

# 2007 Surveillance Report

A Survey of the Health of Mothers and Babies  
in Los Angeles County



## Comments from LA Moms

### LAMB constantly receives support from LA mothers.

Here are a few comments from LAMB moms:

*“This survey is/was an excellent idea and will hopefully reinforce the link between healthy moms, healthy lifestyles, and healthy babies.”*

*“I had a wonderful experience during my hospital stay when I gave birth. I am glad to have taken classes on breastfeeding. I was encouraged to keep trying even though my son was having difficulty latching. It is difficult to do, but extremely worth it. The support I received from my partner and hospital was amazing.”*

*“It was too difficult to get prenatal care, and I didn’t find out I was pregnant until 3 months later. I didn’t get insurance until over a month later, and all doctors turned me away because I was “too far along” so I had to pay for ultrasounds and stuff, which was so expensive!”*

*“More support and information needs to be out there regarding depression. Mothers-to-be, fathers, and family members need to be educated prior to the delivery of the baby on what symptoms to look for. Thank you for including me in your survey. I hope it helps.”*

*“After I gave birth, I was very, very depressed. My boyfriend helped a lot, but I still went a little crazy. It took about 1½ months for me to get better.”*

*“I hope that my information will be helpful to all of the new mothers. Thanks.”*

*“I like this survey because it gives a different perspective on how we and doctors could do better when expecting a baby.”*

*“I appreciate your concern for mothers and babies.”*

For more information about LAMB, visit [www.LALAMB.org](http://www.LALAMB.org).

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## About the Los Angeles Mommy and Baby Project

The Los Angeles Mommy and Baby (LAMB) Project is a public health surveillance project developed by the Maternal, Child, and Adolescent Health Programs of Los Angeles County in 2005. The LAMB Project collects countywide population-based data on the attitudes and experiences of women before, during, and shortly after their most recent pregnancy.

The LAMB Project was piloted in 2004 in Antelope Valley to address the high infant mortality rate observed in that region of Los Angeles County. The LAMB Project provided information on the risk factors and potential causes of infant mortality for women in the Antelope Valley. Since 2005, the project has been expanded to cover all of Los Angeles County, collecting data roughly every other year.

### **Purpose**

The purpose of LAMB is to improve the health of mothers and infants by reducing adverse birth outcomes and the risk factors that lead to high rates of low birth weight, pre-term births, and infant and maternal mortality and morbidity. LAMB 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.

LAMB allows the LA County Department of Public Health to monitor trends over time and examine changes in maternal and child health indicators, including rates of unintended pregnancy, prenatal care, smoking and drinking during pregnancy, breastfeeding, well-baby checkups, infant illnesses, baby's sleep position, and exposure to secondhand smoke. LAMB data provides a context in which to better interpret the information from birth certificates used to plan state and local maternal, child, and infant health programs.

### **Using the LAMB 2007 Data Book**

This data book presents findings from the 2007 LAMB project. Surveyed were 6,264 eligible respondents, which represented 151,813 live births in Los Angeles County during 2007. The data are weighted by the respondents' selection probability, which allows the percentage (prevalence) reported in this document to represent the entire population of live births in the County of Los Angeles in the year 2007.

Research has indicated that various maternal behaviors and experiences before, during, and after pregnancy influence birth outcomes. Through the release of this report, the Maternal, Child, and Adolescent Health Programs hopes 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 LAMB 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 LAMB 2007 Surveillance Report 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 and infant health.

Each section of the report contains tables displaying estimates by Race/Ethnicity, Service Planning Area (SPA), and Supervisorial District. 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 reader that the estimate is statistically unstable and therefore may not be appropriate to use for planning or policy purposes.

# Selected Demographic Indicators

Los Angeles County

## Mother's Race/Ethnicity

White	16.9%
Latina	63.1%
African American	7.5%
Asian/Pacific Islander	11.2%

## Maternal Age

<20	9.4%
20-24	22.1%
25-34	50.0%
35+	18.5%

## Mother's Years of Education

<12	31.7%
=12	25.8%
>12	42.5%

## Mother's Marital Status When Baby Was Born

Married	55.6%
Not Married	44.4%

## Language(s) Usually Spoken at Home

English	65.4%
Spanish	50.5%
Asian Language	7.0%
Other Language	4.9%

## Household Income

<\$20,000	41.0%
\$20,000 - \$39,999	21.8%
\$40,000 - \$59,999	9.0%
\$60,000 - \$99,999	11.0%
\$100,000 and more	11.0%

## Preterm/Low Birth Weight

Preterm	11.4%
Low Birth Weight	7.4%

## Pre-Pregnancy Health by Race/Ethnicity

	Los Angeles County	White	Latina	African-American	Asian/Pacific Islander
	(%)	(%)	(%)	(%)	(%)
<b>Access to Health Care Before Pregnancy</b>					
Uninsured	36.7	13.2	48.3	21.5	19.8
On Medi-Cal	21.4	8.8	24.7	34.9	12.8
<b>Preconception Health Behaviors and Experiences</b>					
No preconception health counseling <sup>1</sup>	70.7	60.0	74.9	72.8	63.9
Not taking a multivitamin	54.4	35.3	61.7	53.7	43.5
Lack of folic acid knowledge	42.5	26.4	47.4	47.0	38.4
Did not have enough money for food	6.7	2.5	8.1	10.1	2.4
Smoked in the 6 months before pregnancy	9.6	16.6	6.8	17.4	9.2
<b>Family Planning Practices</b>					
Unwanted pregnancy/mistimed by mother <sup>2</sup>	53.4	33.6	60.0	64.4	40.5
Unwanted pregnancy by partner <sup>3</sup>	34.1	23.7	37.6	44.3	25.1
Using birth control when they became pregnant	43.3	41.6	43.5	46.2	42.9
Received fertility treatment	4.0	5.8	3.0	*1.9	8.0
Ever used emergency contraception	10.4	13.7	9.6	12.6	7.4
<b>Preconception Health Conditions</b>					
Overweight/Obese	38.3	33.3	42.5	47.2	17.0
Asthma	5.2	6.4	4.3	12.4	3.4
High blood pressure	3.7	1.8	4.1	6.2	2.7
Diabetes	3.3	*1.5	3.7	*2.4	4.3
Anemia	12.1	6.9	12.9	20.9	9.0
Periodontal disease	12.5	8.4	14.0	14.3	10.1
<b>Obstetric History</b>					
Previous preterm birth	8.9	6.4	9.6	10.1	7.4
Previous low birth weight	7.4	5.3	8.0	9.9	6.1
Stillbirth (pregnancy that did not result in a live birth)	2.1	*1.2	2.4	2.5	*1.8
Previous miscarriage	17.7	26.9	14.2	25.1	15.8
Previous abortion	17.0	23.6	12.0	35.6	19.7

\*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 father.' Respondents who answered 'I don't know' or 'I didn't have a husband or partner' were coded missing for this field.

## Prenatal Care and Maternal Risk Factors During Pregnancy by Race/Ethnicity

	Los Angeles County	White	Latina	African-American	Asian/Pacific Islander
	(%)	(%)	(%)	(%)	(%)
<b>Prenatal Care</b>					
Entered prenatal care after 1st trimester	10.1	6.8	10.8	13.1	9.1
Did not get prenatal care as early as wanted	15.6	13.3	15.6	19.6	16.2
Traveled 15 miles or more for prenatal care	12.4	12.1	11.8	15.6	14.5
Prenatal care did not meet PHS guidelines <sup>4</sup>	35.0	32.6	36.3	27.5	36.5
Dissatisfied with amount of wait time at prenatal care	18.7	18.5	18.1	16.2	23.2
Dissatisfied with amount of time spent with doctor/nurse	11.4	10.4	11.9	9.0	12.0
Dissatisfied with advice given at prenatal care	7.7	6.9	7.8	6.9	8.5
Dissatisfied with understanding/respect received	4.3	5.1	4.2	4.4	3.7
<b>Medical Conditions During Pregnancy</b>					
Labor pain 3 weeks before due date	16.3	13.2	17.3	18.7	12.8
High blood pressure	10.8	10.1	10.7	18.3	6.4
Gestational diabetes	12.0	8.4	12.2	10.0	17.1
Problems with the placenta	3.6	5.2	2.9	3.9	4.1
Urinary tract infection	9.2	10.4	9.2	10.9	5.4
Water broke more than 3 weeks early	5.2	3.8	5.4	5.3	5.7
Incompetent cervix	3.3	*1.0	4.5	2.8	*1.5
Sexually transmitted disease	3.5	1.9	3.9	6.6	*1.8
Bacterial vaginosis	13.4	8.7	15.1	15.8	11.1
Periodontal disease	18.9	16.2	20.2	19.7	15.3
<b>Risk Behaviors During Pregnancy</b>					
Smoking	2.6	4.8	1.5	8.2	1.8
Exposure to secondhand smoke	6.3	6.2	5.4	13.9	6.6
Using illegal drugs or drugs not prescribed by a doctor	2.4	3.0	1.9	5.2	*1.7
Drinking alcohol	10.5	20.8	7.5	12.1	10.5
Did not exercise during pregnancy	28.6	31.6	26.4	36.8	31.6

\*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>4</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."

## Psychosocial and Behavioral Risk Factors During Pregnancy by Race/Ethnicity

	Los Angeles County (%)	White (%)	Latina (%)	African-American (%)	Asian/Pacific Islander (%)
<b>Mental Health During Pregnancy</b>					
Self reported depression	19.9	10.0	24.0	19.7	12.7
<b>Social Support</b>					
Dissatisfied with support given by the baby's father	12.0	7.5	12.3	25.4	7.8
Experienced domestic violence/intimate partner abuse <sup>5</sup>	3.4	2.2	3.6	6.8	*1.2
Would have someone to loan money if needed	58.3	68.1	54.0	63.5	65.4
Would have someone to help if sick	72.9	84.4	67.1	81.0	83.2
Would have someone to listen to problems	75.7	89.1	69.7	84.4	84.2
<b>Social Environment</b>					
Perceived neighborhood as unsafe <sup>6</sup>	16.5	10.5	18.8	21.6	10.5
<b>Stressful Life Events During Pregnancy</b>					
Family member had to go into the hospital	17.3	19.0	17.1	21.7	12.3
Divorced/separated from husband/partner	9.2	5.9	10.1	17.9	3.0
Moved to a new address	21.2	17.9	21.8	28.7	17.2
Were homeless	5.7	2.0	7.1	10.1	*0.7
Husband/partner lost his/her job	13.8	9.4	15.6	16.2	9.7
Lost job but wanted to continue working	11.6	6.4	13.4	16.2	6.3
Argued more than usual with husband/partner	30.4	24.9	31.2	43.5	24.7
Had a lot of bills that could not be paid	22.4	16.4	24.3	33.2	12.7
Were in a physical fight	3.9	2.3	4.0	8.7	2.6
Husband/partner or self went to jail	4.0	3.1	3.7	11.0	1.8
Someone close had drinking or drug problems	10.7	11.1	11.0	15.3	4.8
Someone close and important died	13.2	10.3	13.6	20.3	10.5
<b>Reported Ever Experiencing Discrimination</b>					
Any discrimination	32.2	29.1	31.3	47.9	32.4
At work	13.5	15.0	12.4	18.5	13.1
When getting medical care	6.4	5.4	6.8	8.5	5.0
When getting housing	7.0	5.9	6.6	17.2	5.4
Because of race/color	12.9	8.4	10.4	35.8	19.5
Because of gender	7.5	12.7	4.7	16.4	8.5
Because of pregnancy	14.0	13.6	14.1	19.8	9.2

\*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 last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

<sup>6</sup>Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."

## Postpartum Health by Race/Ethnicity

	Los Angeles County (%)	White (%)	Latina (%)	African-American (%)	Asian/Pacific Islander (%)
<b>Maternal Postpartum Health</b>					
Had a postpartum check-up	91.5	92.2	91.5	87.2	92.7
Family planning discussed during check-up	89.8	91.4	89.9	92.9	84.3
<b>Self-reported Postpartum Depression<sup>7</sup></b>					
Not at all depressed	41.9	43.8	41.6	41.9	40.3
A little depressed	41.1	40.1	41.1	37.3	44.9
Moderately depressed	12.0	11.8	11.9	14.5	11.2
Very depressed	5.0	4.3	5.4	6.3	3.7
<b>Infant Health</b>					
Had a well-baby check-up	98.3	99.2	97.8	98.9	99.4
<b>Breastfeeding Practice</b>					
Any breastfeeding	85.2	89.8	83.4	79.4	91.7
<b>Baby's Sleep Environment</b>					
Sleeps on his/her side	29.0	15.1	34.3	25.2	24.9
Sleeps on his/her back	65.3	77.8	62.2	56.5	68.0
Sleeps on his/her stomach	5.7	7.1	3.5	18.3	7.1
Ever slept with another person <sup>8</sup>	79.1	67.1	80.3	87.6	85.3

\*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>7</sup>Questions in this section were only asked survey versions used in Waves 2-4.

<sup>8</sup>Question asks: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always", "Frequently", or "Sometimes" were recoded as "Ever slept with another person."

## Pre-Pregnancy Health by Service Planning Area

	Los Angeles 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>Access to Health Care Before Pregnancy</b>									
Uninsured	36.7	27.9	35.9	32.6	43.7	23.1	46.0	36.9	34.8
On Medi-Cal	21.4	26.4	15.9	19.5	19.6	10.7	33.7	18.2	24.4
<b>Preconception Health Behaviors and Experiences</b>									
No preconception health counseling <sup>1</sup>	70.7	74.6	68.1	73.6	66.0	60.1	76.6	71.7	69.8
Not taking a multivitamin	54.4	54.3	49.2	54.0	54.4	37.8	63.8	57.7	53.9
Lack of folic acid knowledge	42.5	44.1	38.1	41.3	40.9	29.5	52.6	41.4	45.7
Did not have enough money for food	6.7	9.4	5.8	5.7	6.4	*5.0	11.3	4.5	6.3
Smoked in the 6 months before pregnancy	9.6	18.4	10.0	8.1	10.5	8.1	8.8	9.4	9.3
<b>Family Planning Practices</b>									
Unwanted pregnancy/mistimed by mother <sup>2</sup>	53.4	58.1	49.5	50.9	53.3	40.5	60.8	55.6	54.9
Unwanted pregnancy by partner <sup>3</sup>	34.1	37.4	33.5	30.3	33.8	29.5	36.8	34.8	36.8
Using birth control when they became pregnant	43.3	42.5	43.4	42.0	45.2	44.0	43.5	43.3	43.3
Received fertility treatment	4.0	*3.0	4.2	3.7	4.3	7.6	3.5	3.4	4.2
Ever used emergency contraception	10.4	5.7	11.4	10.1	14.3	13.8	8.4	10.0	9.5
<b>Preconception Health Conditions</b>									
Overweight/Obese	38.3	44.1	34.7	40.4	31.2	25.9	42.0	43.7	39.2
Asthma	5.2	6.9	4.2	5.7	*3.3	*3.5	6.9	5.9	4.8
High blood pressure	3.7	4.3	3.8	2.7	*3.4	*2.1	5.4	2.8	4.3
Diabetes	3.3	*2.4	3.7	2.9	3.8	*2.2	4.0	*2.3	3.8
Anemia	12.1	16.8	11.7	10.5	11.4	6.8	16.8	10.8	11.5
Periodontal disease	12.5	13.3	14.6	9.3	14.9	10.9	15.1	11.7	10.3
<b>Obstetric History</b>									
Previous preterm birth	8.9	9.9	8.0	9.1	7.4	*4.8	10.7	9.5	9.3
Previous low birth weight	7.4	8.3	7.9	6.6	6.9	*2.3	8.4	8.2	7.8
Stillbirth (pregnancy that did not result in a live birth)	2.1	*1.0	*1.6	2.5	*2.4	*1.1	*2.0	*2.9	2.0
Previous miscarriage	17.7	21.3	17.4	19.7	14.4	22.8	13.2	20.4	17.1
Previous abortion	17.0	18.0	17.3	17.5	17.3	21.8	14.8	18.1	14.9

\*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 father.' Respondents who answered 'I don't know' or 'I didn't have a husband or partner' were coded missing for this field.

## Prenatal Care and Maternal Risk Factors During Pregnancy by Service Planning Area

	Los Angeles 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>Prenatal Care</b>									
Entered prenatal care after 1st trimester	10.1	19.9	9.5	9.5	9.0	5.6	11.5	10.8	9.2
Did not get prenatal care as early as wanted	15.6	30.2	12.2	17.3	11.6	11.3	14.7	19.3	15.5
Traveled 15 miles or more for prenatal care	12.4	23.6	14.9	11.3	8.7	8.8	15.4	11.0	10.0
Prenatal care did not meet PHS guidelines <sup>4</sup>	35.0	37.7	36.5	36.2	34.7	29.8	35.3	34.1	33.6
Dissatisfied with amount of wait time at prenatal care	18.7	24.5	17.7	15.6	20.5	19.1	19.3	19.2	18.9
Dissatisfied with amount of time spent with doctor/nurse	11.4	17.6	11.0	12.0	10.6	10.1	10.1	11.4	11.7
Dissatisfied with advice given at prenatal care	7.7	11.2	7.0	8.2	7.3	7.8	7.0	7.2	8.3
Dissatisfied with understanding/respect received	4.3	7.0	4.3	3.7	4.7	*1.4	4.8	2.6	5.7
<b>Medical Conditions During Pregnancy</b>									
Labor pain 3 weeks before due date	16.3	23.0	15.0	15.0	16.8	11.8	17.8	15.9	17.3
High blood pressure	10.8	11.6	10.7	10.7	10.5	10.2	12.9	9.3	10.3
Gestational diabetes	12.0	14.1	12.4	11.8	11.1	14.1	12.3	10.5	12.2
Problems with the placenta	3.6	*4.0	4.6	3.3	2.8	4.1	*1.4	4.8	3.9
Urinary tract infection	9.2	12.4	10.4	8.7	7.7	5.9	9.9	8.7	8.9
Water broke more than 3 weeks early	5.2	6.2	4.9	5.2	5.3	4.1	5.0	5.2	5.5
Incompetent cervix	3.3	*2.7	3.1	2.9	*2.5	*2.7	4.4	3.1	4.5
Sexually transmitted disease	3.5	4.4	2.6	3.1	4.2	*2.2	5.6	3.5	2.5
Bacterial vaginosis	13.4	12.0	13.9	11.6	13.0	11.6	16.2	15.5	11.7
Periodontal disease	18.9	21.4	20.8	16.3	24.3	16.2	18.8	17.7	17.1
<b>Risk Behaviors During Pregnancy</b>									
Smoking	2.6	6.2	2.0	2.1	3.2	*1.5	3.7	*1.6	2.8
Exposure to secondhand smoke	6.3	10.9	5.6	5.3	6.3	3.6	9.0	5.8	5.9
Using illegal drugs or drugs not prescribed by a doctor	2.4	*1.7	1.7	3.2	3.0	*1.5	3.2	*2.0	*1.7
Drinking alcohol	10.5	9.0	11.0	10.9	12.6	20.7	7.9	9.5	8.8
Did not exercise during pregnancy	28.6	32.6	31.0	30.4	27.4	27.0	26.7	28.7	25.3

\*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>4</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."

## Psychosocial and Behavioral Risk Factors During Pregnancy by Service Planning Area

	Los Angeles 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	19.9	24.2	17.7	17.6	20.3	13.9	25.8	20.2	19.7
<b>Social Support</b>									
Dissatisfied with support given by the baby's father	12.0	15.3	10.6	13.6	13.6	7.5	13.4	10.5	11.5
Experienced domestic violence/intimate partner abuse <sup>5</sup>	3.4	5.4	2.2	3.5	4.8	*2.3	4.9	2.4	3.0
Would have someone to loan money if needed	58.3	62.2	58.9	63.0	56.3	59.1	51.1	60.2	57.8
Would have someone to help if sick	72.9	74.4	73.2	77.7	72.8	76.9	65.8	70.9	74.6
Would have someone to listen to problems	75.7	75.0	76.3	80.1	73.5	82.1	67.8	76.5	77.2
<b>Social Environment</b>									
Perceived neighborhood as unsafe <sup>6</sup>	16.5	19.8	11.7	10.9	19.1	6.0	33.6	11.1	17.9
<b>Stressful Life Events During Pregnancy</b>									
Family member had to go into the hospital	17.3	21.6	17.0	16.2	16.2	16.6	17.5	19.3	16.6
Divorced/separated from husband/partner	9.2	11.8	8.4	8.3	10.5	3.4	11.4	9.2	9.2
Moved to a new address	21.2	26.2	19.3	24.6	18.7	15.7	22.6	18.5	23.1
Were homeless	5.7	7.1	5.3	4.9	5.7	*2.9	8.2	4.6	6.4
Husband/partner lost his/her job	13.8	16.4	13.1	12.6	13.5	9.4	18.3	12.2	14.2
Lost job but wanted to continue working	11.6	14.9	9.8	9.0	12.8	8.8	15.9	11.3	11.8
Argued more than usual with husband/partner	30.4	34.3	28.5	29.7	31.0	23.7	32.9	33.1	29.0
Had a lot of bills that could not be paid	22.4	29.6	22.0	22.1	20.6	13.1	25.7	24.0	20.6
Were in a physical fight	3.9	4.9	3.0	4.3	4.3	*3.7	4.4	4.3	3.1
Husband/partner or self went to jail	4.0	5.2	3.2	4.2	2.9	*2.1	5.3	4.9	4.0
Someone close had drinking or drug problems	10.7	16.7	8.8	12.3	10.4	7.1	12.3	11.1	9.1
Someone close and important died	13.2	16.1	12.9	11.0	14.2	11.9	14.5	12.8	14.1
<b>Reported Ever Experiencing Discrimination</b>									
Any discrimination	32.2	36.3	32.9	30.2	33.6	39.9	32.0	30.0	31.1
At work	13.5	15.9	13.4	13.1	13.2	18.1	14.8	10.7	13.3
When getting medical care	6.4	13.2	6.9	5.5	7.1	*3.6	5.8	5.6	6.6
When getting housing	7.0	10.7	6.7	5.4	9.1	6.7	7.3	5.0	8.6
Because of race/color	12.9	16.0	14.1	12.8	13.5	18.4	10.9	9.7	13.6
Because of gender	7.5	10.4	8.6	7.0	8.5	12.3	6.8	5.4	6.5
Because of pregnancy	13.8	16.2	13.2	12.7	14.8	16.2	14.9	13.8	12.6

\*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 last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

<sup>6</sup>Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."

## Postpartum Health by Service Planning Area

	Los Angeles 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	91.5	86.5	92.0	91.8	93.5	95.9	88.6	92.5	90.9
Family planning discussed during check-up	89.8	89.1	92.4	86.4	88.4	91.8	90.8	90.3	89.2
<b>Self-reported Postpartum Depression<sup>7</sup></b>									
Not at all depressed	41.9	40.5	42.3	40.7	41.0	40.5	42.5	40.5	45.2
A little depressed	41.1	37.9	42.1	42.1	43.6	47.3	41.0	40.0	36.7
Moderately depressed	12.0	15.6	10.7	12.4	10.1	10.0	10.9	13.5	13.7
Very depressed	5.0	6.0	4.9	4.8	5.3	*2.3	5.5	6.0	4.3
<b>Infant Health</b>									
Had a well-baby check-up	98.3	97.2	99.3	98.1	98.8	98.8	97.2	98.2	98.1
<b>Breastfeeding Practice</b>									
Any breastfeeding	85.2	85.1	88.1	84.3	87.8	95.1	80.6	82.6	84.4
<b>Baby's Sleep Environment</b>									
Sleeps on his/her side	29.0	26.1	28.4	25.9	34.0	19.8	34.1	25.8	31.6
Sleeps on his/her back	65.3	67.5	64.6	68.2	61.6	73.7	60.9	67.9	64.1
Sleeps on his/her stomach	5.7	6.4	7.0	5.9	4.4	6.5	5.1	6.3	4.3
Ever slept with another person <sup>8</sup>	79.1	76.4	77.6	78.8	84.1	78.7	85.2	75.1	76.2

\*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>7</sup>Questions in this section were only asked survey versions used in Waves 2-4.

<sup>8</sup>Question asks: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always", "Frequently", or "Sometimes" were recoded as "Ever slept with another person."

## Pre-Pregnancy Health by Supervisorial District

	Los Angeles County	First District	Second District	Third District	Fourth District	Fifth District
	(%)	(%)	(%)	(%)	(%)	(%)
<b>Access to Health Care Before Pregnancy</b>						
Uninsured	36.7	41.4	44.4	36.6	31.6	26.6
On Medi-Cal	21.4	22.6	27.4	16.7	20.5	16.6
<b>Preconception Health Behaviors and Experiences</b>						
No preconception health counseling <sup>1</sup>	70.7	73.8	73.7	69.0	67.8	68.0
Not taking a multivitamin	54.4	60.4	60.3	47.6	51.6	48.6
Lack of folic acid knowledge	42.5	44.8	47.5	36.5	43.0	38.0
Did not have enough money for food	6.7	5.2	9.2	5.3	6.0	6.7
Smoked in the 6 months before pregnancy	9.6	8.6	8.4	9.1	10.0	12.6
<b>Family Planning Practices</b>						
Unwanted pregnancy/mistimed by mother <sup>2</sup>	53.4	56.7	58.8	49.7	52.8	46.5
Unwanted pregnancy by partner <sup>3</sup>	34.1	33.0	36.8	32.5	35.4	31.5
Using birth control when they became pregnant	43.3	44.9	44.2	44.5	41.7	41.1
Received fertility treatment	4.0	3.3	3.6	4.7	4.6	4.1
Ever used emergency contraception	10.4	11.3	9.8	12.9	9.6	9.1
<b>Preconception Health Conditions</b>						
Overweight/Obese	38.3	40.2	38.1	33.7	41.3	37.4
Asthma	5.2	4.9	5.8	3.4	5.3	6.1
High blood pressure	3.7	2.6	4.3	3.9	4.5	2.9
Diabetes	3.3	3.5	4.0	3.6	3.0	2.2
Anemia	12.1	12.0	13.7	10.8	11.5	11.6
Periodontal disease	12.5	10.9	13.7	14.5	11.6	11.8
<b>Obstetric History</b>						
Previous preterm birth	8.9	9.4	10.0	8.6	8.7	7.3
Previous low birth weight	7.4	7.1	7.9	7.6	7.7	6.6
Stillbirth (pregnancy that did not result in a live birth)	2.1	2.4	2.2	*1.6	2.4	*1.6
Previous miscarriage	17.7	15.6	13.9	18.0	20.9	21.1
Previous abortion	17.0	16.3	16.0	17.3	17.0	18.7

\*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 father.' Respondents who answered 'I don't know' or 'I didn't have a husband or partner' were coded missing for this field.

## Prenatal Care and Maternal Risk Factors During Pregnancy by Supervisorial District

	Los Angeles County (%)	First District (%)	Second District (%)	Third District (%)	Fourth District (%)	Fifth District (%)
<b>Prenatal Care</b>						
Entered prenatal care after 1st trimester	10.1	9.9	9.8	9.1	10.4	11.5
Did not get prenatal care as early as wanted	15.6	17.2	14.2	12.1	16.3	18.2
Traveled 15 miles or more for prenatal care	12.4	10.2	12.8	12.0	10.2	17.6
Prenatal care did not meet PHS guidelines <sup>4</sup>	35.0	36.5	33.8	33.9	33.6	37.7
Dissatisfied with amount of wait time at prenatal care	18.7	20.5	19.6	19.2	17.5	16.1
Dissatisfied with amount of time spent with doctor/nurse	11.4	14.1	9.9	11.2	11.2	10.8
Dissatisfied with advice given at prenatal care	7.7	8.5	7.5	7.3	7.3	7.7
Dissatisfied with understanding/respect received	4.3	3.8	4.9	4.6	4.2	3.8
<b>Medical Conditions During Pregnancy</b>						
Labor pain 3 weeks before due date	16.3	17.4	16.6	14.1	17.3	15.4
High blood pressure	10.8	10.3	13.1	10.3	9.0	10.3
Gestational diabetes	12.0	12.1	12.8	12.9	10.7	11.2
Problems with the placenta	3.6	3.8	2.2	4.6	4.2	3.7
Urinary tract infection	9.2	8.6	8.6	9.6	8.9	10.5
Water broke more than 3 weeks early	5.2	5.9	5.3	5.1	5.0	4.3
Incompetent cervix	3.3	2.9	4.2	2.9	3.7	2.6
Sexually transmitted disease	3.5	3.6	4.6	2.9	2.9	3.0
Bacterial vaginosis	13.4	13.6	14.6	13.9	13.2	11.6
Periodontal disease	18.9	19.6	19.5	21.0	16.8	18.0
<b>Risk Behaviors During Pregnancy</b>						
Smoking	2.6	1.8	3.3	1.8	2.7	3.2
Exposure to secondhand smoke	6.3	5.7	7.9	6.7	5.4	5.4
Using illegal drugs or drugs not prescribed by a doctor	2.4	2.8	2.9	2.0	2.0	1.9
Drinking alcohol	10.5	10.3	8.9	12.4	10.3	11.5
Did not exercise during pregnancy	28.6	28.7	26.1	29.6	26.9	32.7

\*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>4</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."

## Psychosocial and Behavioral Risk Factors During Pregnancy by Supervisorial District

	Los Angeles County	First District	Second District	Third District	Fourth District	Fifth District
	(%)	(%)	(%)	(%)	(%)	(%)
<b>Mental Health During Pregnancy</b>						
Self reported depression	19.9	20.0	23.1	18.0	19.8	17.3
<b>Social Support</b>						
Dissatisfied with support given by the baby's father	12.0	12.6	13.1	10.2	10.7	13.1
Experienced domestic violence/intimate partner abuse <sup>5</sup>	3.4	3.9	4.5	2.3	2.6	3.2
Would have someone to loan money if needed	58.3	57.4	52.0	59.0	61.6	64.1
Would have someone to help if sick	72.9	71.8	68.2	72.1	75.2	79.0
Would have someone to listen to problems	75.7	73.7	70.2	75.9	79.4	81.6
<b>Social Environment</b>						
Perceived neighborhood as unsafe <sup>6</sup>	16.5	17.1	25.9	13.0	13.3	9.7
<b>Stressful Life Events During Pregnancy</b>						
Family member had to go into the hospital	17.3	17.8	16.2	17.8	17.7	17.4
Divorced/separated from husband/partner	9.2	9.7	10.5	7.9	8.5	8.8
Moved to a new address	21.2	22.4	20.8	19.8	21.9	21.2
Were homeless	5.7	6.1	7.2	4.8	5.2	4.8
Husband/partner lost his/her job	13.8	14.7	15.4	13.7	13.4	11.4
Lost job but wanted to continue working	11.6	11.1	14.2	10.0	11.3	10.2
Argued more than usual with husband/partner	30.4	31.8	30.4	28.9	30.7	29.7
Had a lot of bills that could not be paid	22.4	22.7	23.1	20.5	22.1	23.1
Were in a physical fight	3.9	5.3	4.5	3.1	3.0	3.2
Husband/partner or self went to jail	4.0	4.3	4.3	2.8	4.8	3.6
Someone close had drinking or drug problems	10.7	11.7	10.6	9.2	10.7	11.3
Someone close and important died	13.2	13.3	14.1	13.2	13.6	11.2
<b>Reported Ever Experiencing Discrimination</b>						
Any discrimination	32.2	31.9	33.5	32.2	28.9	34.6
At work	13.5	12.4	15.0	13.0	11.7	15.1
When getting medical care	6.4	7.1	5.4	6.3	6.3	7.4
When getting housing	7.0	5.8	8.0	6.1	7.8	6.9
Because of race/color	12.9	11.2	12.5	13.3	12.1	16.0
Because of gender	7.5	6.5	7.7	8.7	5.6	9.6
Because of pregnancy	13.8	14.9	14.2	14.1	12.5	13.3

\*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 last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

<sup>6</sup>Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."

## Postpartum Health by Supervisorial District

	Los Angeles County	First District	Second District	Third District	Fourth District	Fifth District
	(%)	(%)	(%)	(%)	(%)	(%)
<b>Maternal Postpartum Health</b>						
Had a postpartum check-up	91.5	91.6	90.2	92.3	92.8	90.8
Family planning discussed during check-up	89.8	88.5	89.8	92.4	90.4	88.1
<b>Self-reported Postpartum Depression<sup>7</sup></b>						
Not at all depressed	41.9	40.6	42.0	42.3	42.5	42.3
A little depressed	41.1	42.0	42.3	42.6	38.0	40.4
Moderately depressed	12.0	11.8	10.5	10.2	15.0	12.5
Very depressed	5.0	5.6	5.3	4.9	4.5	4.8
<b>Infant Health</b>						
Had a well-baby check-up	98.3	98.3	97.7	99.2	98.1	98.4
<b>Breastfeeding Practice</b>						
Any breastfeeding	85.2	83.4	82.9	88.5	84.6	87.9
<b>Baby's Sleep Environment</b>						
Sleeps on his/her side	29.0	30.0	32.9	29.1	27.1	24.6
Sleeps on his/her back	65.3	65.1	62.0	63.8	67.2	69.3
Sleeps on his/her stomach	5.7	4.9	5.1	7.1	5.7	6.1
Ever slept with another person <sup>8</sup>	79.1	81.9	83.4	77.1	75.5	75.8

\*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>7</sup>Questions in this section were only asked survey versions used in Waves 2-4.

<sup>8</sup>Question asks: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always", "Frequently", or "Sometimes" were recoded as "Ever slept with another person."

## Technical Notes

### I. Methods

LAMB follows the Centers for Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS) methodology<sup>1</sup> to collect data. Women were selected from birth records. Selected mothers are first 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, Spanish, and Chinese, with translators available for other languages. In addition, an informational packet with resources and information about 211 is sent along with the survey.

### II. Sampling

The 2007 LAMB is a population-based survey with multi-level clustered sampling and an over-sample of low birth weight and pre-term births, additional participants were sampled by Service Planning Area (SPA) and race/ethnicity to ensure an adequate sample for race by SPA analysis.

### III. Data Weighting

To get a representative picture of the mothers who gave birth in Los Angeles County in 2007, the data were weighted by SPA and race/ethnicity. Specifically, raking procedures<sup>2-4</sup> were used to properly weight the sample and account for the multiple sampling frames.

### IV. Response Rate

There were 6,264 mothers who responded to the 2007 LAMB survey, resulting in a response rate of 56%, based on calculations proposed by the American Association for Public Opinion Research (AAPOR).<sup>5</sup>

### 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. Except those provided with an asterisk, all estimates shown met the National Center for Health Statistics (NCHS) standard of having less than or equal to 25% relative standard error. The approach for presenting point estimates and their variability is adapted from the NCHS; the relative standard error is the standard error of the estimate divided by the estimate itself. Details of NCHS guidelines are available at <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/children2005/children2005.htm> (accessed Feb. 27, 2006).

Relative Standard Error (RSE) is calculated by “dividing the standard error of the estimate by the estimate itself, then multiplying that result by 100. Relative standard error is expressed as a percent of the estimate. 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>6,7</sup>” 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.

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

### VI. Strengths and Limitations

Strengths: LAMB a population-based survey allowing generalization to all women with live birth.

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 non-response, recall, and non-coverage. The data can only be generalized to LAC residents who delivered live infants in the year 2007.

## 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. Respondents were considered to be overweight if their Body Mass Index (BMI) was 26.0-29.0, and obese if their BMI was >29.0. Respondents' BMI was calculated on the basis of their self-reported pre-pregnancy height and weight.

**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. Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS)  
<http://www.cdc.gov/prams/methodology.htm>
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[http://www.abtassociates.com/presentations/raking\\_survey\\_data\\_2\\_JOS.pdf](http://www.abtassociates.com/presentations/raking_survey_data_2_JOS.pdf)
3. Cervantes FI and Brick JM. Empirical Evaluation of Raking Ratio Adjustments for Nonresponse.  
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4. California Health Interview Survey. (2008) CHIS 2007 Methodology Series: Report 5 – Weighting and Variance Estimation. Los Angeles, CA: UCLA Center for Health Policy Research, 2008. <http://www.chis.ucla.edu/>
5. American Association for Public Opinion Research (AAPOR), [http://www.aapor.org/Standard\\_Definitions/2852.htm](http://www.aapor.org/Standard_Definitions/2852.htm)
6. Behavioral Risk Factor Survey Relative Standard Error, <http://www.dhs.wisconsin.gov/wish/main/BRFS/rse.htm>
7. National Center for Health Statistics reference, <http://www.cdc.gov/nchs/data/statnt/statnt24.pdf>



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The LAMB Project is grateful to all of the Los Angeles County mothers who took the time to complete the survey.

The information gathered will provide a more thorough understanding of the health of mothers and babies in Los Angeles County.

Maternal, Child, and Adolescent Health Programs would like to thank all of the interns who have contributed their time and effort to the 2007 LAMB Project.

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