Everyone |
| • 11:20-11:45 | Small Group Report Back | Suzanne Bostwick |
| • 11:45-12:00 | Next Steps/feedback form | Suzanne Bostwick |

Purpose of Today's Summit

- Identify new ways to partner and collaborate
- Discuss how to incorporate LAMB findings to better serve the MCAH community
- Expand channels for disseminating LAMB Project findings

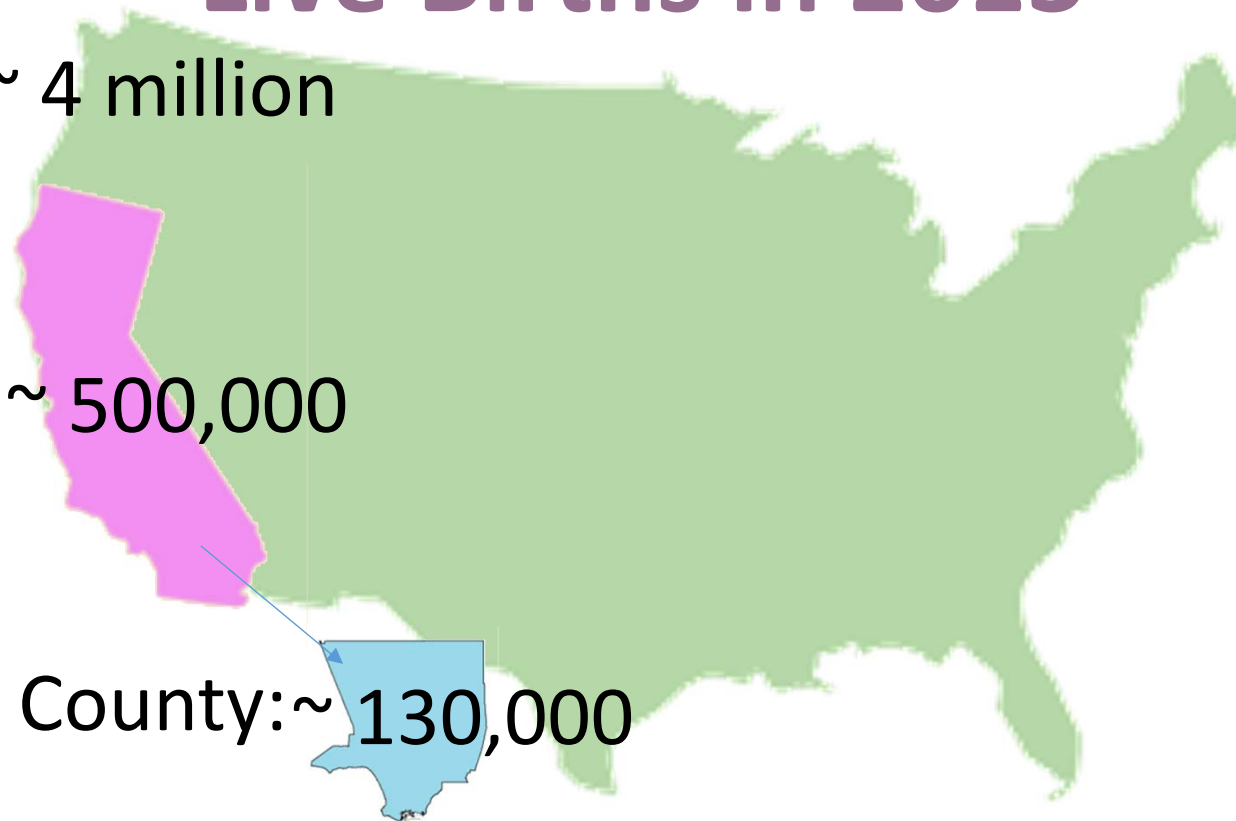


Opening Remarks

Cindy Harding, MPH, Interim Director,
Los Angeles County Department of Public
Health

Live Births in 2013

- US: ~ 4 million
- CA: ~ 500,000
- LA County: ~ 130,000



For every **30** babies born in the US,
one lives in **Los Angeles County**



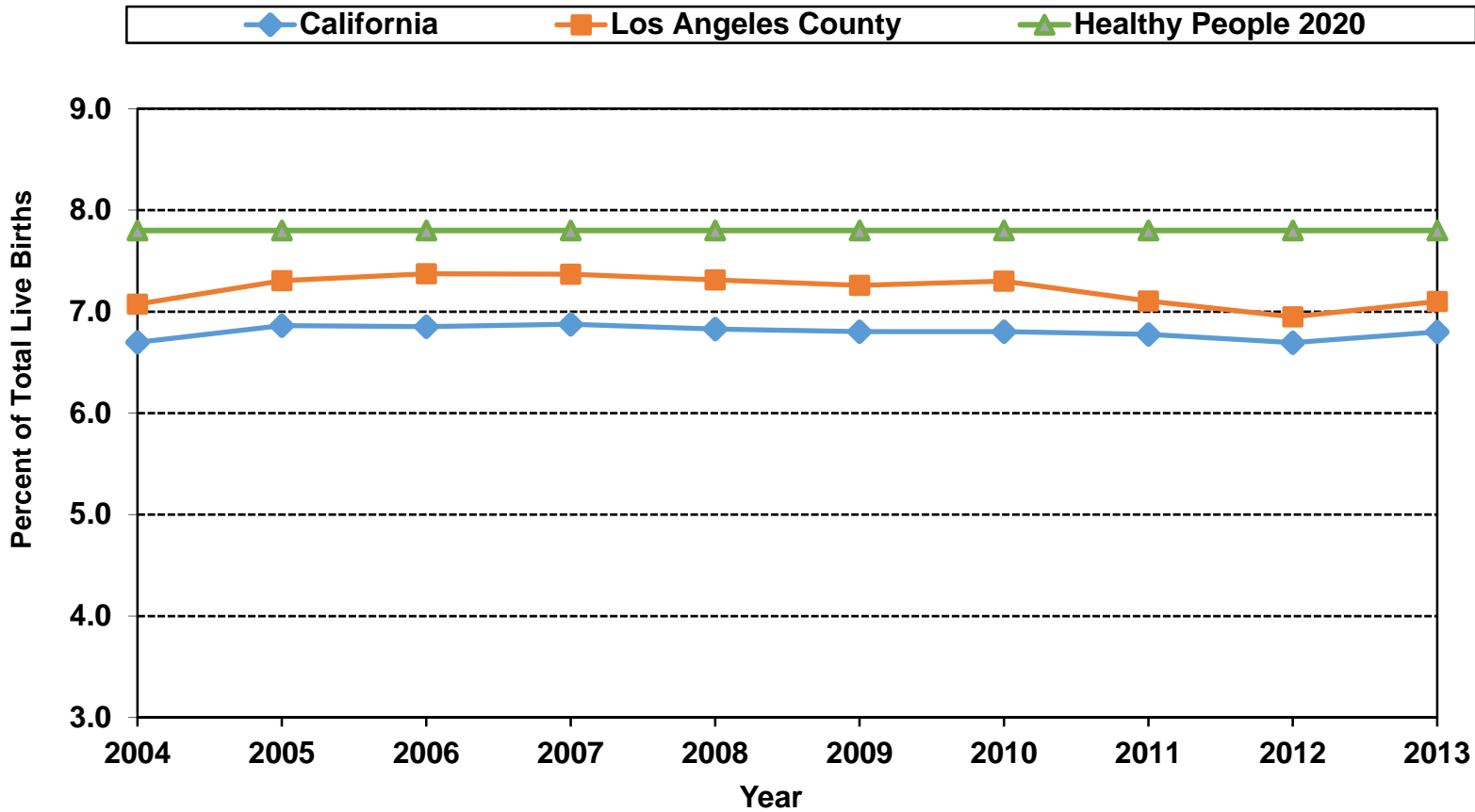


For every **4** babies born in California,
One lives in **Los Angeles County**



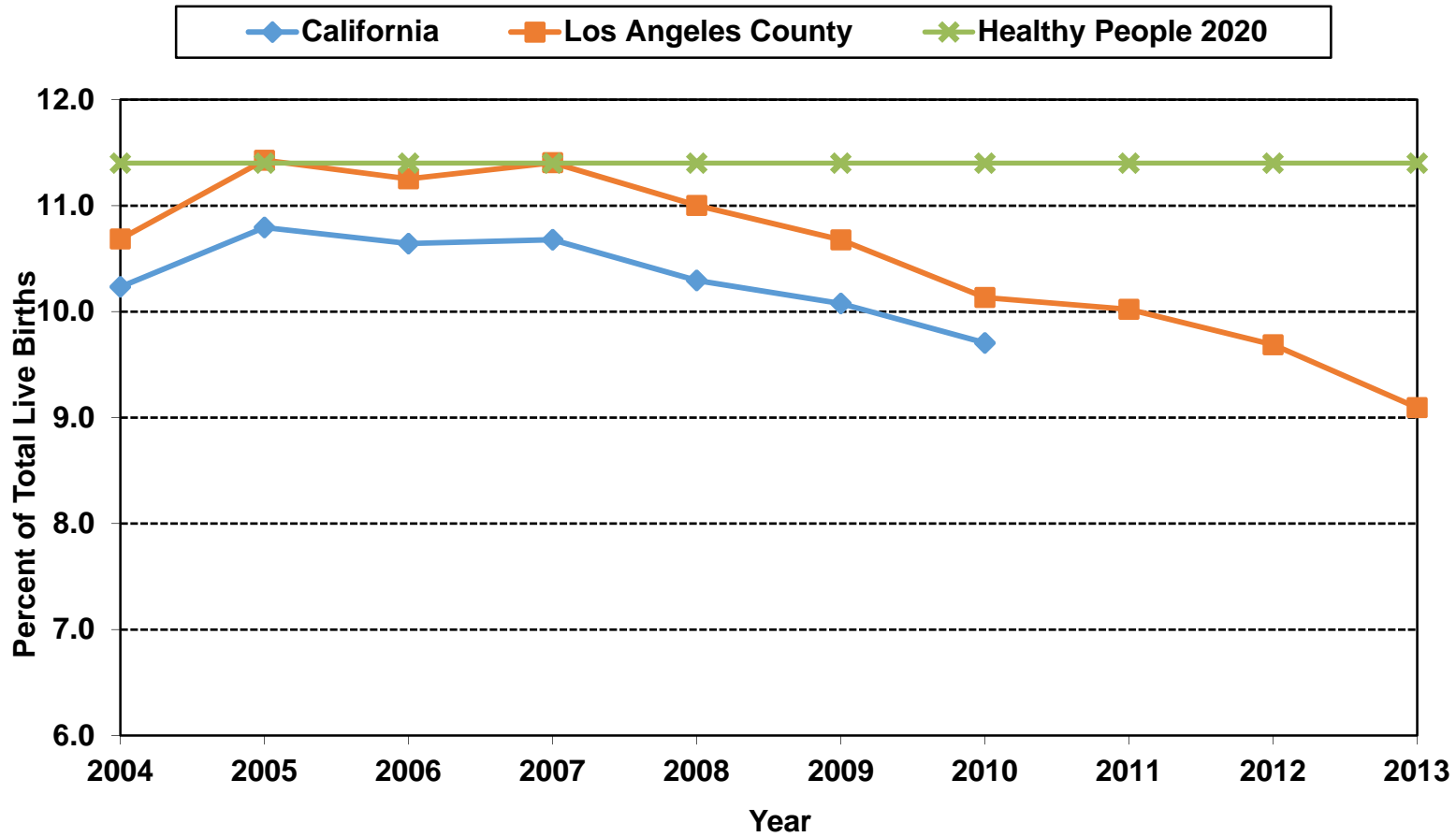


**Percent of Low Birthweight
California vs. Los Angeles County, 2004-2013**





**Percent of Preterm Births
California vs. Los Angeles County, 2004-2013**





Number of Low Birth Weight Babies in US, 2013

State	Low Birth Weight
California	33,753
Texas	32,159
New York	18,847
Florida	18,346
Illinois	12,898
Georgia	12,064
Ohio	11,808
Pennsylvania	11,219
North Carolina	10,432
Michigan	9,331
Los Angeles County	9,058



African or Native American babies

are: **2x** 

**MORE LIKELY TO BE BORN TOO SMALL
OR TOO SOON THAN WHITE INFANTS**

Low Birth Weight & Preterm in LAC

Native American

13.8% 16.4%

African American

12.1% 12.8%

White

6.5% 7.8%

Barriers to Favorable Birth Outcomes and Health Trajectories

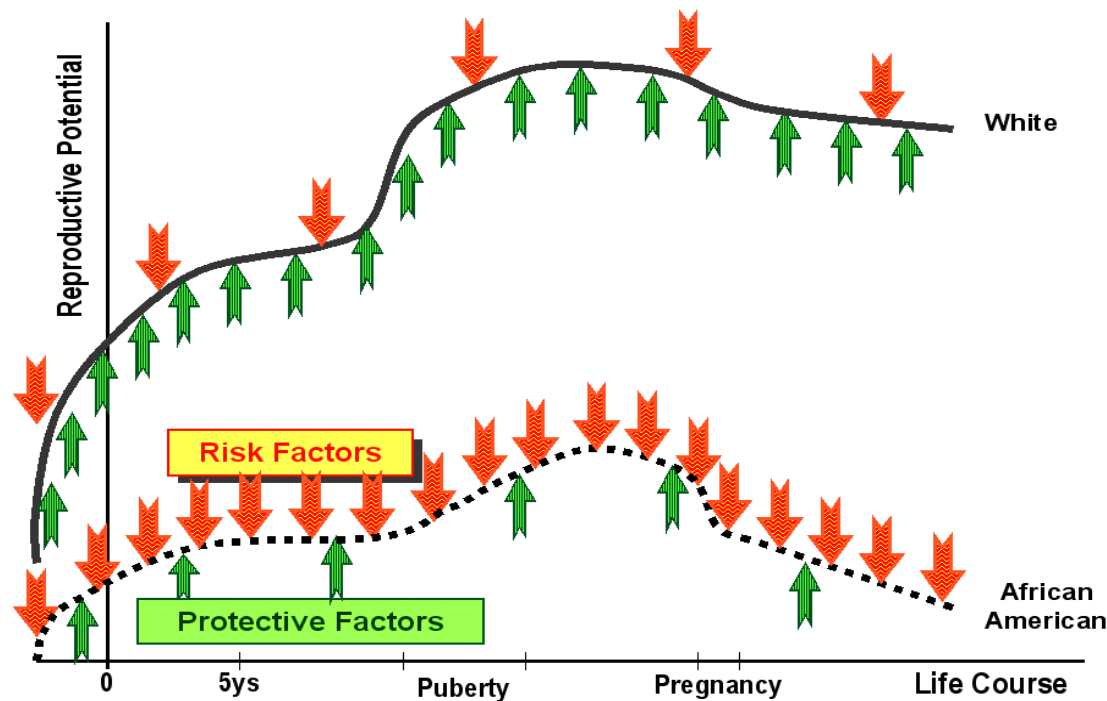
- Lack of health insurance
- Poverty
- Depression
- Low educational attainment
- Racism
- Perceiving a neighborhood as unsafe
- And Many More....

Life Course Perspective

- Considers health as an integrated continuum across the life course
- Health outcomes across the life span result from a complex interplay of biological, behavioral, social, and environmental factors

Life Course Perspective

- Critical developmental periods such as childhood, adolescence, and pregnancy differentially impact health trajectories





What is LAMB ?

- Los Angeles Mommy and Baby (LAMB) Project
- A population based survey of women who have recently delivered a baby
- Collects comprehensive information about maternal behaviors and experiences that may influence a woman's pregnancy and birth outcomes
- Ongoing surveillance system which monitors maternal and infant health

What is LAMB Follow UP?

- Survey of mothers who complete the LAMB survey, two years after the index birth
- Collects information about behaviors and experiences that influence the health of mothers and toddlers

Why LAMB & Follow UP?

- LAC lacked timely population based maternal and infant health data
 - ❖ Birth certificate data
 - ❖ The Maternal Infant Health Assessment (MIHA) project
 - ❖ CDC Pregnancy Risk Assessment System (PRAMS) project

- Local health departments and community partners need local data to identify at-risk groups and develop programs/policies

WITHOUT DATA

YOU'RE JUST ANOTHER PERSON

WITH AN OPINION

W. EDWARDS DEMING



Background

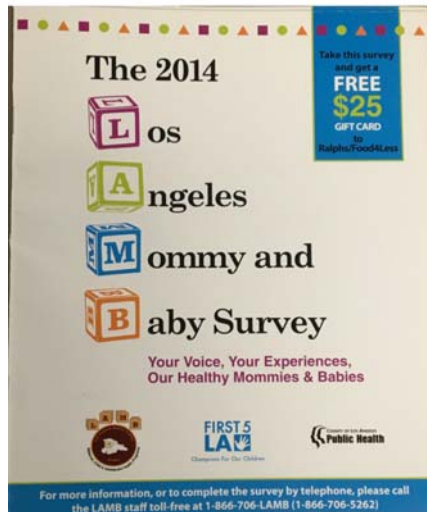
- In 2004, we **designed** the LAMB survey. LAMB was first **implemented** in Antelope Valley to address the high infant mortality rate seen in the that region of LAC.
- Since 2005, LAMB project has **expanded** to entire LAC.
- In 2014, **we expanded** the LAMB project again. The LAMB Follow-Up began interviewing mothers who participated in the LAMB Project when their baby turned two years old.



How do we implement LAMB and Follow UP?

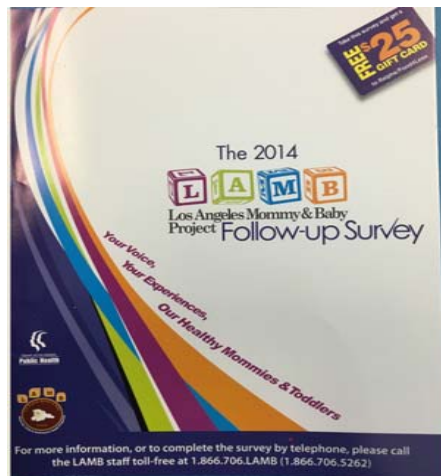
- LAMB participants are chosen randomly from birth certificate data
- Follow Up participants include all mothers who completed LAMB
- LAMB uses mixed methodology for data collection - mail and phone follow up
- Follow UP: Mail only survey
- Strategies used to improve response rates: intro. letter, first mailing, reminder postcard, second mailing, incentive, etc.
- Both surveys are conducted every two years

LAMB Survey Topics



- ❖ Pre-pregnancy health
- ❖ Prenatal care
- ❖ Maternal medical conditions during pregnancy
- ❖ Risk-taking behaviors
- ❖ Psychosocial experiences
- ❖ Neighborhood conditions
- ❖ Postpartum Health

LAMB Follow Up Survey Topics



- ❖ **Mother's health**
- ❖ **Mother's psychosocial experiences**
- ❖ **Child health**
- ❖ **Child's psychosocial experiences**
- ❖ **Early childhood development**
 - developmental screening
 - school readiness, child care
- ❖ **Family Capacities building**
 - parenting skills
 - quality time together
 - home safety
- ❖ **Program Participation** (e.g. Home visitation services, WIC, Head Start)

How We Have Shared Our Findings

Products:

- Data reports
- Health briefs
- Abstracts
- Journal articles

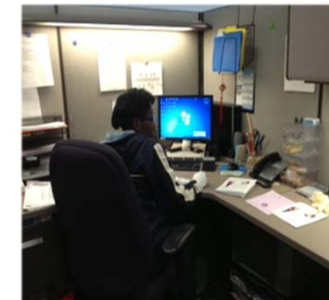


Distribution channels:

- First 5 LA Monday Morning Report
- MCAH Website
- Local meetings and national conferences

What Makes LAMB Successful?

- Strong study design; previously validated survey questions
- Comprehensive and large sample size
- High response rate
- Cost-effective
- **Dedicated staff**



Special Thanks

- Cindy Harding, Suzanne Bostwick
- Health Resources & Services Administration (HRSA), Dr. Michael Lu, MD, Associate Administrator - 2008 LAMB
- First 5 LA**
 - 2010 LAMB
 - 2012 LAMB
 - 2014 LAMB
 - 2012 Follow UP
- All MOMs in LA !!



Let's Take a Look at the Data



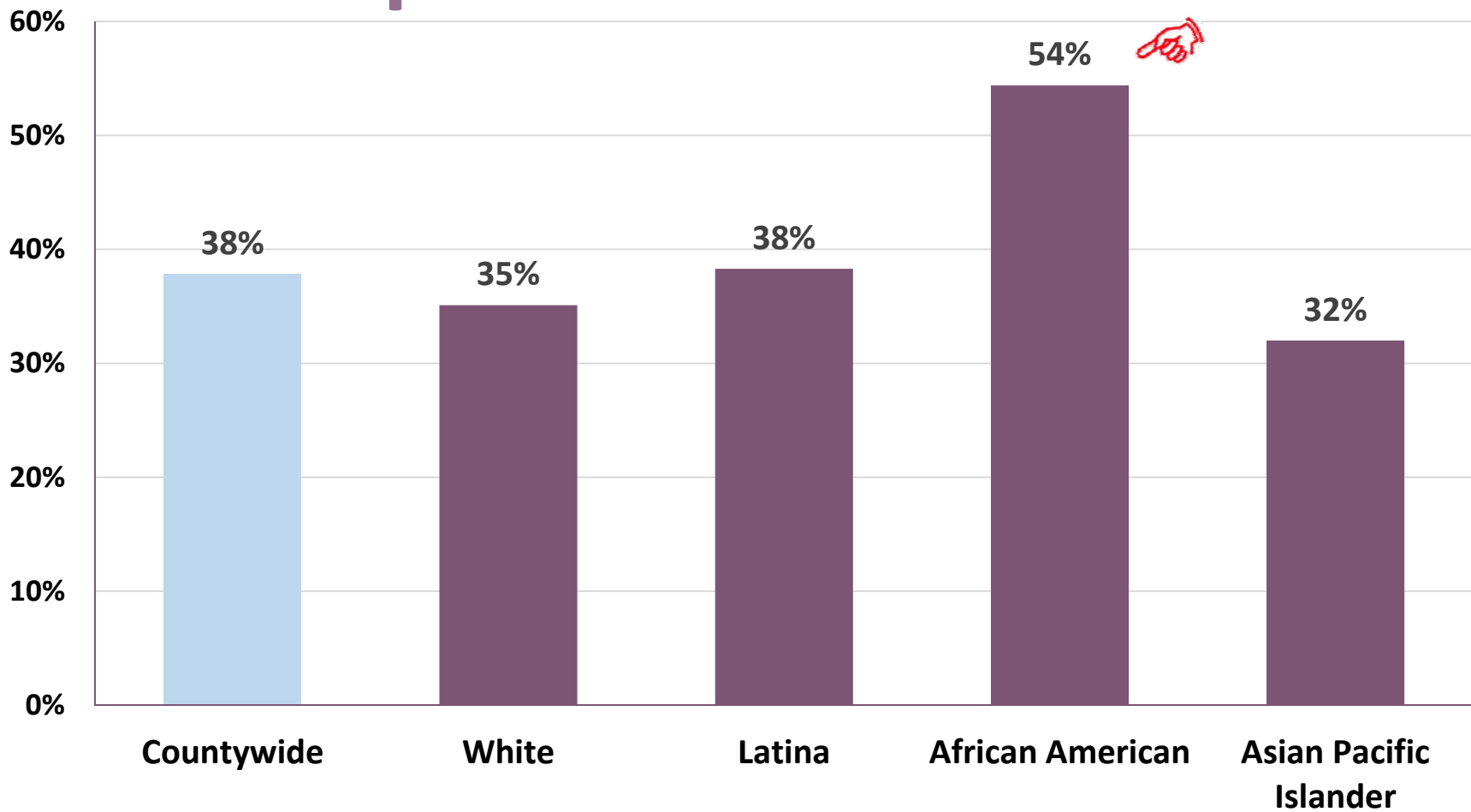
Who Are the 2014 LAMB Moms ?



“ A united voice is powerful – A solo voice doesn’t get you far”



Ever Experienced Discrimination



Ever Experienced Discrimination among African American mothers

Where?

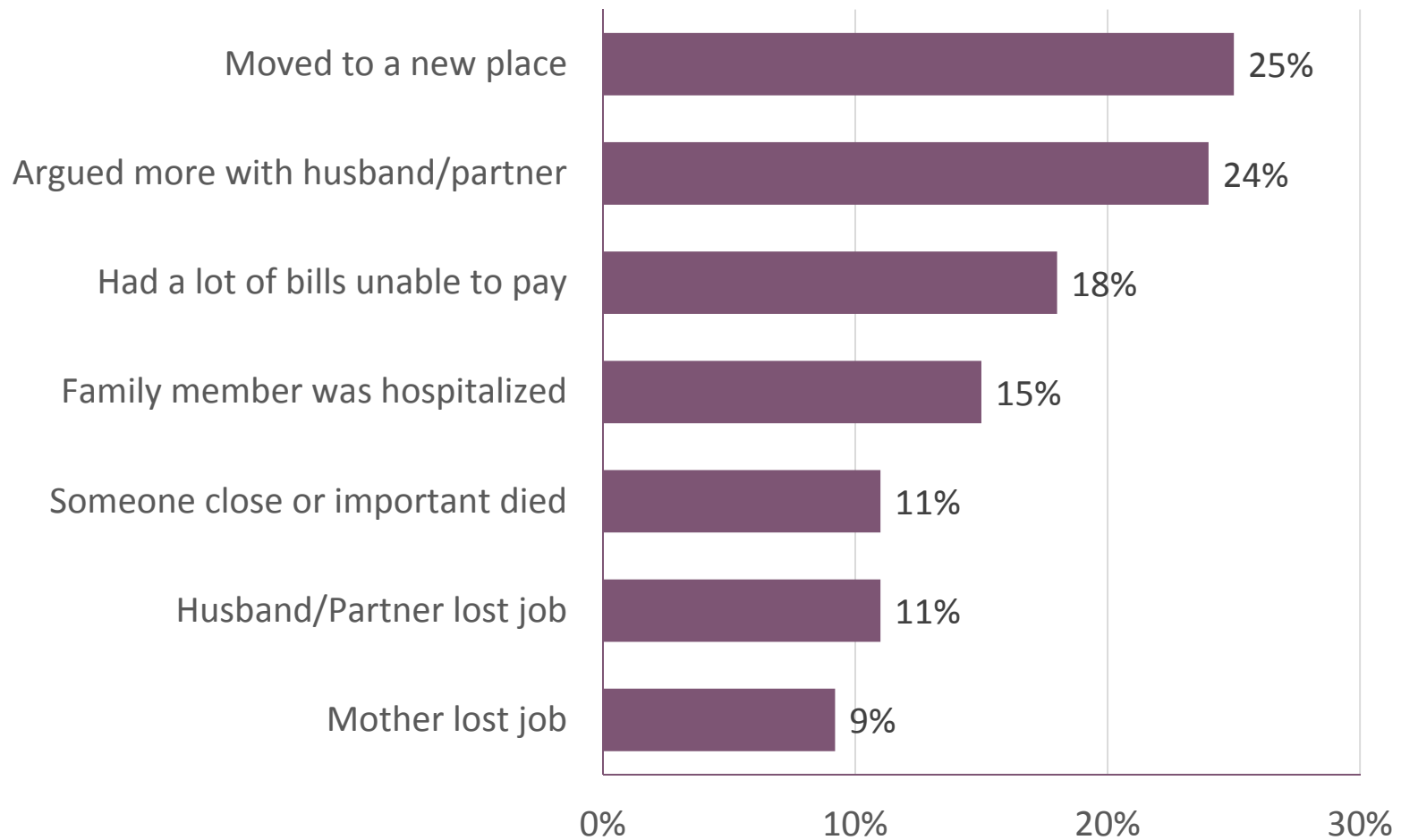
- ❖ 1 in 4 (26%) experienced discrimination at work
- ❖ 1 in 4 (25%) when getting a job
- ❖ 1 in 5 (20%) from police/courts
- ❖ 1 in 6 (17%) when getting housing

Why?

- 2 in 5 (40%) because of her race/color
- 1 in 5 (22%) because of her pregnancy
- 1 in 5 (19%) because of her gender



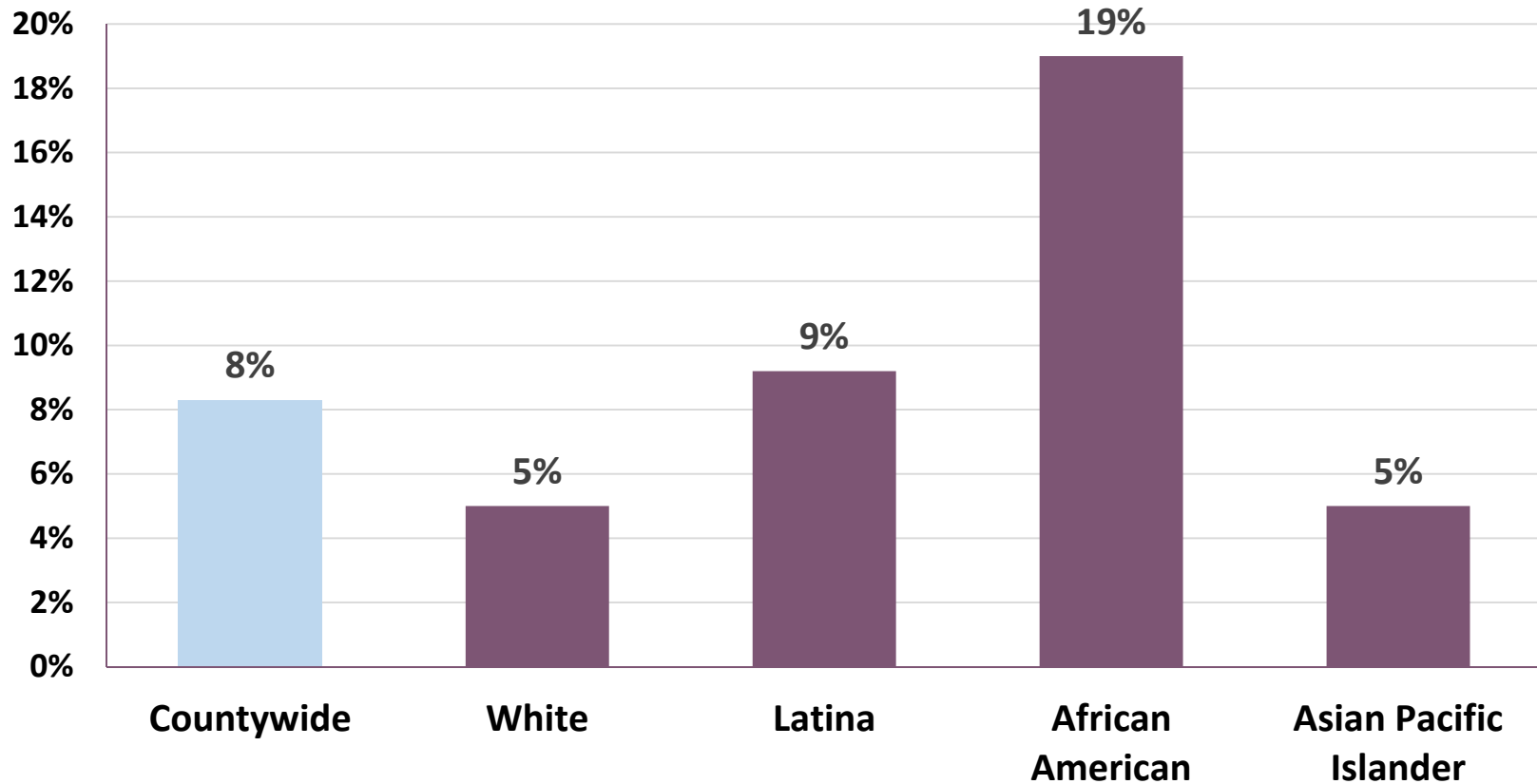
Stressful Life Events During Pregnancy





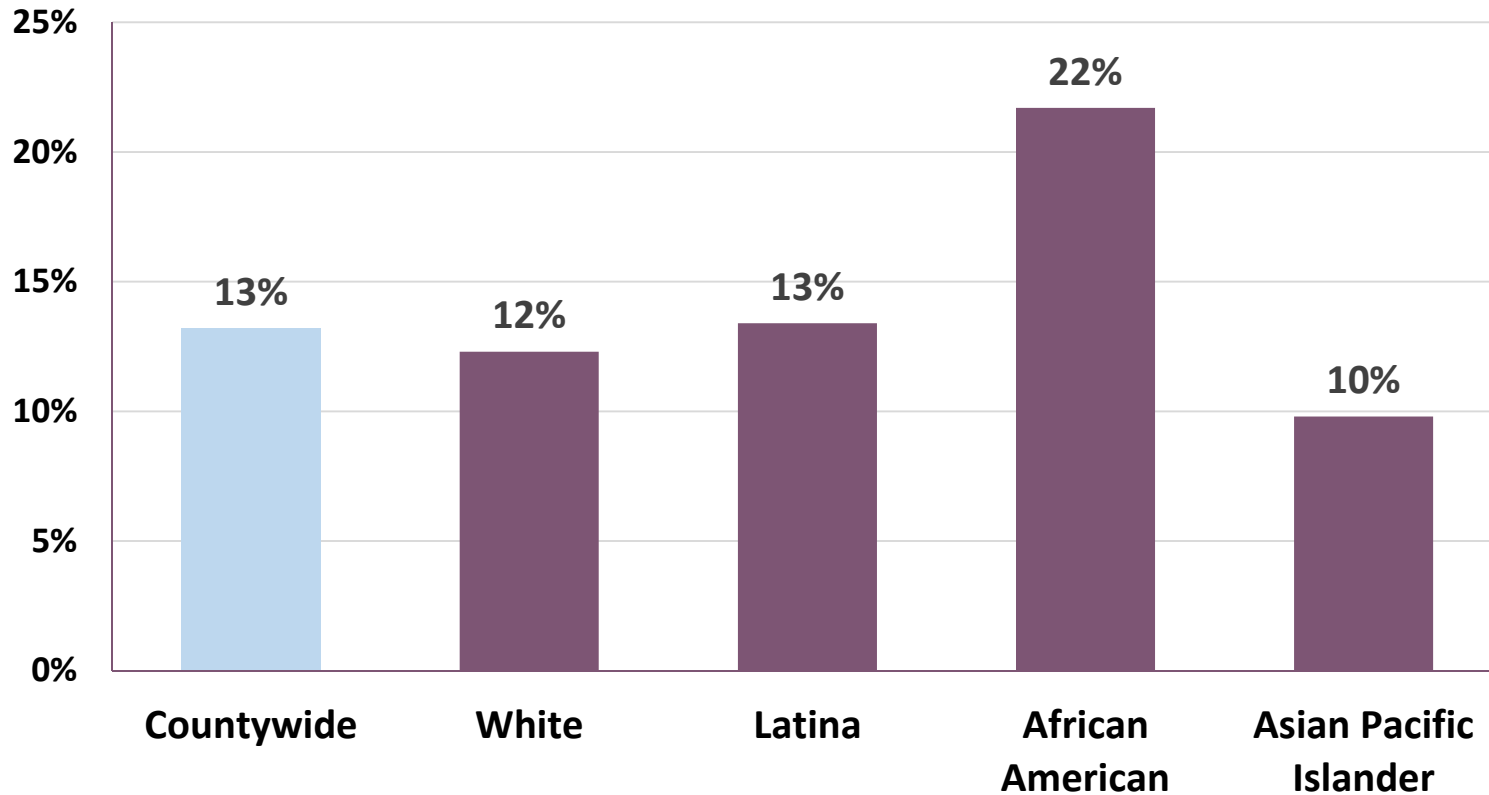
Social Support During Pregnancy

Percent of Mothers dissatisfied with support from baby's father



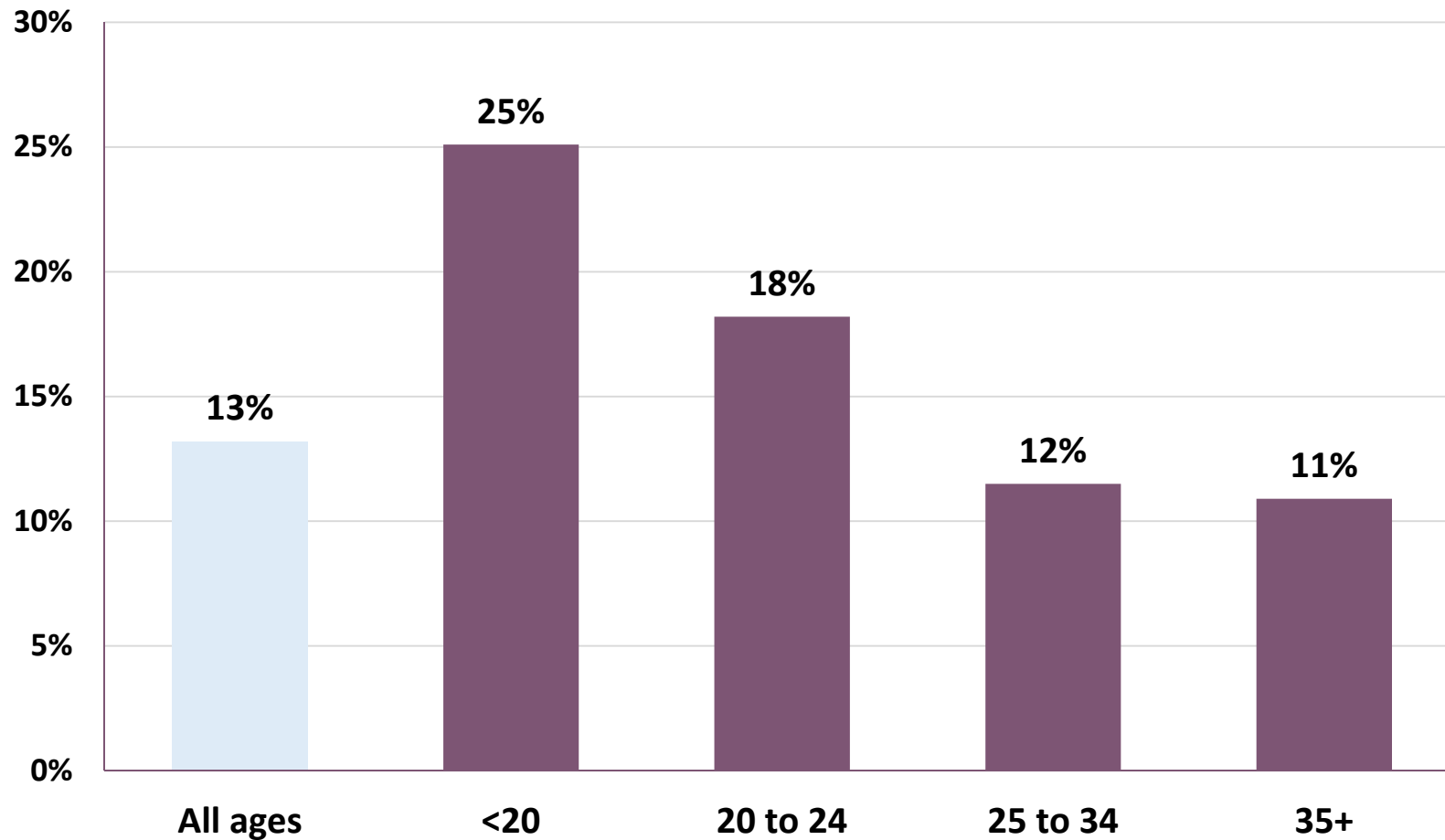


Intimate Partner Violence During Pregnancy





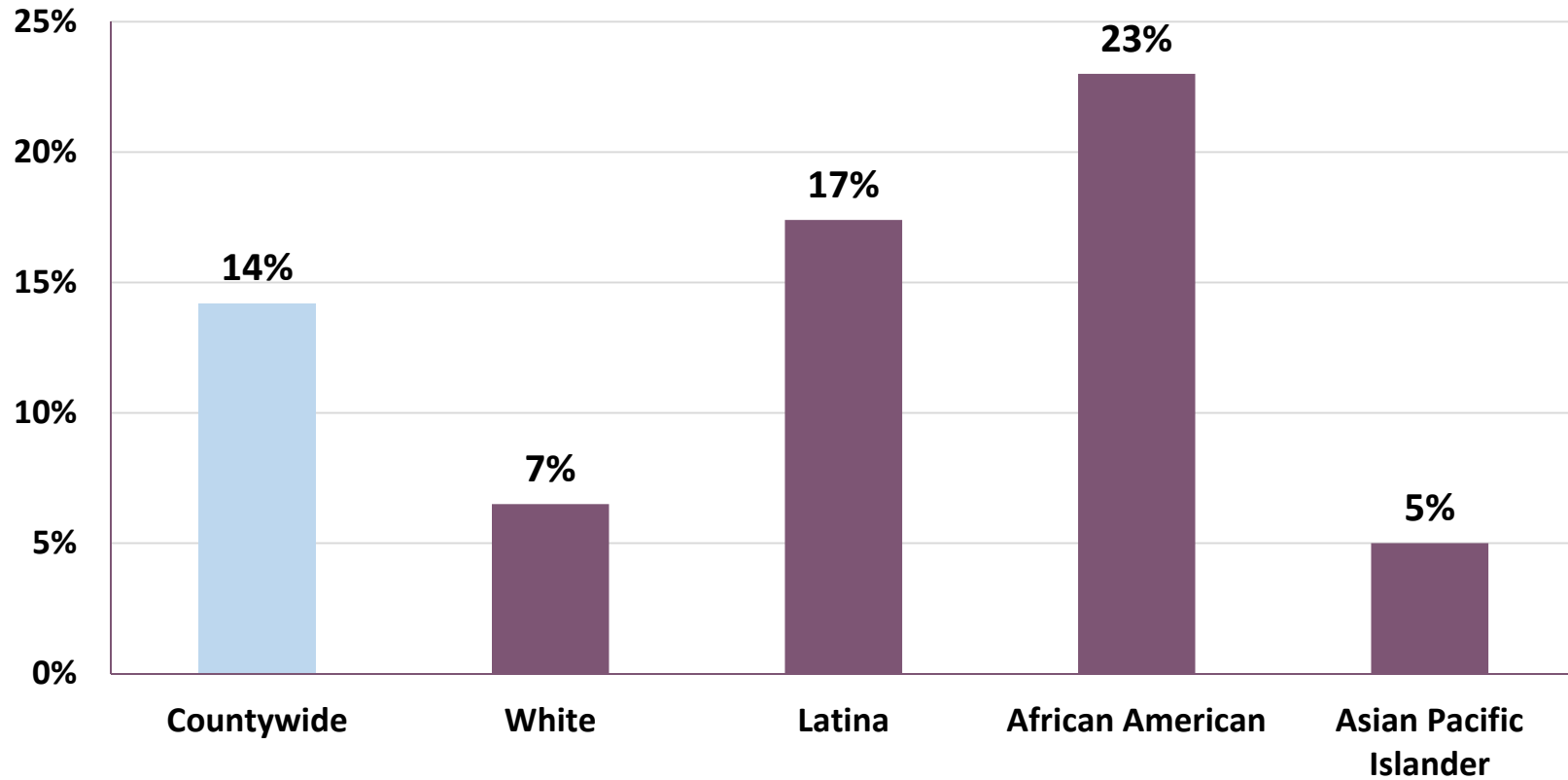
Intimate Partner Violence During Pregnancy





Neighborhood Safety

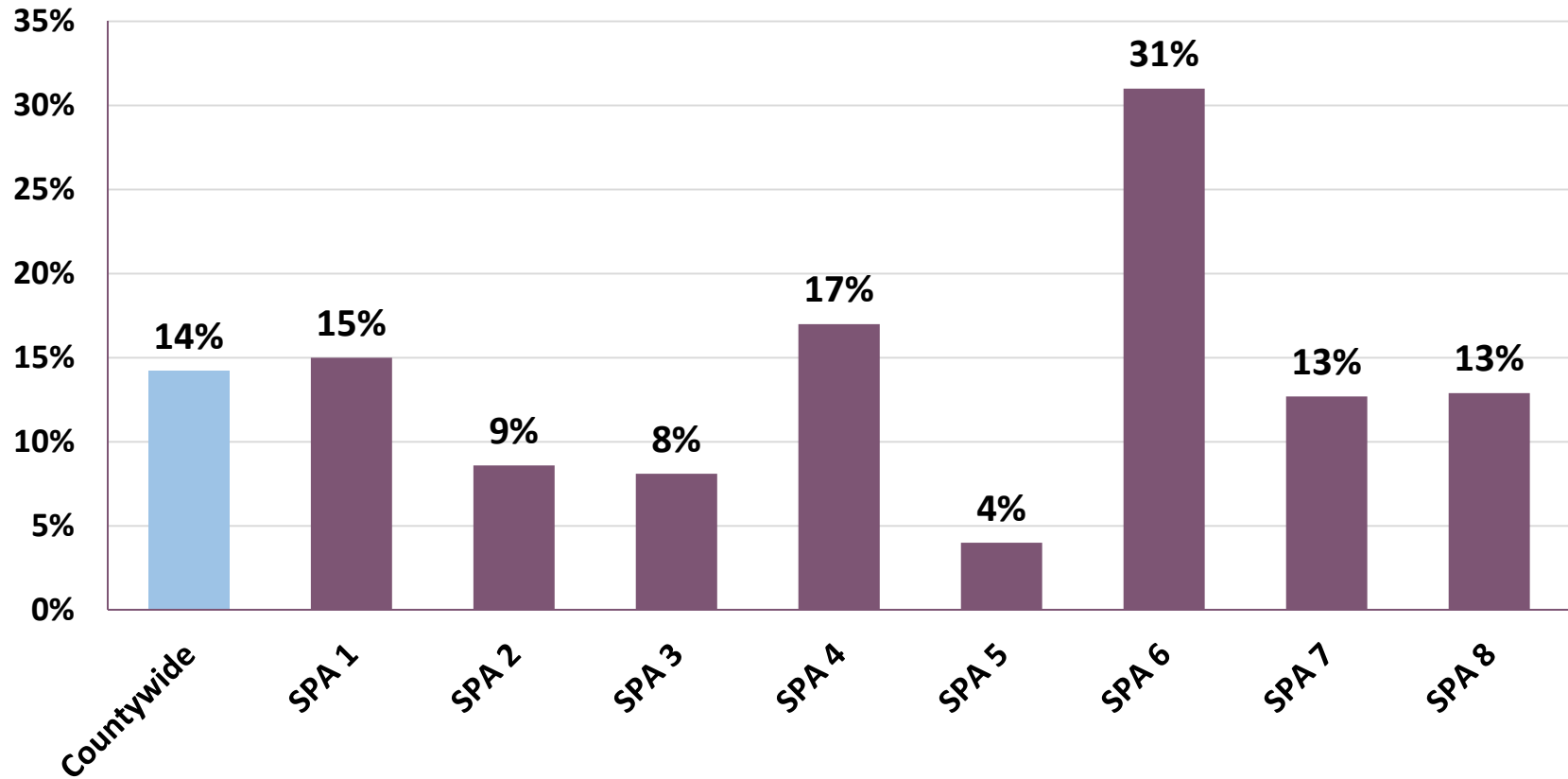
Unsafe Neighborhood





Neighborhood Safety

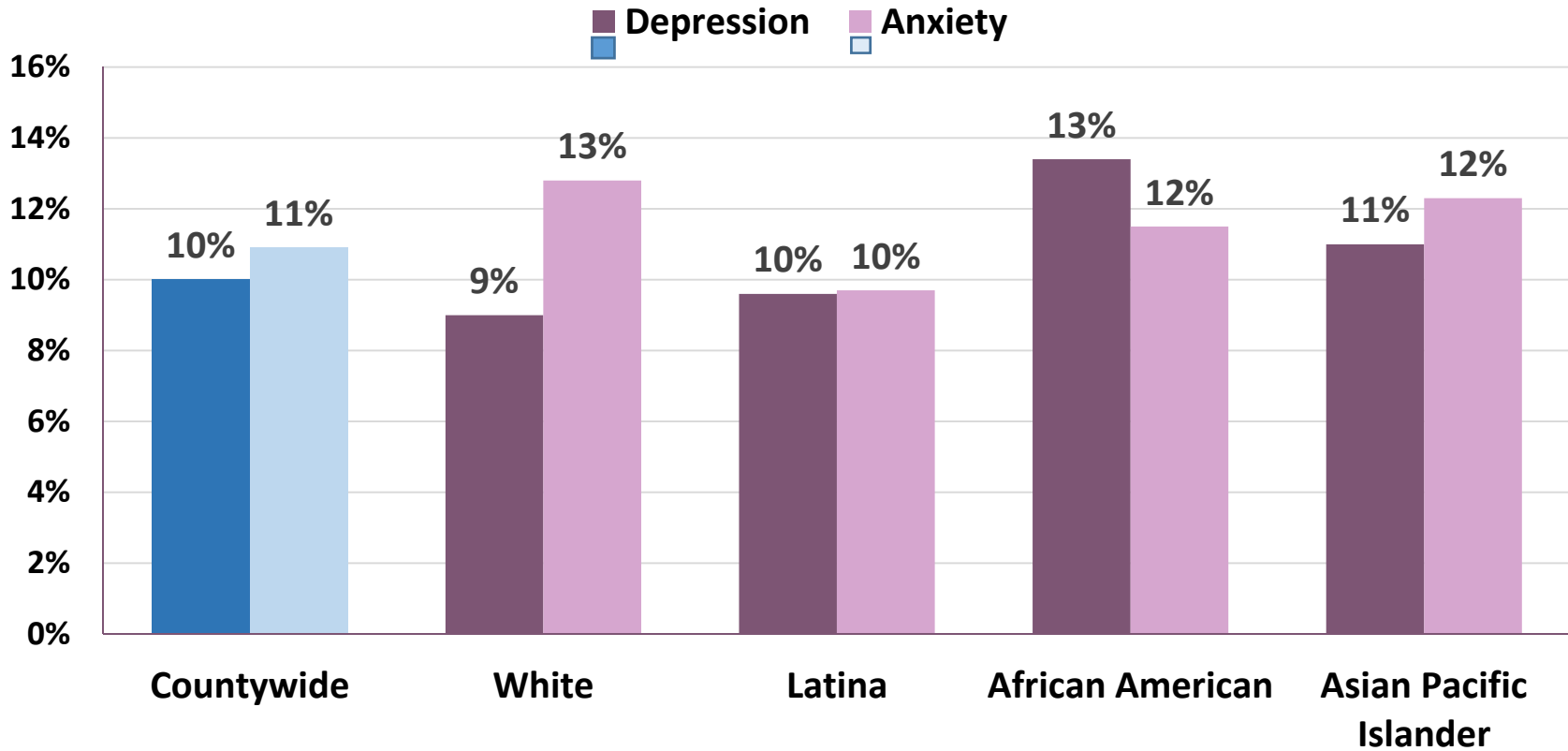
Unsafe Neighborhood





Perinatal Mental Health

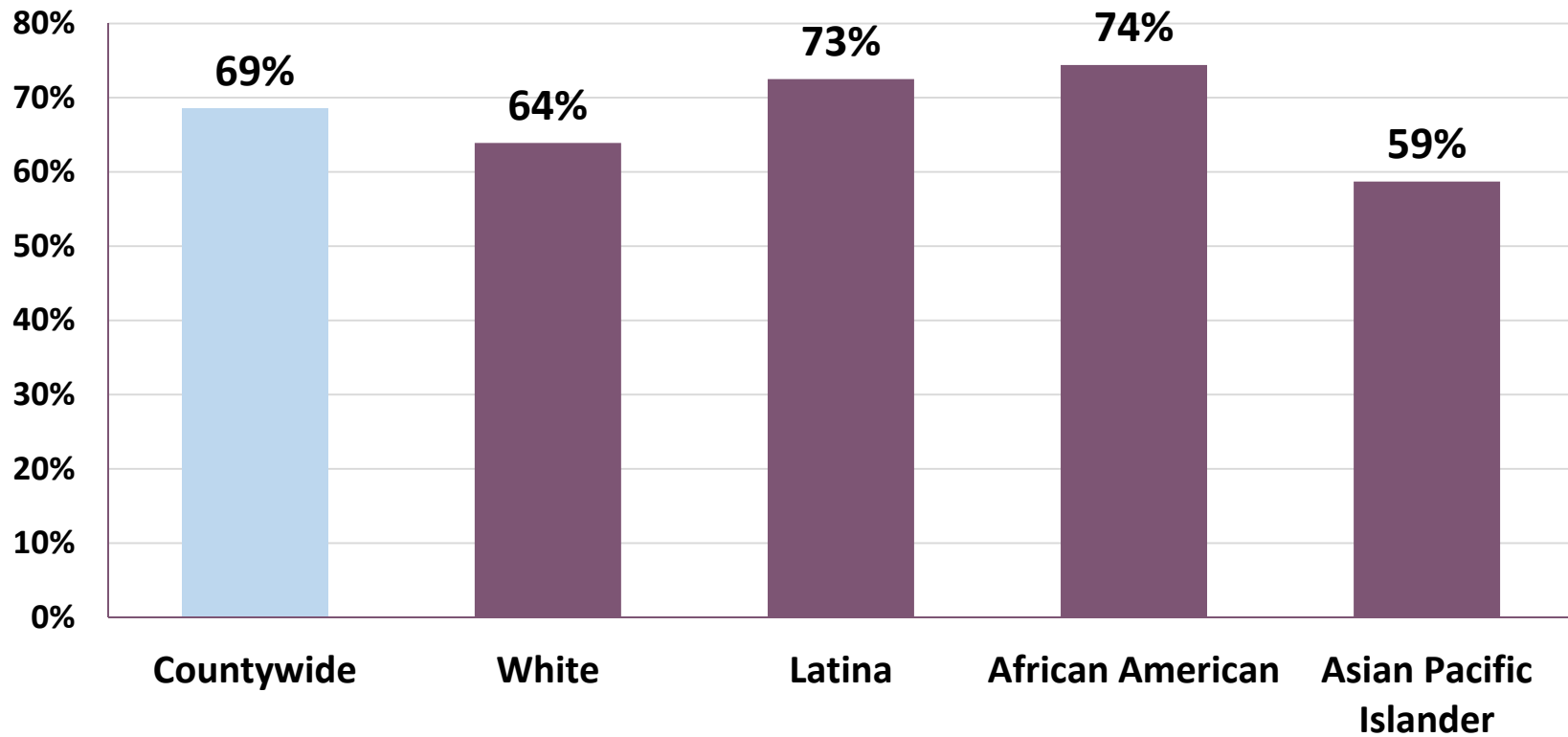
Anxiety & Depression Before Pregnancy





Perinatal Mental Health

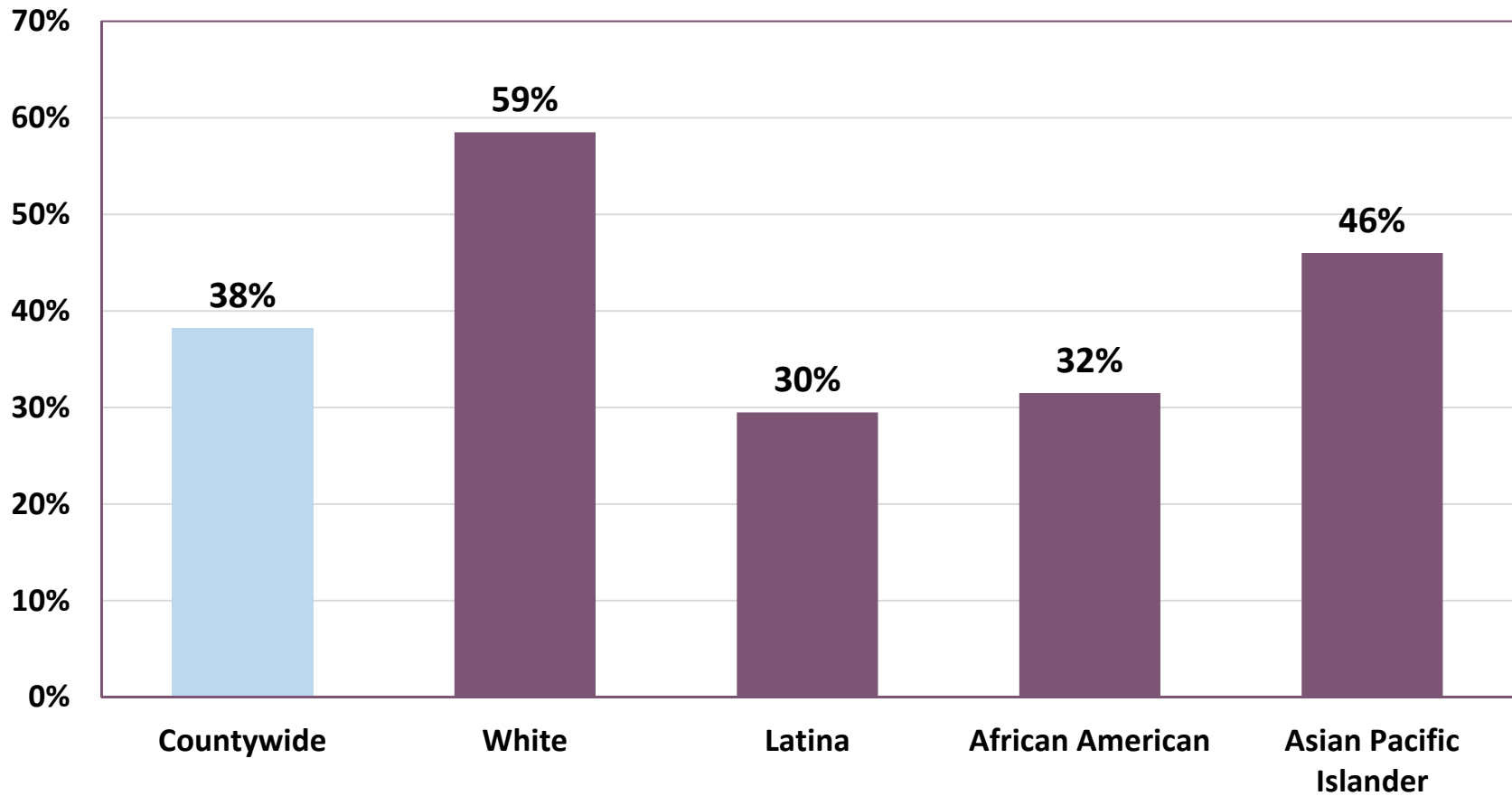
Provider Asked Mothers About Feeling Anxious or Depressed
During Prenatal Care Visit





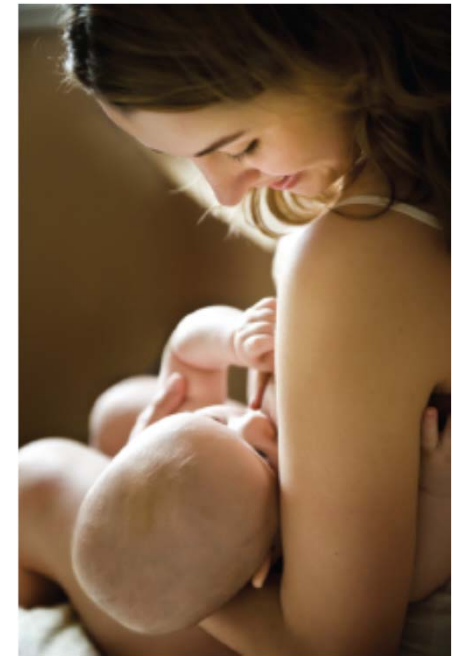
Breastfeeding Duration

Exclusive Breastfeeding at 3 Months



Breastfeeding Support

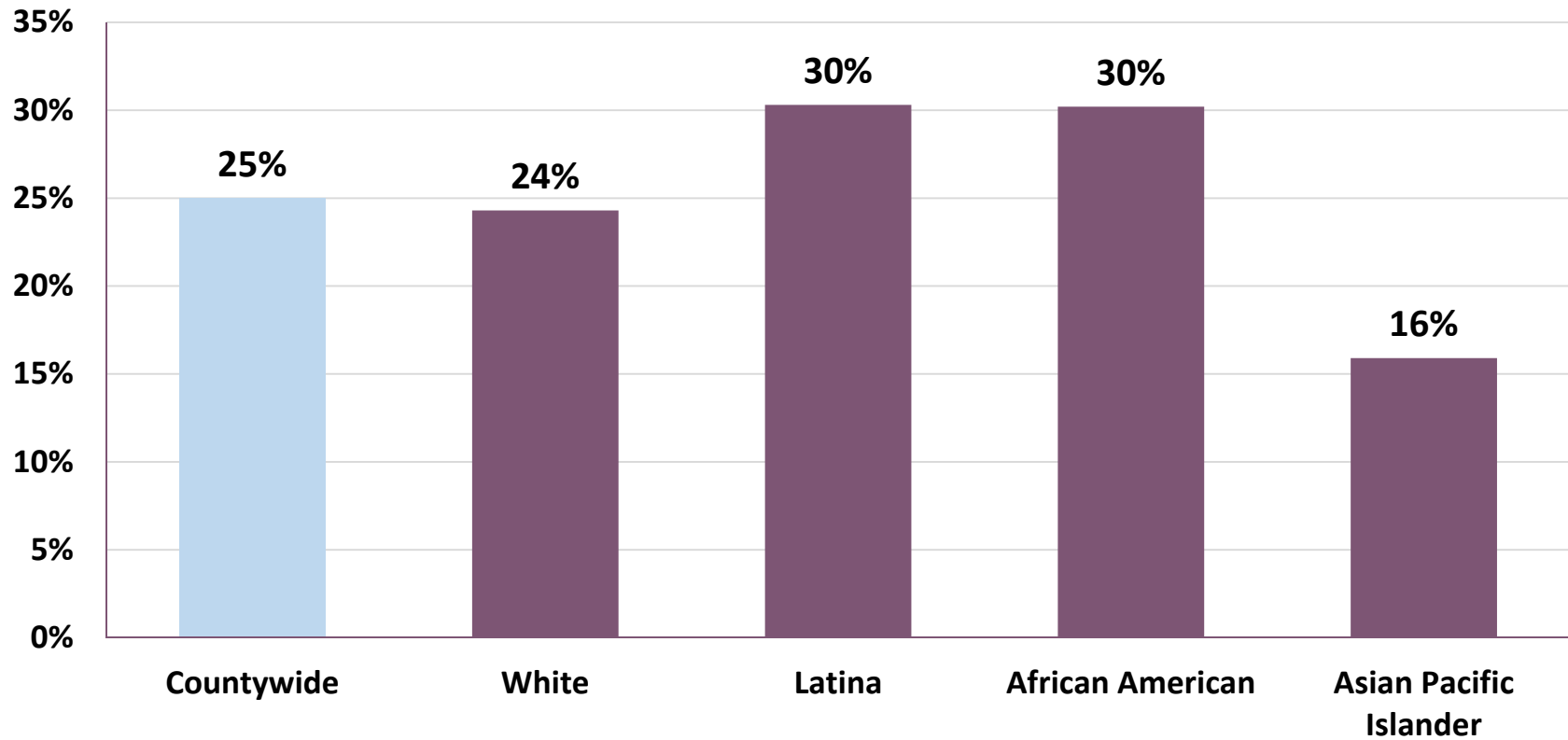
- From Health Care Provider: **19%**
- From Friends and Family: **42%**
- Employers provided lactation accommodation: **57%**





Overweight & Obesity

Overweight/Obesity among Toddlers Up to 3 years Old
by Mother's Race/Ethnicity



“Children don’t magically do better when tested more, they do better when adults create supportive and enriched learning environments, that nurture and nourish children as whole human beings, with social, emotional and creative needs, not just as data points and test scores...”

-The Art of Learning Project



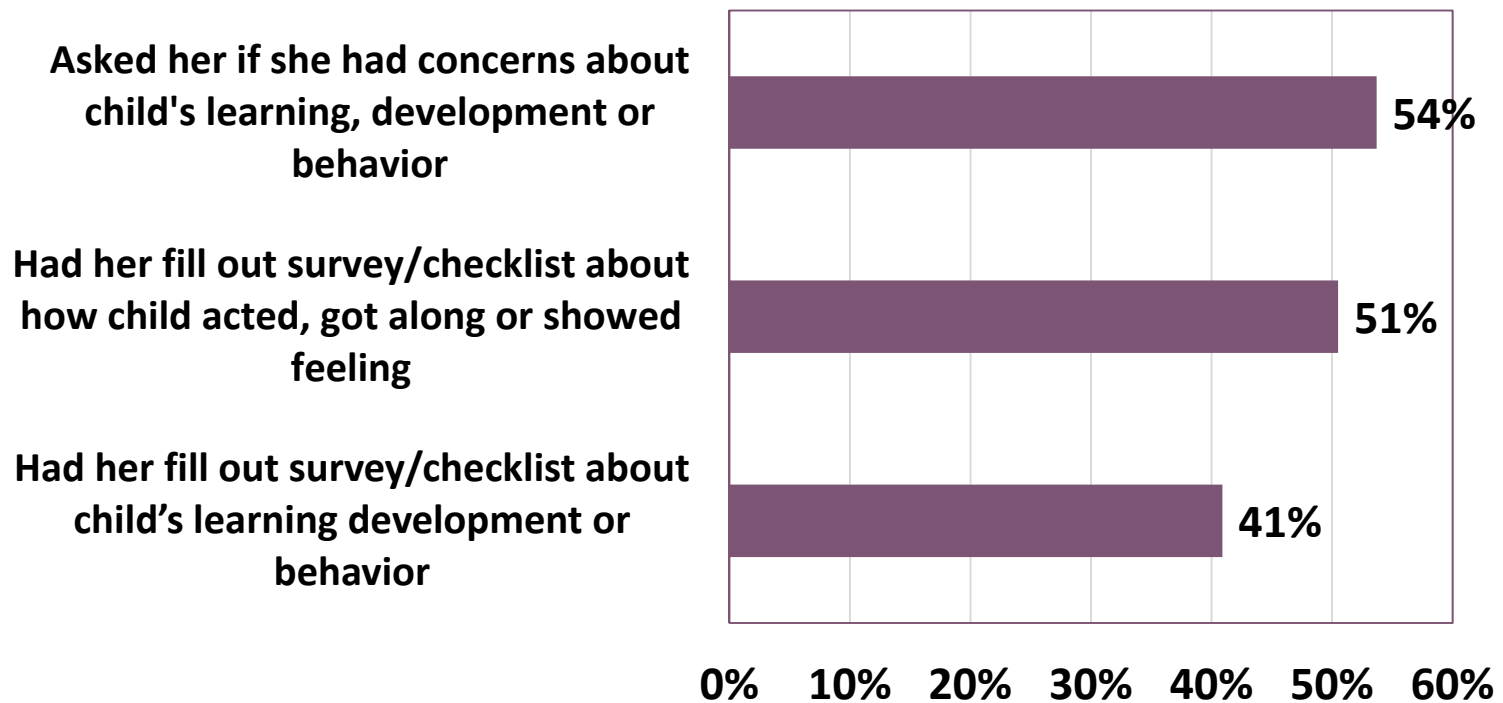
Early Childhood Development

- Stressful Life Events Among Toddlers:
 - ❖ **1 in 5 (19%)** experienced a change in household members including a new sibling.
 - ❖ **1 in 7 (15%)** witnessed conflicts between parents.
 - ❖ **1 in 10 (10%)** experienced a death of a family member.



Early Childhood Development

- Did doctor conduct developmental screening?



Early Childhood Development

- **1 in 5 (18%)** mothers had concerns about her child's learning, development or behavior
- **7 in 10 (73%)** mothers who had concerns about her child's learning, development or behavior, received specific information to address these developmental concerns

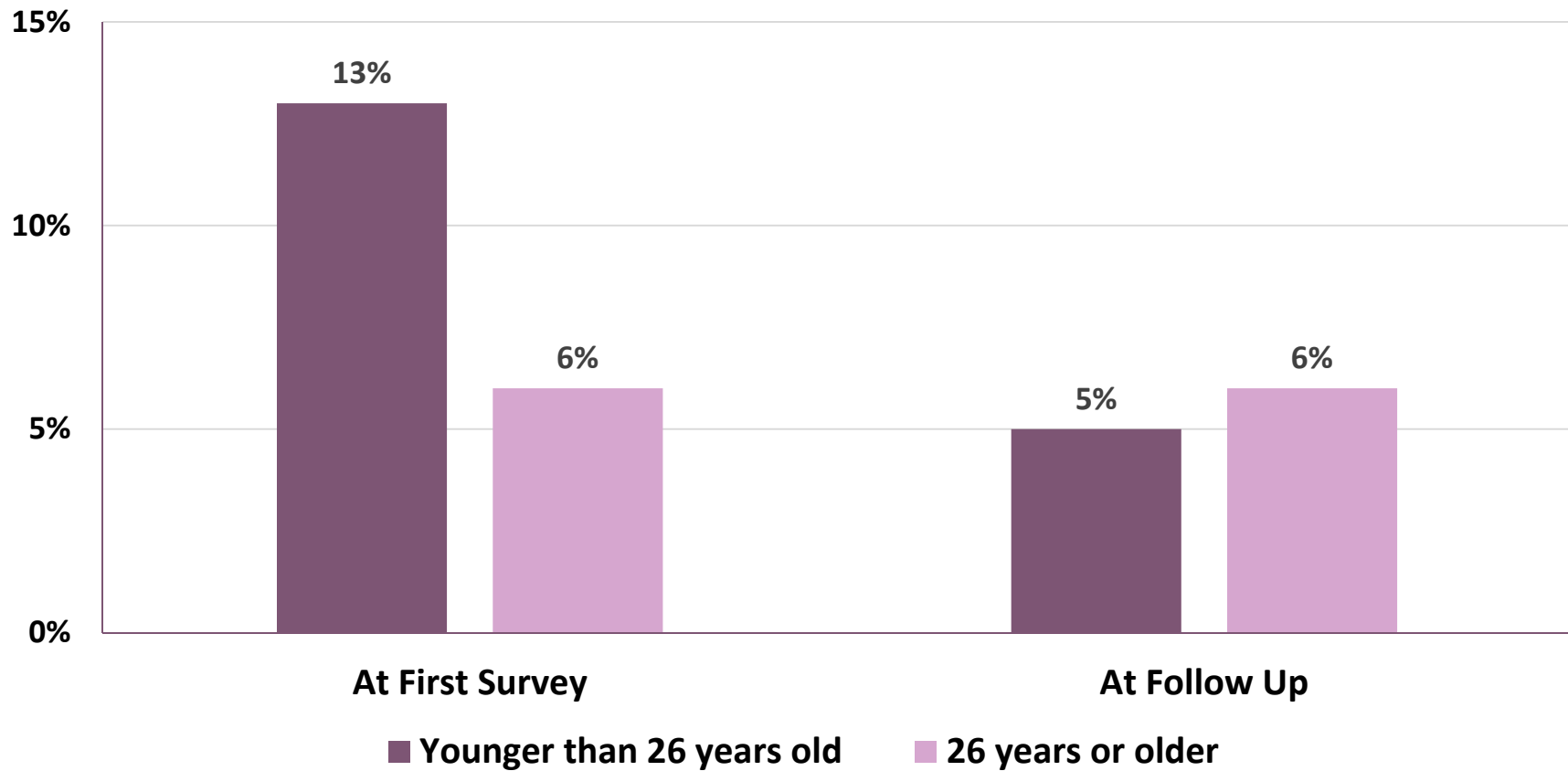


Child Care

- **1 in 2 (50%)** mothers had regular arrangement of child care for her toddlers
- Most common child care arrangement:
 - ❖ Grandparents **(44%)**
 - ❖ Baby Sitter/Friends/Neighbors **(18%)**
 - ❖ Other Relatives **(17%)**

Maternal Resilience

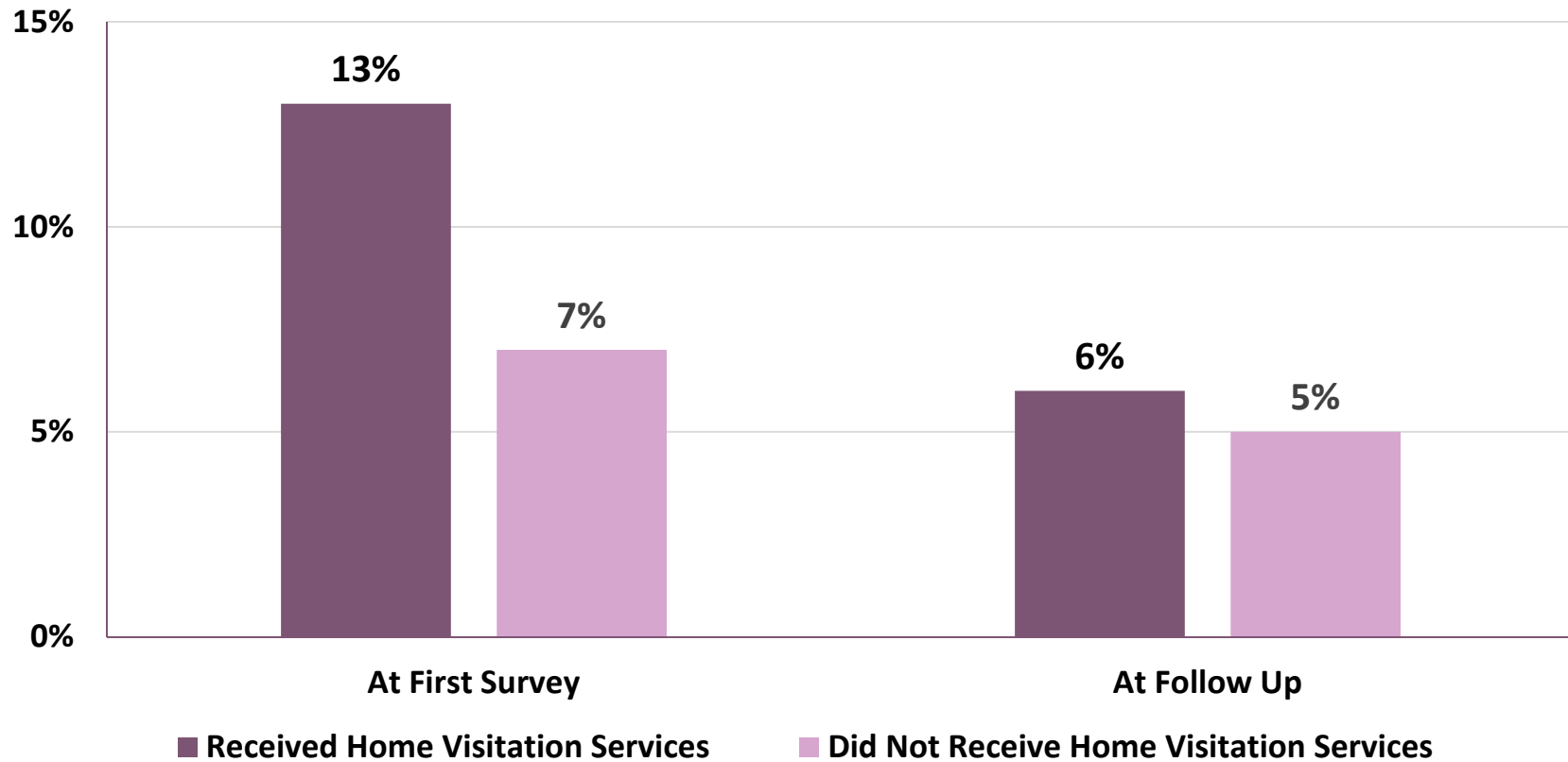
Low Maternal Resilience By Mother's Age





Maternal Resilience

Low Maternal Resilience By Receipt of Home Visitation Services





“Filling out this survey again bring joy to my face because I like any opportunity to help others in my similar situation. Right now I am in a very good place, I have evolved and making a pathway for my daughter's future by going to school full time and being a single parent. Life is hard no one said it's easy and life does throw you many curveballs, but never give up and never let anyone put you down. NEVER! Thank you!”

“Thank you very much for sending this inquiry. It helped me let out some things I needed someone else to know other than to just keep it bottled up inside. I went through a few accidents in these two years and I have been going through a whole bunch of different range of emotions. I'm glad to hear you guys care truly about my opinions. It's nice to know that my personal experiences will have a positive impact amongst other wonderful mothers such as myself. Thank you.”





Break/Poster Gallery 10:00-10:40



Small Group Discussions 10:40-11:20

1. Has your agency utilized LAMB data in the past?
2. If your agency has used LAMB data, how has your agency used LAMB data?
3. In what ways can you see LAMB data being utilized by your agency, or other agencies/groups you may work with, in the future?
4. In what ways could LAMB improve its data dissemination activities to reach a wider audience and better serve the MCAH community?
5. How can LAMB continue to grow, be of service, and be sustainable?

Small Group Report Back 11:20-11:45

We Want to Hear From You!





Next Steps
11:45- 12:00

Please complete feedback form