



Unplanned Pregnancy and Birth Control Usage: Los Angeles Mommy and Baby (LAMB) Survey

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BACKGROUND

- The benefits of preconception care are well established.
- A fetus is susceptible to the development of problems during the first 4-10 weeks after conception; because many women are unaware they are pregnant until after this critical period of time they are unable to reduce the risks to their baby's health.
- In Los Angeles County 45% of births in 2014 were either mistimed or unintended.

STUDY OBJECTIVES

We aim to:

- Investigate racial disparities between mistimed and unintended pregnancies in Los Angeles County.
- Describe the birth control use among women with unplanned pregnancies (mistimed and unintended).
- Describe the reasons for birth control non-use among women with unplanned pregnancies and how these reasons differ between groups.

SURVEY QUESTIONS

Women were asked: "Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant?":

- Those who responded they "wanted to be pregnant later" are defined as mistimed.
- Those who responded they "didn't want to be pregnant then or at any time in the future" were defined as unintended.

"Before you got pregnant with your new baby, were you doing anything to keep from getting pregnant?"

- Yes, all of the time, Yes, sometimes, No

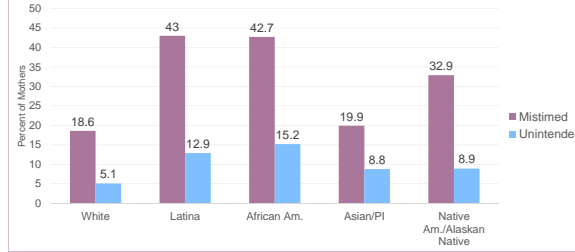
"What were you or your partner's reasons for not doing anything to keep from getting pregnant?"

- I didn't mind if I got pregnant, I wanted to have a baby/I was trying to get pregnant, I thought I would not get pregnant then, I had side effects from the birth control method I was using, I had problems getting birth control when I needed it, I thought my partner or I could not get pregnant, My partner did not want to use anything, I could not afford birth control

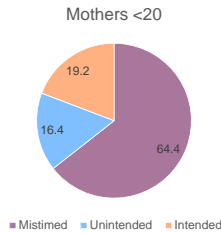
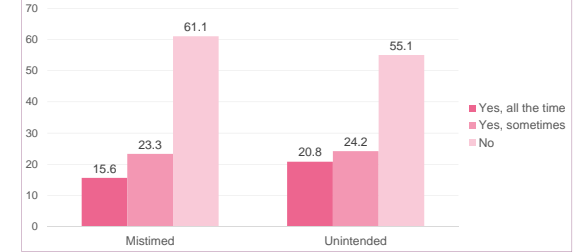
PUBLIC HEALTH IMPLICATIONS

- Encourage men and women to create a reproductive life plan
- Screen women of reproductive age about their pregnancy intentions at all clinical encounters and offer contraceptive options where appropriate.
- Screen and counsel men and women of reproductive age about risk behaviors, genetic conditions, and infectious and chronic diseases.
- Educate women on the importance of preconception health during their reproductive years.
- Discuss the benefit of using LARC (long-acting reversible contraceptives) and discussing Emergency Contraception (EC) Options.
- Support the full implementation of the contraceptive coverage requirements of the Affordable Care Act (ACA).
- Support the maintenance of publicly funded family planning services, which prevent nearly two million unintended pregnancies.
- Support improved access to Emergency Contraception (EC).

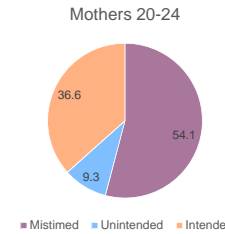
Percent of Mothers with Mistimed and Unintended Pregnancies by Race/Ethnicity



Frequency of Birth Control Use by Pregnancy Intention

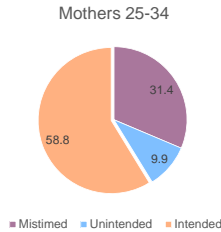


- Overall 34% of mothers reported their pregnancy was mistimed and another 11% reported their pregnancy as unintended.

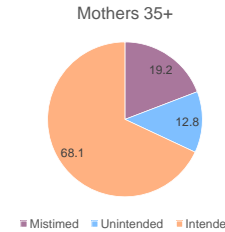


Birth control usage:

- Among mothers, 61% with mistimed pregnancies and 55% with unintended pregnancies, reported not using birth control at the time they became pregnant.
- Approximately 1 in 4 mothers with mistimed and unintended pregnancies reported using birth control "sometimes".



- African American mothers were most likely to report that their pregnancy was unintended.
- Latina mothers were most likely to report that their pregnancy was mistimed.
- The prevalence of mistimed pregnancies decreases with mother's age.
- The prevalence of unintended births decreases as mother's age until 35 at which point it increases slightly.



- Reasons mothers weren't using birth control:
- Mother's with mistimed pregnancies most commonly reported that "they didn't mind if they got pregnant" (37%) and "I thought I wouldn't get pregnant" (37%) as the reason for not using birth control.
 - Mother's with unintended pregnancies most commonly reported that "I thought I wouldn't get pregnant" (48%) and "I thought I couldn't get pregnant" (23%) as the reason for not using birth control.



Reasons for Birth Control Non Use by Pregnancy Intention

