



Content of Preconception Care

Findings from the 2007 Los Angeles Mommy and Baby (LAMB) Survey

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**Improving pregnancy outcomes using a life course perspective:
Stepping outside traditional prenatal care borders**

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Presenter Disclosures



Angie Denisse Otiniano

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose.



Overview



- **Significance**
- **Theoretical Framework**
- **Objective**
- **Methods**
- **Results**
- **Limitations**
- **Public Health Implications**



Significance



- **Prenatal care** is sometimes too late to prevent adverse pregnancy outcomes
- Interest in **preconception care**
- **Low preconception care utilization**
 - Few studies have examined the **content of preconception care**



Theoretical Framework



Ecological Model

Life Course Perspective



Objective

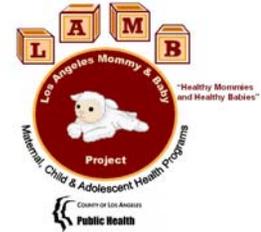


To examine **preconception health and care** among women of diverse backgrounds in Los Angeles County.



Methods

Study Design



- Mixed mode data collection methodology similar to PRAMS
- Multistage clustered design
- Data collected for the 2007 birth cohort



Methods

Variables



Preconception care utilization

“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 pregnancy and baby?”



Methods

Variables



Preconception care content

“Think about the times you saw a doctor or nurse in the six months before you got pregnant. Did your provider talk to you about these topics to get you ready for pregnancy?”

Multivitamin or folic acid supplements

Taking care of your medical conditions (e.g. asthma, anemia)

Healthy weight for pregnancy

Taking care of your gums and teeth

Immunizations

Domestic violence

Nutrition

Anxiety or depression

Stop smoking

Birth control

Taking care of your blood sugar

Genetic screening

Taking care of your blood pressure

Lead exposure and/or mercury



Methods

Variables



Preconception health status

“In the six months before you got pregnant, did you have any of these problems? Check all that apply.”

Depression

Heart problems

Anxiety

Problems with your gums or teeth

High blood pressure

Asthma

High blood sugar

Eat less than you felt you should because there wasn't enough money to buy food

Anemia

Additional questions on cigarette and vitamin usage, as well as height and weight were included to calculate Body Mass Index (BMI)



Methods

Data Analysis



Pearson's chi square tests used to determine if:

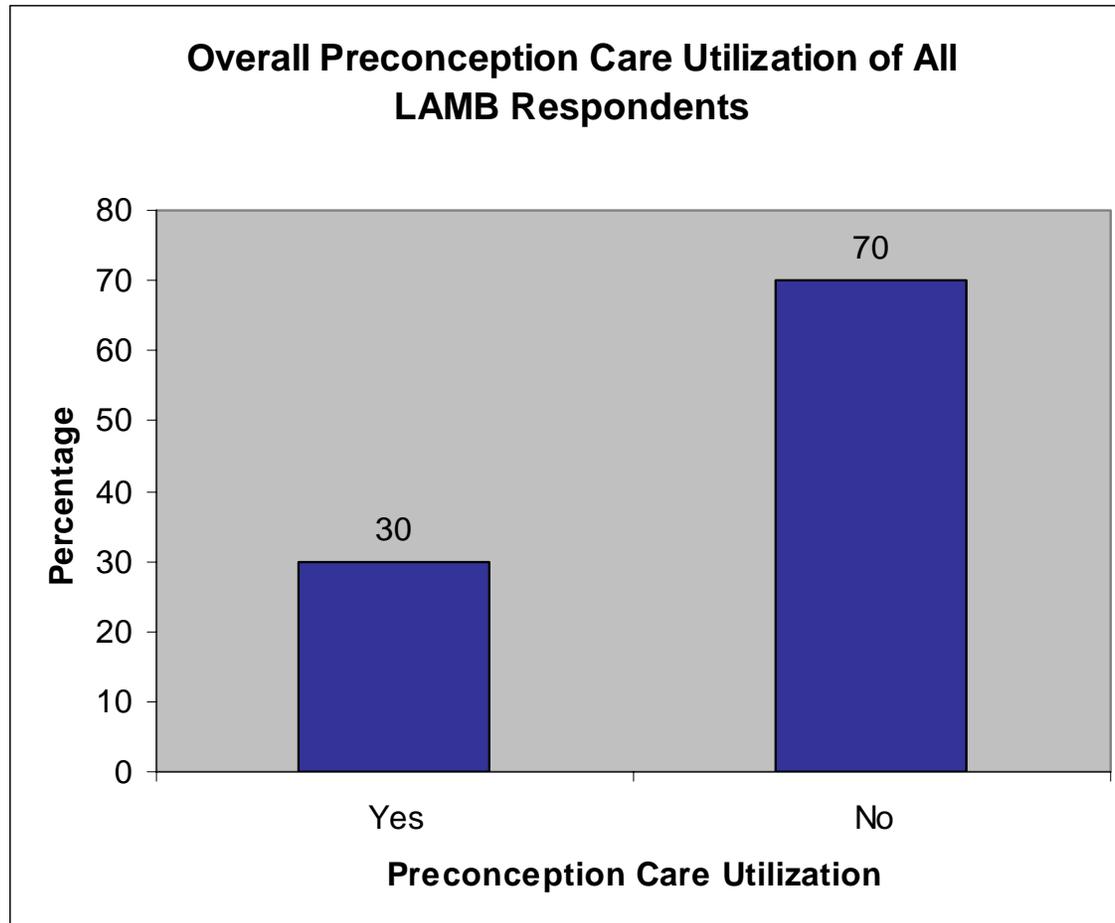
- **Preconception health status** varied by **race/ethnicity**
- **Preconception care content** varied by **preconception health status**

N=1,258



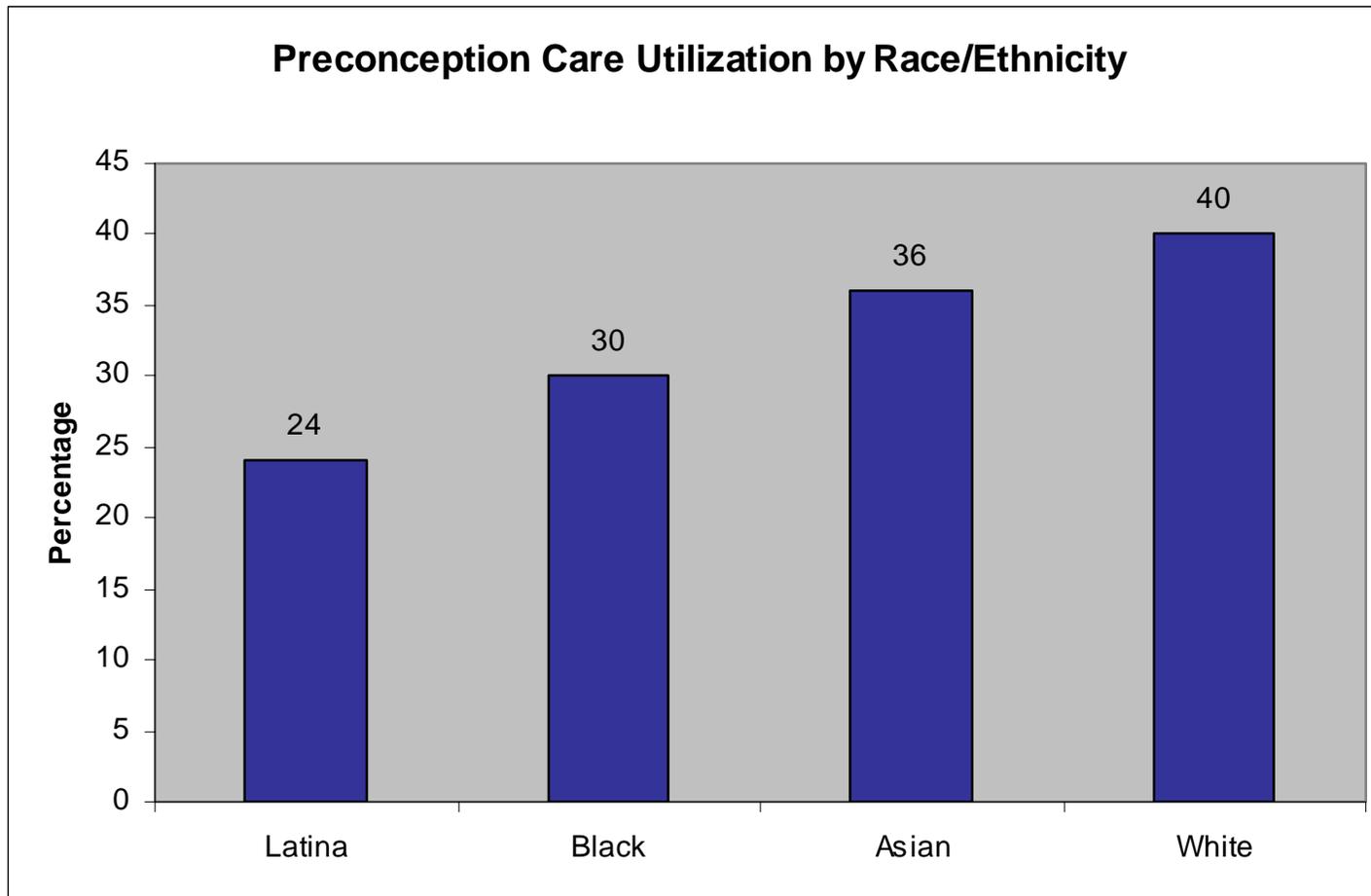
Results

Overall Utilization



Results

Utilization by Race/Ethnicity

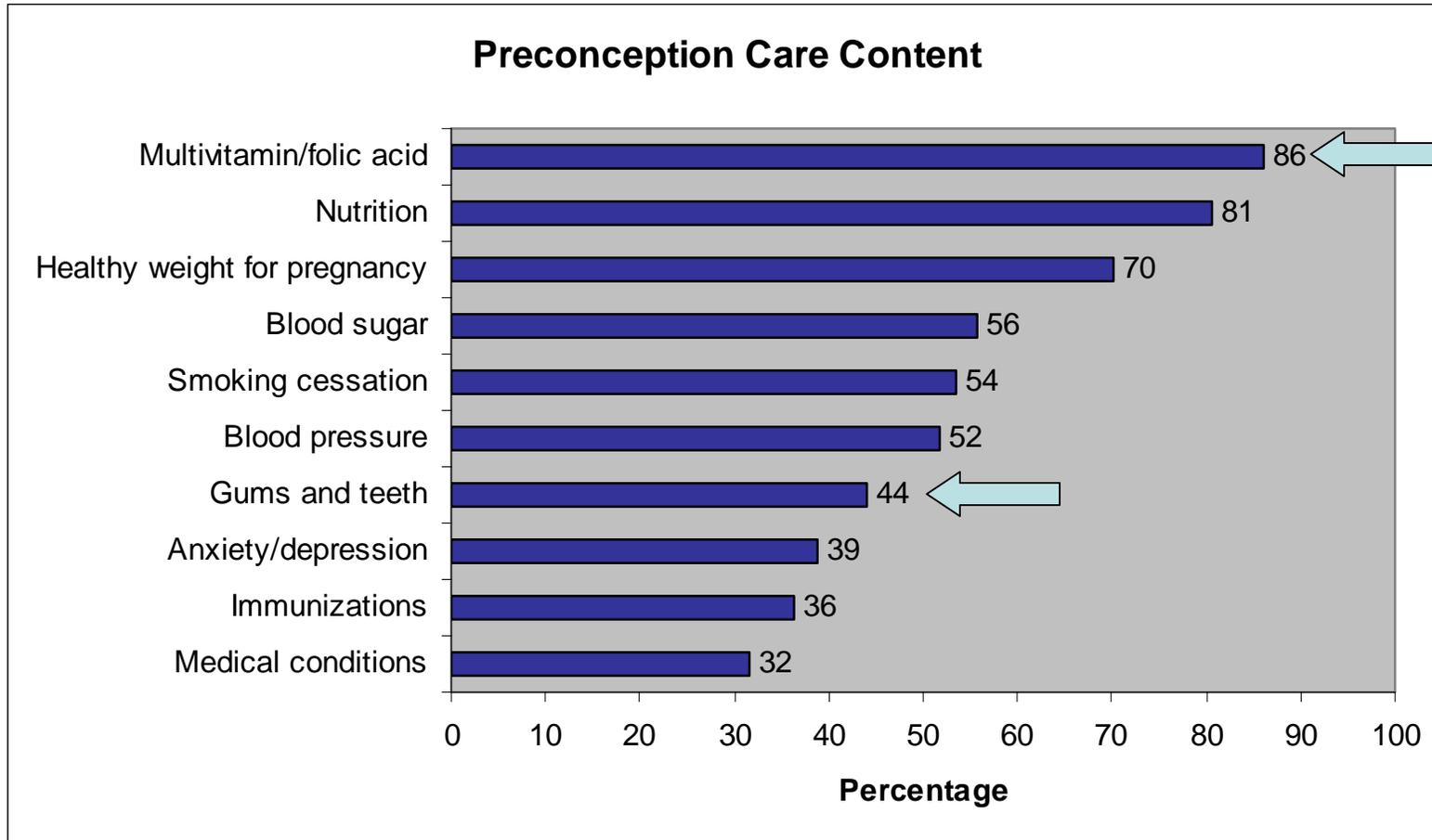
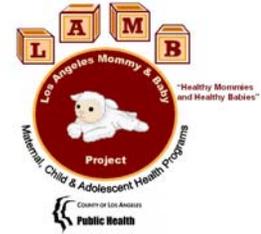


*p<0.0001



Results

Preconception Care Content*

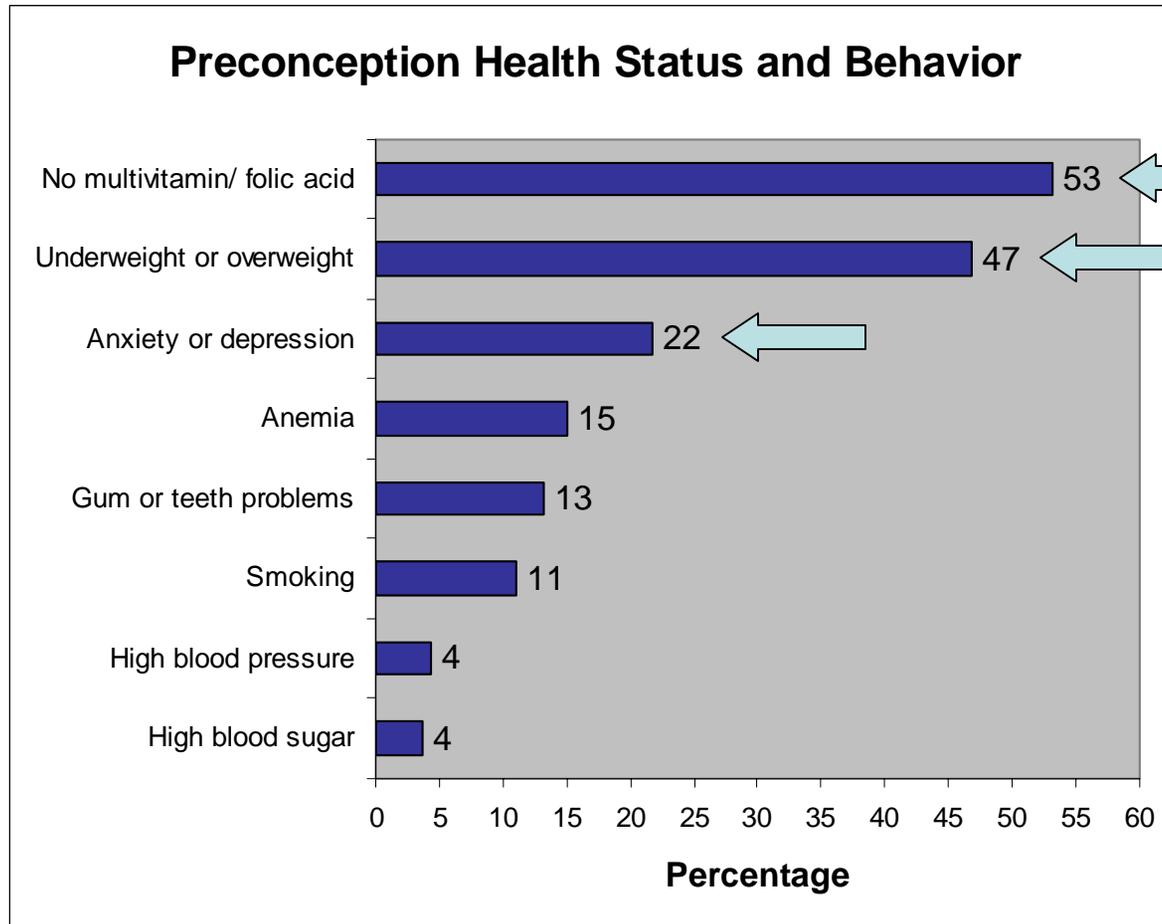


*Among women who reported preconception care utilization.



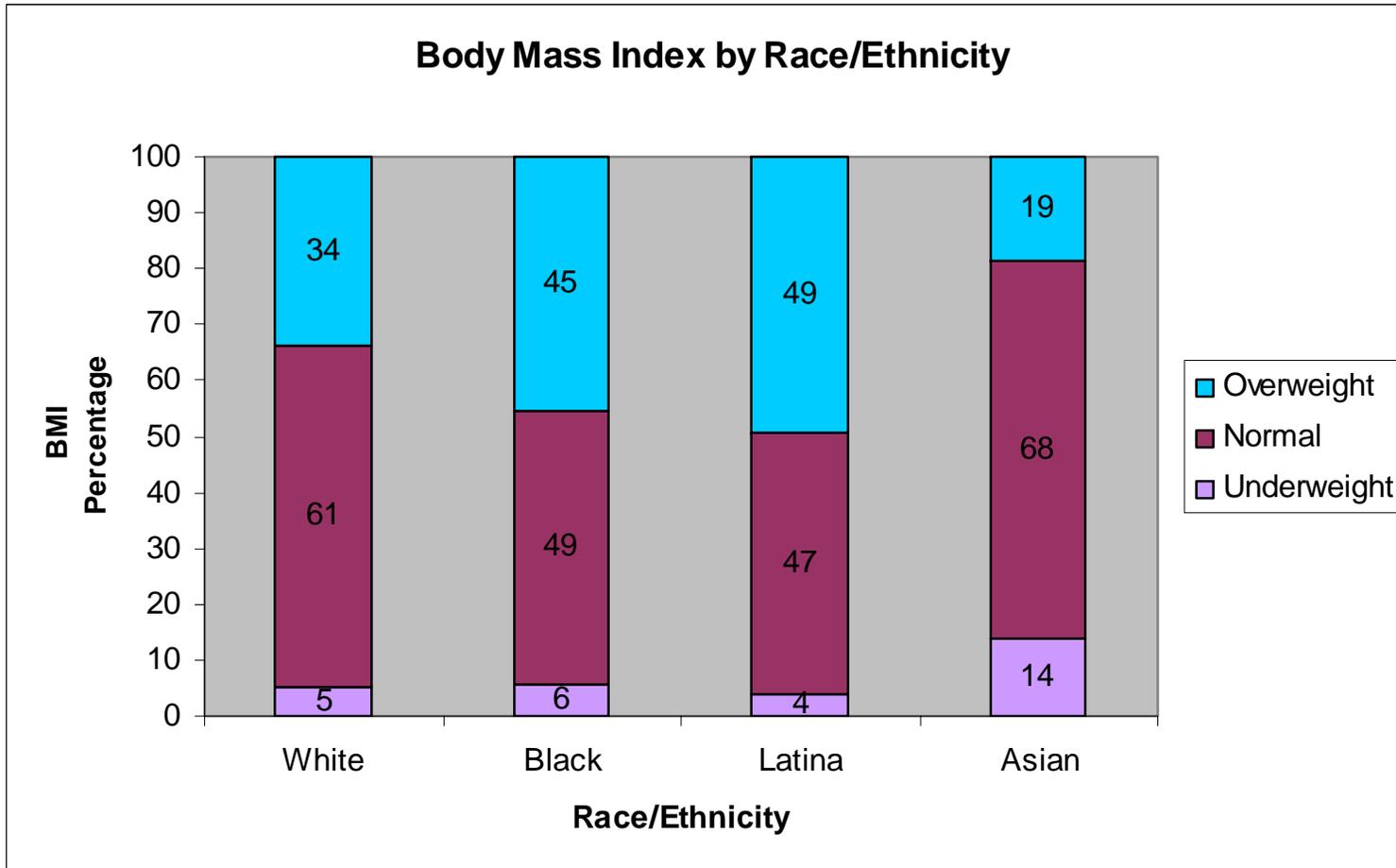
Results

Preconception Health Status and Behavior



Results

Health Concerns by Race/Ethnicity

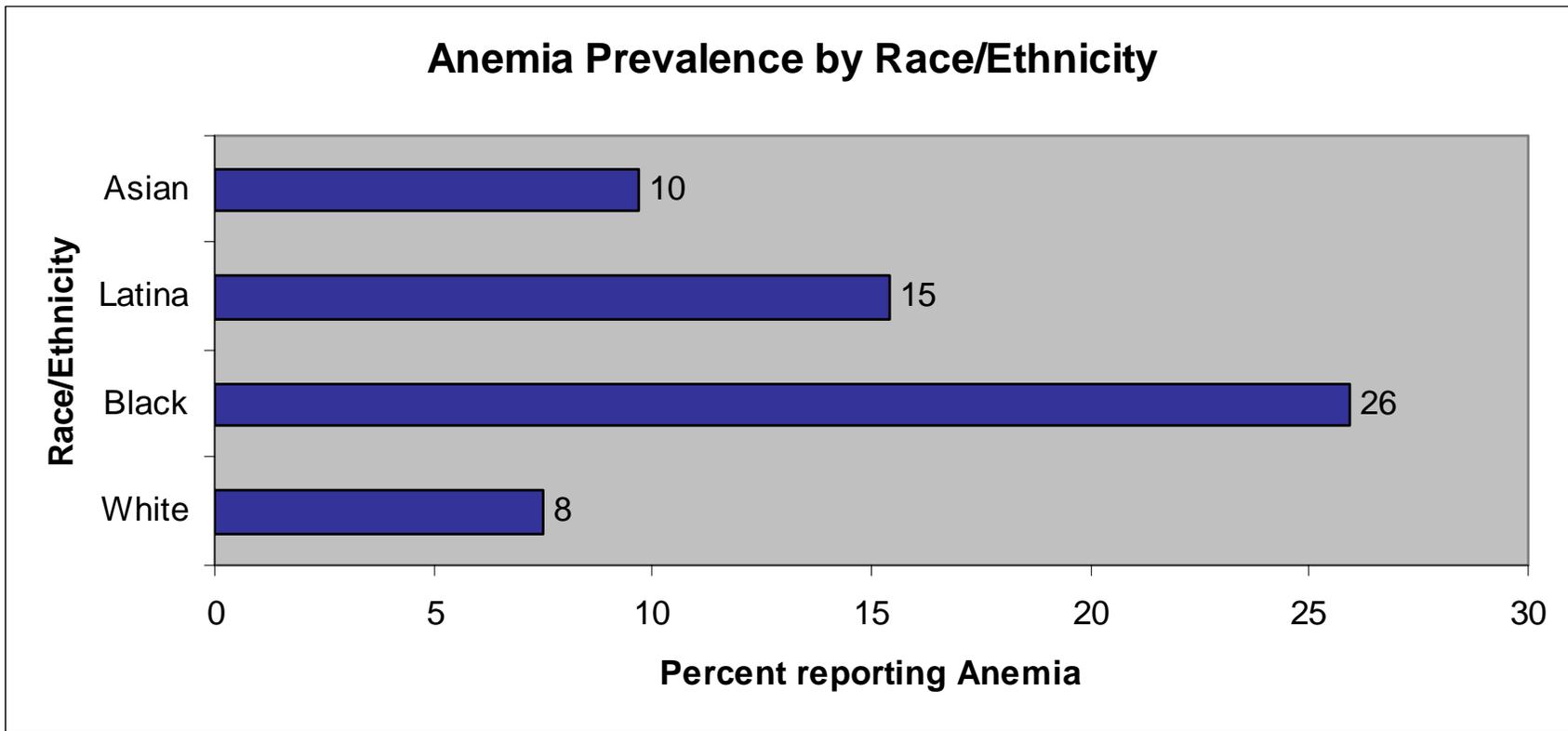


*p<0.001



Results

Health Concerns by Race/Ethnicity

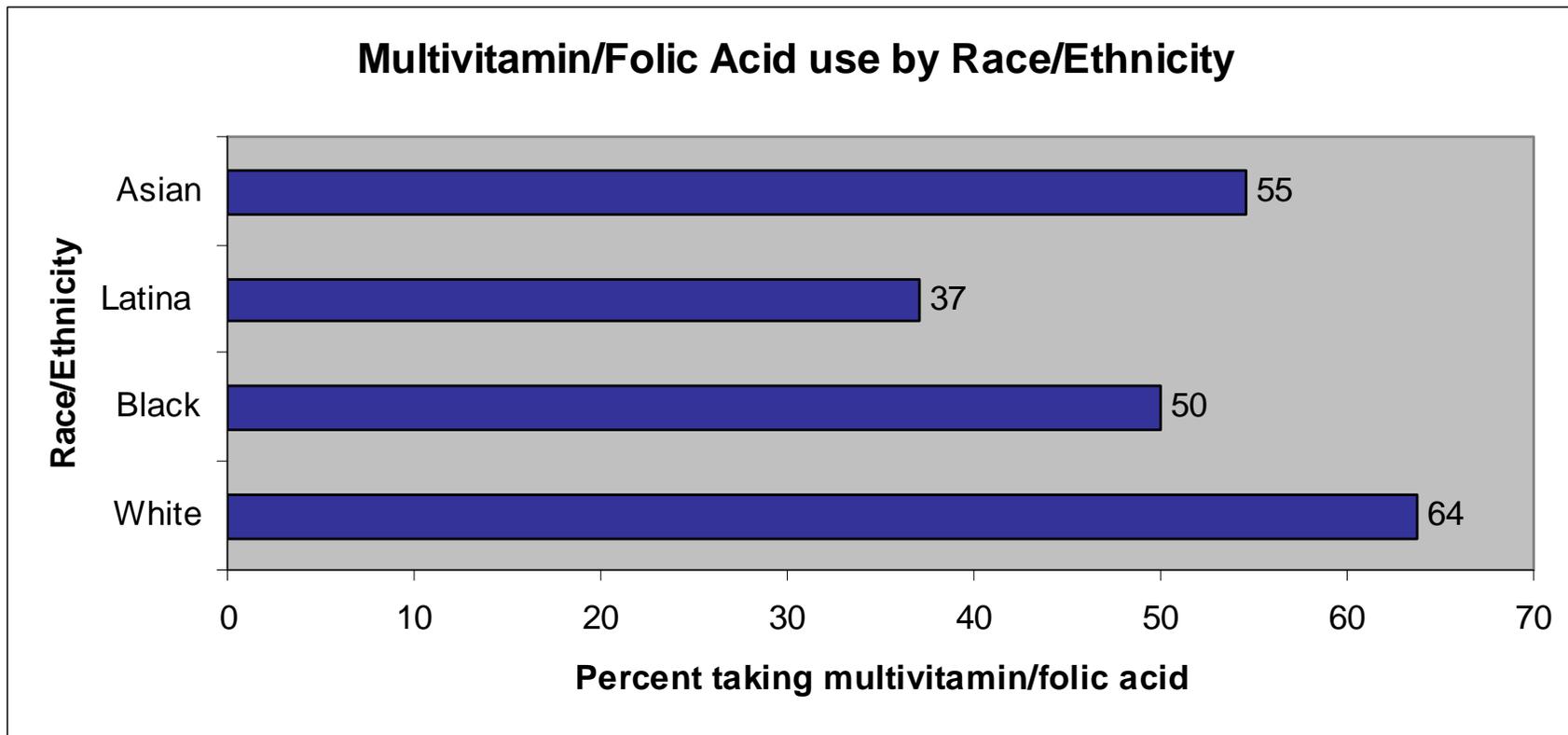


*p<0.001



Results

Health Concerns by Race/Ethnicity

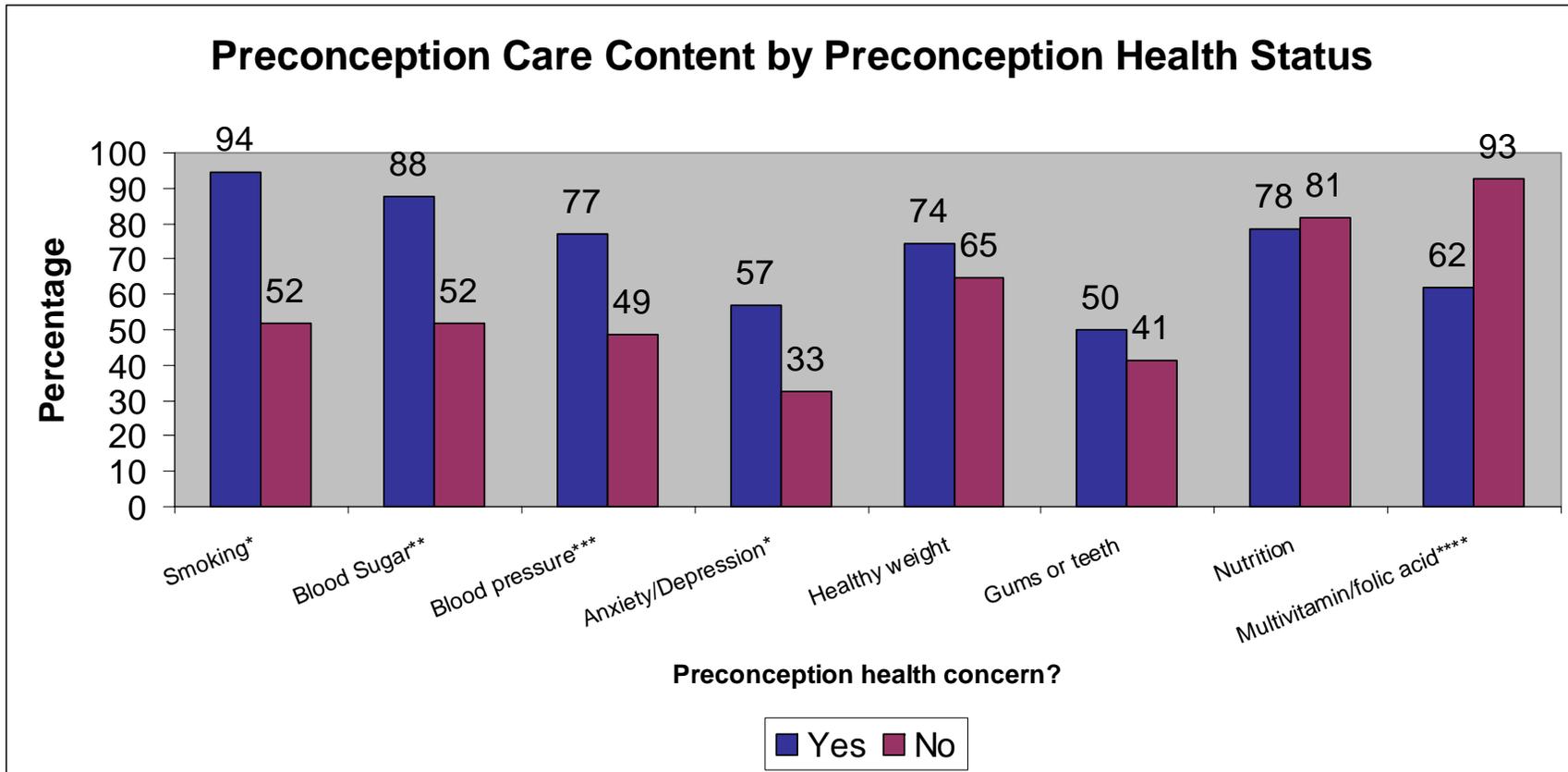


*p<0.001



Results

Content by Health Status and Behavior

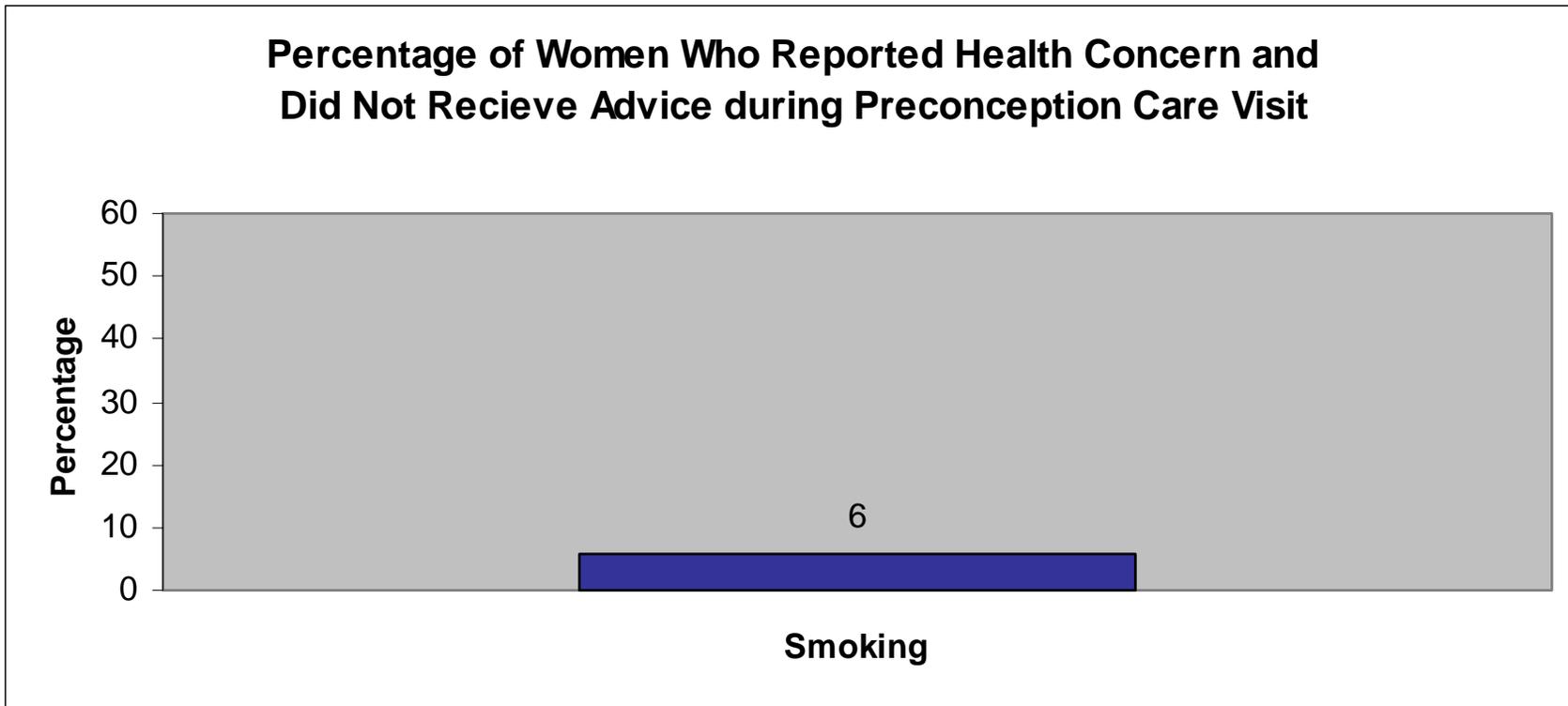


*p<0.001, **p<0.005, ***p<0.05, ****p<0.0001



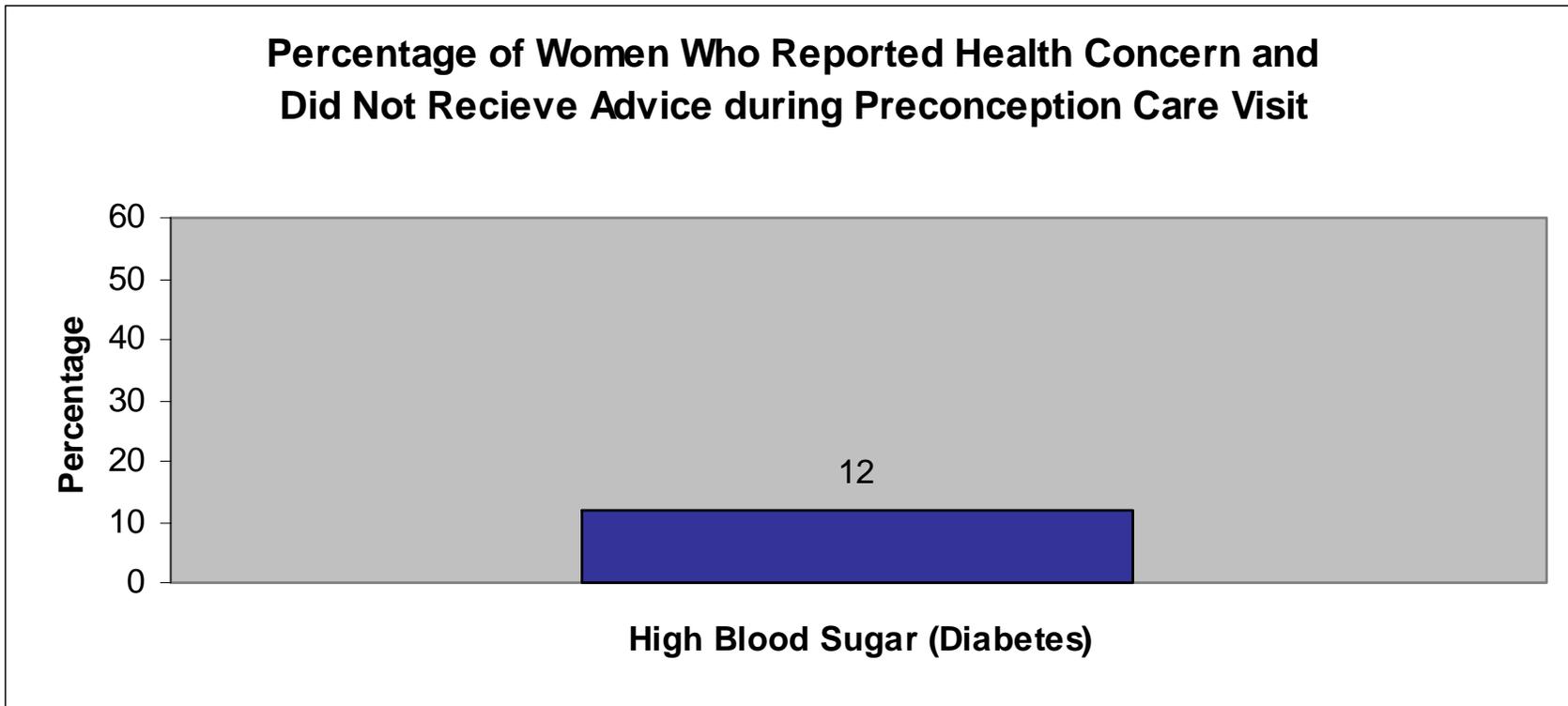
Results

Missed Opportunities



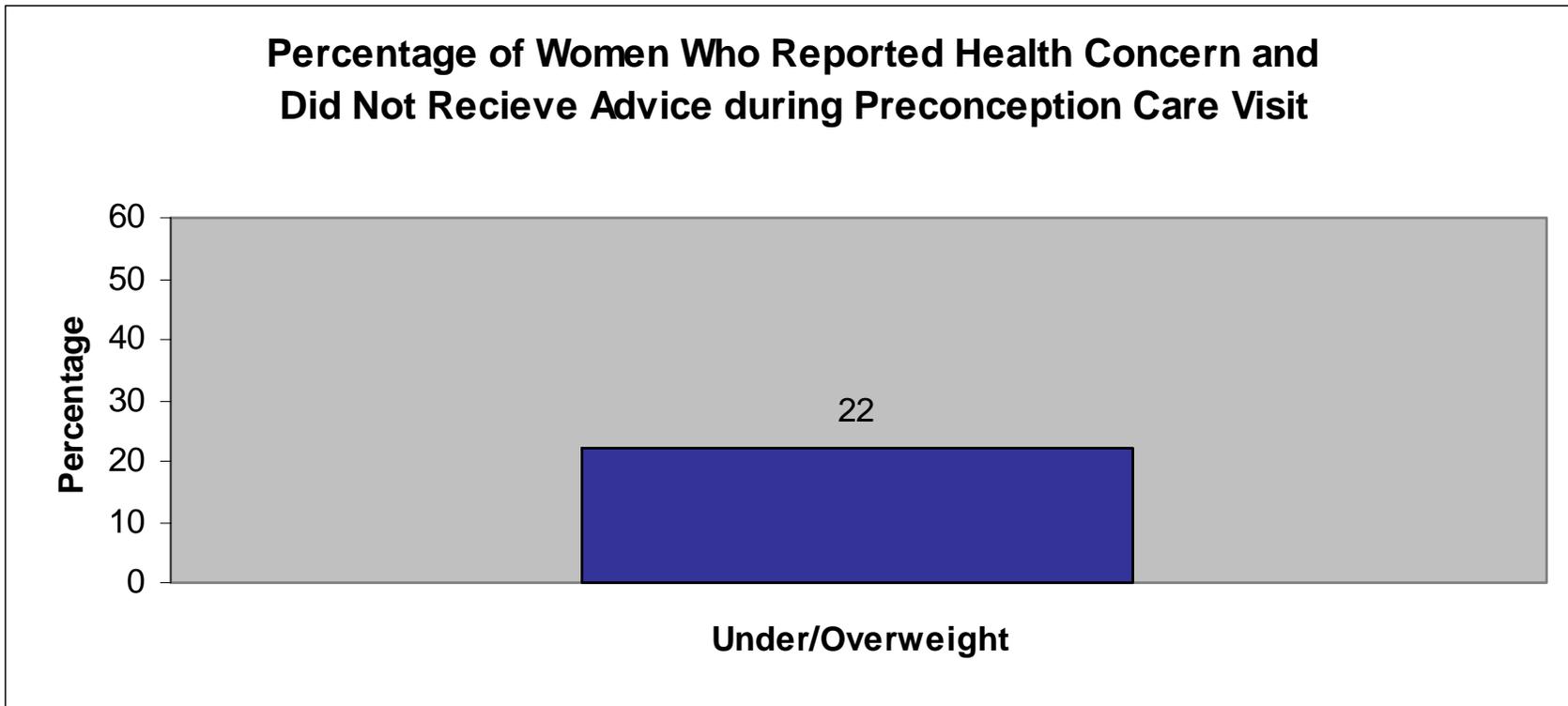
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Missed Opportunities



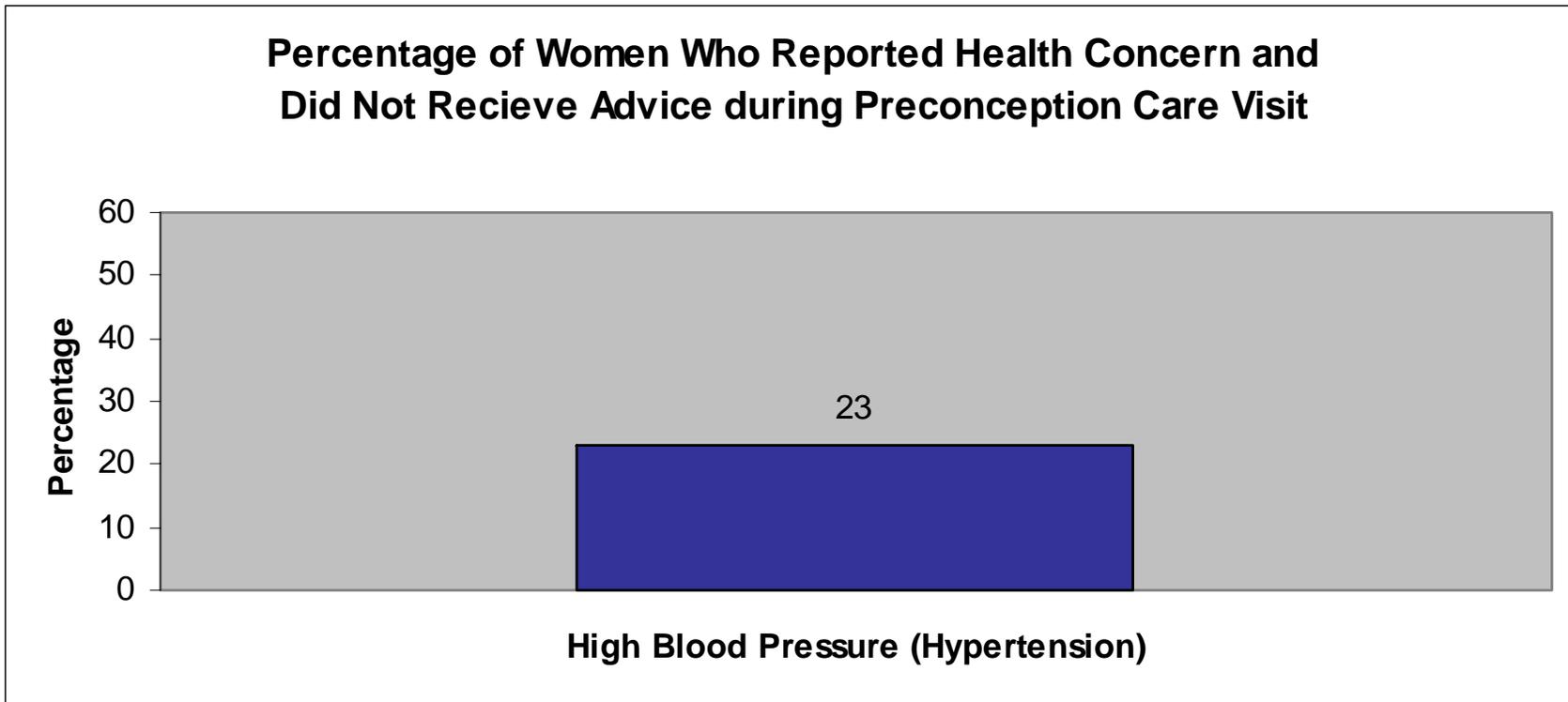
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Missed Opportunities



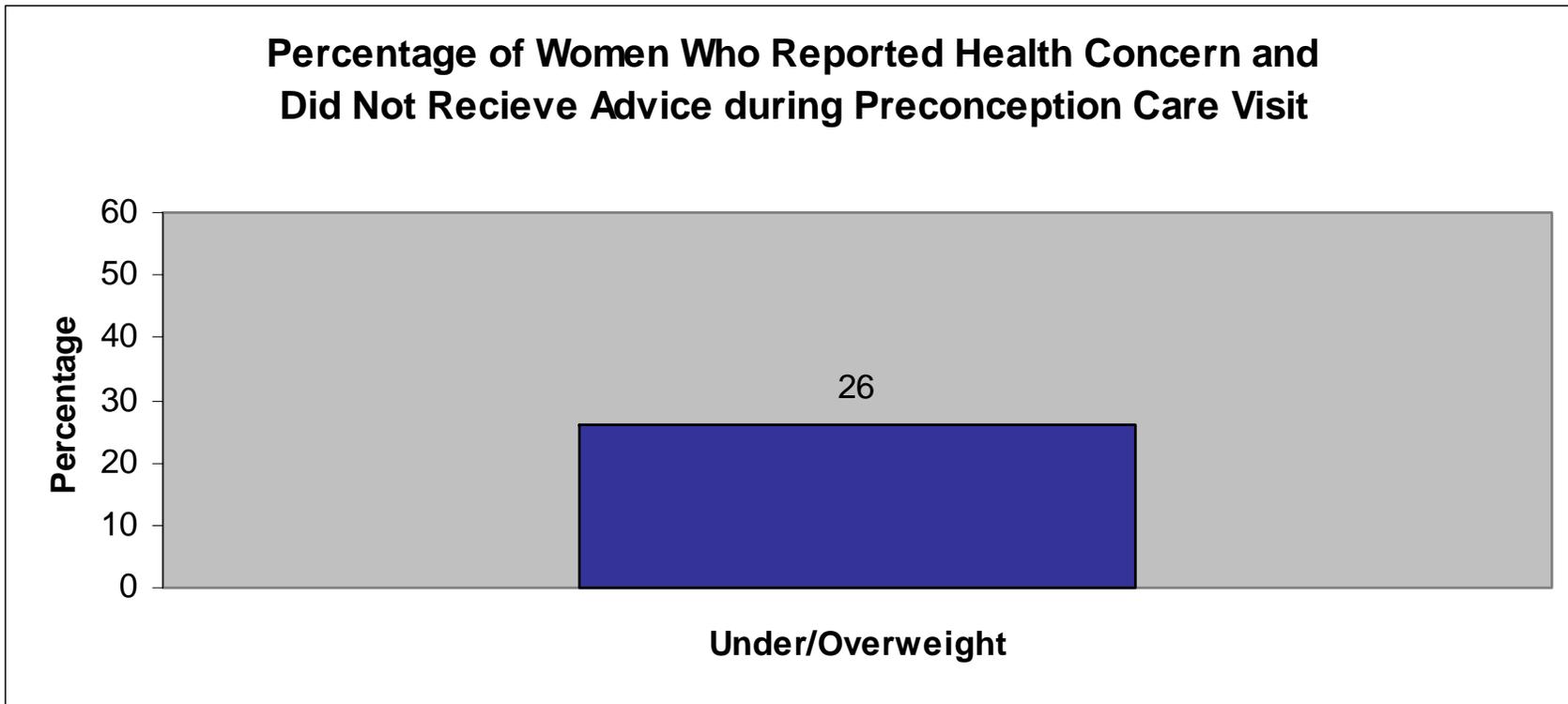
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Missed Opportunities



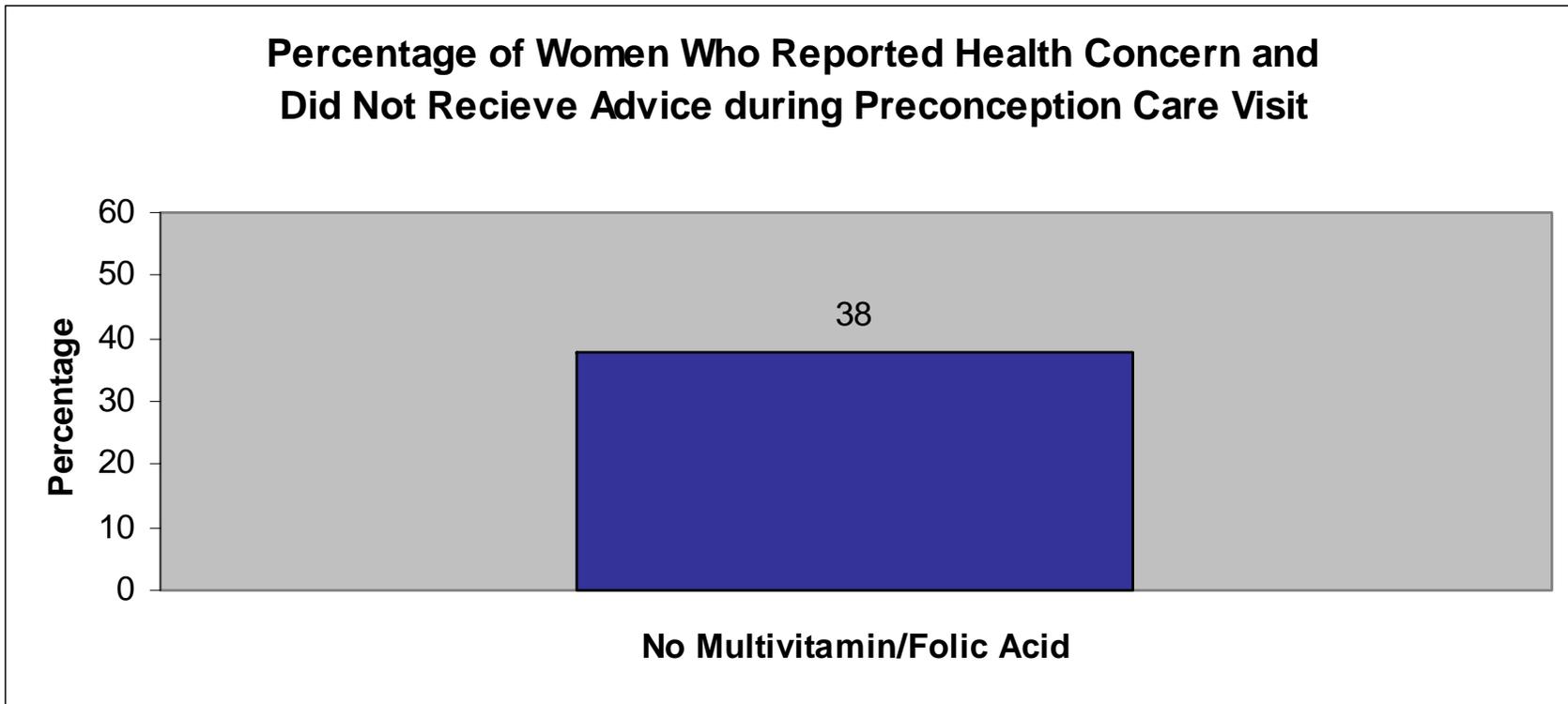
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Missed Opportunities



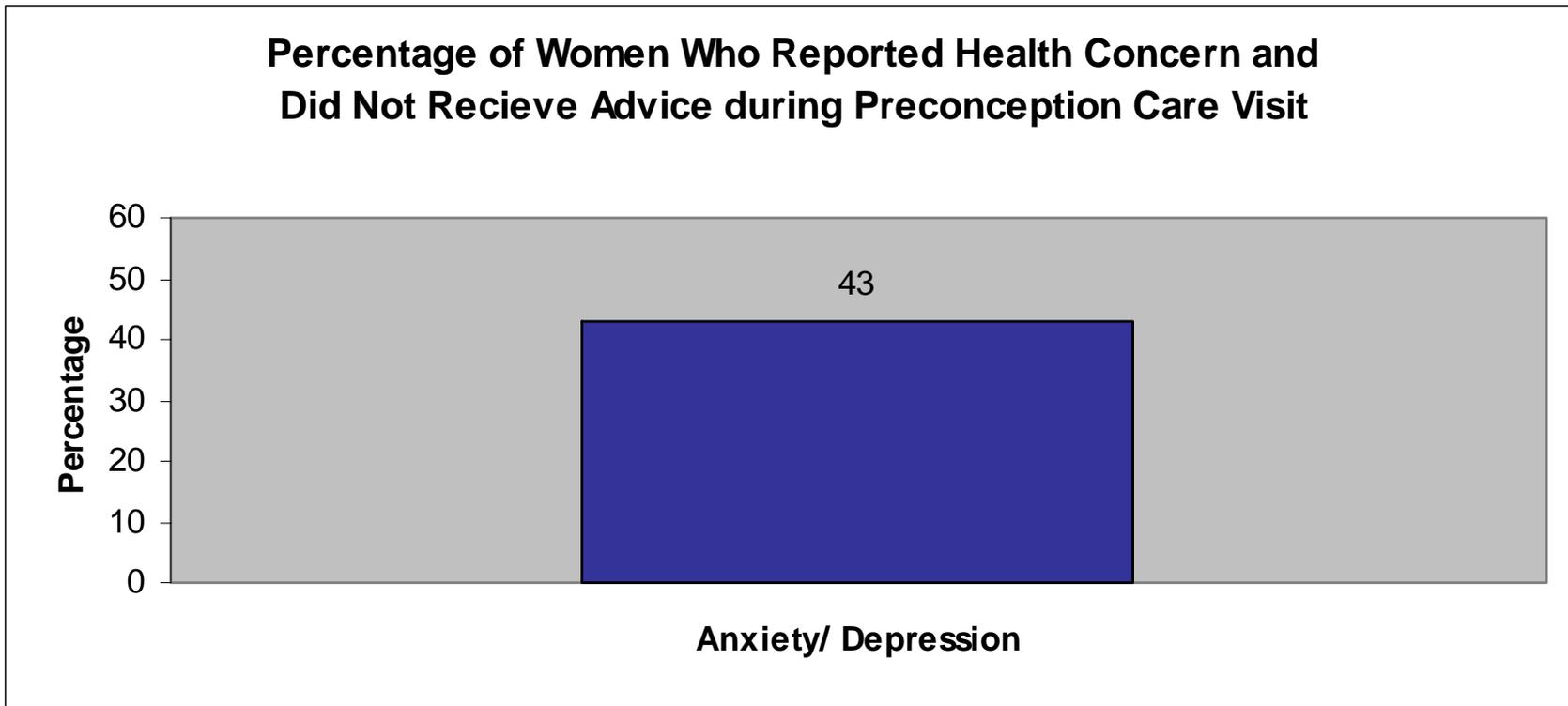
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Missed Opportunities



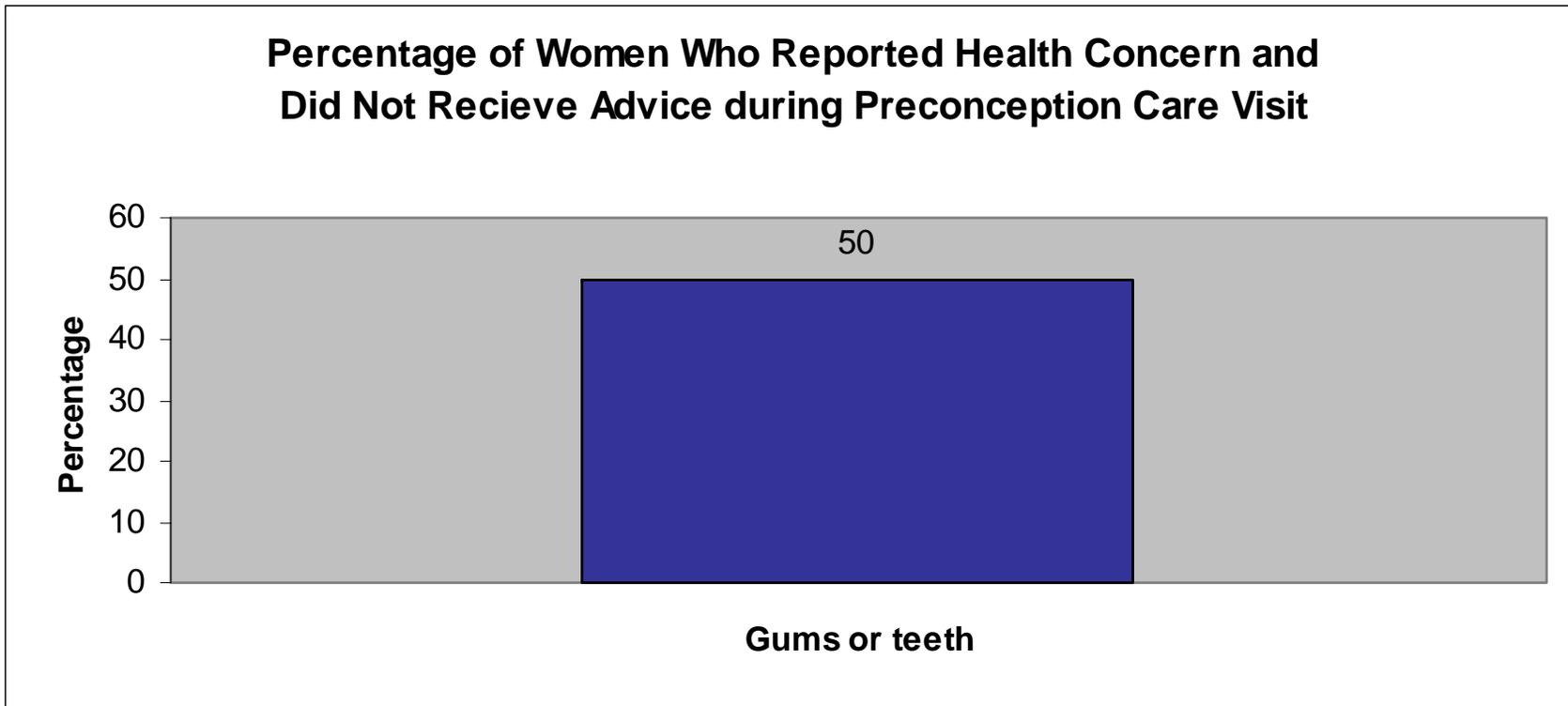
Results

Missed Opportunities



Results

Missed Opportunities



Results

Summary



- **Overall low rates of preconception care utilization**
- **Preconception health status varied by race/ethnicity**
- **Preconception care content varied by preconception health status and behaviors**
- **Missed opportunities in preconception care**



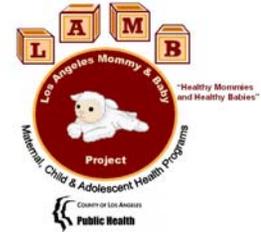
Limitations



- **Self Report**
- **Time Order**
- **Measure of Preconception Care**



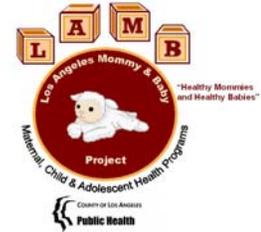
Public Health Implications



- **Address missed opportunities**
- **Address overall low rates of preconception care utilization**
- **Additional research on preconception care and content**



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