

2005 LACHS

Domain/Subdomain		<i>Nutrition & Physical Activity / Fruit and Vegetables Consumption</i>			<i>Nutrition & Physical Activity / Obesity & Overweight</i>			<i>Nutrition & Physical Activity / Exercise/Physical Activity</i>			<i>Mental Health / Anxiety and Depression</i>		
Indicator Description		Percentage of women aged 18-49 years who consume fruits and vegetables at least five times per day			Percentage of women aged 18-49 years who are obese based on body mass index (BMI)			Percentage of women aged 18-49 who reported enough physical activity in a typical week to meet the recommended levels of physical activity			Percentage of women aged 18-49 years who reported having ever been diagnosed with depression		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
LA County		16.9%	15.2	18.7	18.1%	16.2	20.0	50.3%	47.9	52.7	14.8%	13.1	16.5
Race/Ethnicity	White	22.2%	18.6	25.8	10.6%	8.1	13.1	58.0%	53.5	62.5	20.5%	16.9	24.1
	Latina	15.5%	13.1	17.9	24.2%	21.0	27.4	50.2%	47.0	53.5	12.8%	10.6	15.1
	African-American	11.7%	6.8	16.6	30.2%	22.7	37.6	47.1%	39.6	54.7	18.2%	12.0	24.3
	Asian/Pacific Islander	13.3%	8.0	18.5	7.4%*	3.0	11.9	35.0%	27.5	42.4	7.7%*	3.1	12.3
Service Planning Areas	SPA 1 Antelope Valley	9.8%	6.3	13.3	21.7%	16.4	27.0	51.1%	44.4	57.8	19.1%	14.2	24.0
	SPA 2 San Fernando	14.8%	11.1	18.4	13.0%	9.5	16.4	50.9%	45.4	56.5	15.0%	11.1	18.9
	SPA 3 San Gabriel	19.2%	14.6	23.8	13.1%	8.7	17.4	49.0%	43.2	54.8	13.8%	9.8	17.8
	SPA 4 Metro	18.4%	12.3	24.4	24.1%	16.6	31.6	49.7%	43.1	56.2	10.1%	6.3	13.8
	SPA 5 West	20.2%	12.9	27.4	8.6%*	1.5	15.8	60.7%	51.1	70.4	21.1%	12.7	29.5
	SPA 6 South	12.5%	7.9	17.1	20.9%	19.8	22.0	43.3%	36.8	49.9	12.5%	8.5	16.5
	SPA 7 East	16.1%	11.0	21.2	26.0%	19.5	32.6	49.7%	43.0	56.4	16.1%	10.7	21.6
	SPA 8 South Bay	18.5%	13.8	23.1	18.7%	13.7	23.7	52.4%	46.2	58.7	16.6%	11.8	21.4

For more information about Los Angeles County Health Survey (LACHS) please visit www.publichealth.lacounty.gov/ha/hasurveyintro.htm

* Statistically unstable (relative standard error greater than or equal to 23%)