

HEALTH INDICATORS FOR WOMEN IN LOS ANGELES COUNTY

Highlighting Disparities by Ethnicity and Poverty Level



A Publication of the Los Angeles County Department of Public Health
Office of Women's Health and Office of Health Assessment & Epidemiology

June 2013



ACKNOWLEDGMENTS

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FOREWORD

"Health Indicators for Women in Los Angeles County: Highlighting Disparities by Ethnicity and Poverty Level, 2013" examines the key indicators of health for women and highlights important health disparities by race/ethnicity and poverty level. Women comprise slightly more than half of the population of Los Angeles County and in addition to distinct health needs related to biology, they experience unique social and economic circumstances such as expanded caregiving roles, lower income compared to men, and barriers to health care access. Furthermore, the growing racial and ethnic diversity among women in Los Angeles County underscores the need to better understand and address differences in health status, determinants of health and access to care among these diverse groups of women.

Increasing awareness of differential health outcomes and the vulnerable populations who carry an unequal burden of poorer health should inform the design of programs and policies that address women with the greatest health needs. This Women's Health Indicator Report is intended to help guide women's health priorities by identifying disparities and emerging health concerns. A multidisciplinary approach involving key stakeholders, advocates, funders and policymakers should be adopted to work towards elimination of health disparities. Informed decisions and working collaboratively to develop comprehensive multi-sector strategic plans that address health inequities are vital to improve the health and well-being of all women in Los Angeles County.



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Introduction

This report describes the current status of women's health and well-being in Los Angeles County using standard indicators that measure social, economic, and physical conditions, health status, health care access, health behaviors and outcomes for women. Data are stratified by race/ethnicity and by federal poverty level (FPL) to better understand disparities that exist. Where available and appropriate, Los Angeles County health indicators are also compared to Healthy People 2020 targets, which are the benchmarks that our nation is striving to achieve.

This 3rd edition of the report includes a new *Determinants of Health* section with socioeconomic indicators such as employment status, housing, and social support. In addition, new indicators on mental health, musculoskeletal health, and life expectancy have been added. Special health topics include trends of key women's health outcomes over the last decade, impact of insurance status on health, and a focus on how women at different life stages fare on important indicators in the *Women Across the Lifespan* section.

User Guide

Data for each race/ethnic group and FPL category are represented by colored columns used uniformly throughout this report. The columns in shades of purple give the Healthy People 2020 targets, followed by data for all LA County adults and then LA County women alone. Data presented are for adults 18 years and older unless otherwise noted.

Where statistical significance testing was possible and appropriate, each group was compared to the other three groups combined in that category. Groups that fare statistically better are designated with a green underline; groups faring statistically worse are designated with a red underline. When statistical comparisons were not conducted, the indicator row is marked with a "♦". No statistical comparisons were performed for *Demographics*, *Health Outcomes-Mortality*, and the special health topic sections.

The 2011 Los Angeles County Health Survey (LACHS), one of the main data sources, included two important methodologic changes that may affect comparability of 2011 LACHS data with data from previous years. It included data from cell phone users, and utilized a more complex weighting method. These changes should be considered when interpreting trend data and they should be clearly noted when presenting trend data. For more information about the methodology, please refer to the 2011 Los Angeles County Health Survey (LACHS) Methodology Changes: FAQs.

www.publichealth.lacounty.gov/ha/docs/2011LACHS/LACHS_MethodologyFs.pdf

DEMOGRAPHICS

Age Group

- Percent of adults who are 18 to 39 years¹
- Percent of adults who are 40 to 64 years¹
- Percent of adults who are 65 years and older¹

Race/Ethnicity

- Percent of adults who are American Indian/Alaskan Native¹
- Percent of adults who are Asian/Pacific Islander¹
- Percent of adults who are black¹
- Percent of adults who are Latino¹
- Percent of adults who are white¹

Sexual Orientation

- Percent of adults (18-70 years) who self-identify as straight or heterosexual²
- Percent of adults (18-70 years) who self-identify as gay, lesbian, homosexual or bisexual²
- Percent of adults (18-70 years) who self-identify as not sexual, celibate, none or other²

Income

- Percent of adults with household incomes < 100% of the Federal Poverty Level^{1a}
- Percent of adults with household incomes 100 to 199% of the Federal Poverty Level^{1a}
- Percent of adults with household incomes 200 to 299% of the Federal Poverty Level^{1a}
- Percent of adults with household incomes 300 to 399% of the Federal Poverty Level^{1a}
- Percent of adults with household incomes ≥ 400% of the Federal Poverty Level^{1a}

Disability

- Percent of adults with a disability^{1b}

Foreign Born

- Percent of adults who were not born in the United States¹

Years in the United States (US) among Foreign Born

- Percent of foreign born adults living in the US < 5 years¹

	Healthy People 2020 Target	Los Angeles County Men and Women	Los Angeles County Women	Asian/Pacific Islander	Black	Latina	White	FPL <100%	FPL 100-199%	FPL 200-299%	FPL ≥300%
				Women: Race/Ethnicity				Women: Federal Poverty Level (FPL)			
N/A	43.7	42.1	36.3	40.0	54.0	29.7	54.1	46.0	36.7	32.5	
N/A	42.1	42.1	47.0	44.2	38.1	44.3	36.6	37.1	43.0	49.2	
N/A	14.2	15.8	16.7	15.8	7.9	26.0	9.3	16.9	20.3	18.3	
N/A	0.4	0.4*	---	---	---	---	**	0.7*	**	0.5*	
N/A	15.6	14.8	---	---	---	---	7.6	17.0	18.8	17.3	
N/A	8.6	9.9	---	---	---	---	11.1	7.5	12.8	9.7	
N/A	43.7	43.1	---	---	---	---	71.8	54.2	38.0	16.2	
N/A	31.7	31.7	---	---	---	---	9.2	20.6	30.3	56.4	
N/A	96.2	96.7	98.1*	98.6*	95.8*	96.6	93.2*	97.3	97.0	97.9	
N/A	2.7	1.9	1.3*	1.2*	1.4	3.0	2.2	1.9*	2.0*	1.8	
N/A	1.0	1.4*	0.6*	0.2*	2.8*	0.4*	4.6*	0.8*	1.0*	0.4*	
N/A	23.7	27.0	13.8	30.1	45.0	7.8	---	---	---	---	
N/A	23.1	24.0	27.5	18.2	30.2	15.6	---	---	---	---	
N/A	13.4	12.8	16.3	16.4	11.3	12.2	---	---	---	---	
N/A	11.0	10.3	10.7	15.4	5.6	14.9	---	---	---	---	
N/A	28.8	26.0	31.7	19.8	8.0	49.5	---	---	---	---	
N/A	19.4	19.9	13.1	32.2	13.7	27.2	20.2	21.8	22.5	17.5	
N/A	45.9	45.8	72.9	6.9*	67.0	17.5	67.4	52.3	39.5	27.5	
N/A	6.4	7.3	12.0	**	4.9	11.2*	10.3	6.4*	5.4*	3.8*	

- Percent of foreign born adults living in the US 5 to 9 years¹
- Percent of foreign born adults living in the US ≥ 10 years¹

Language Used Most Often at Home

- Percent of adults who mostly speak English at home¹
- Percent of adults who mostly speak Spanish at home¹
- Percent of adults who mostly speak an Asian language at home^{1c}
- Percent of adults who mostly speak/use some other language at home^{1c}

Relationship Status

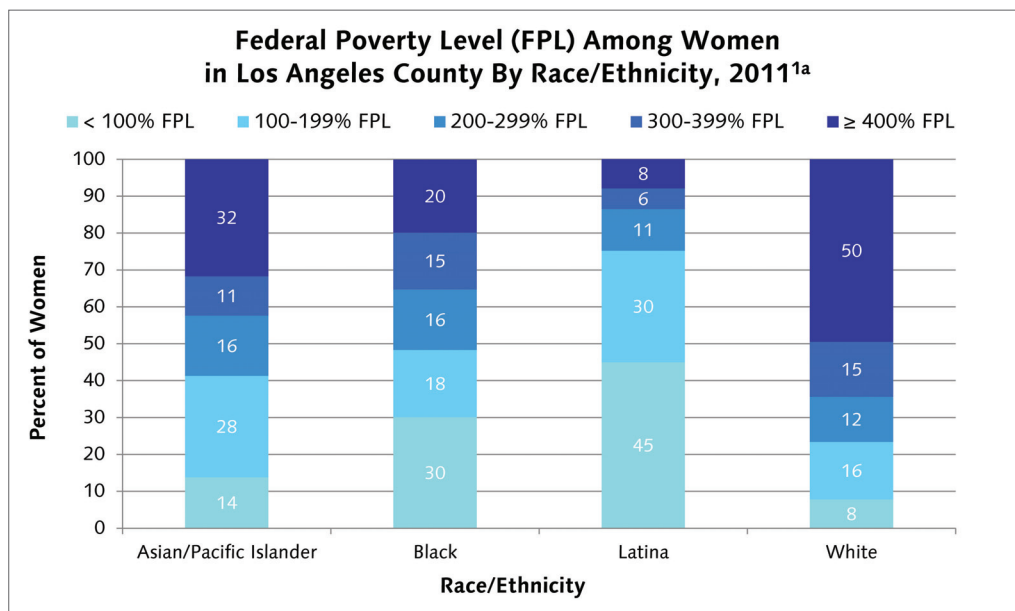
- Percent of adults who are coupled (married, domestic partnered, not married but living together)¹
- Percent of adults who are single (never married, separated, divorced, widowed)¹

Household Type

- Percent of households where adults are single with children²

N/A	14.1	11.3	12.5	**	12.0	5.1*	14.8	10.7	5.5*	8.7*
N/A	79.5	81.4	75.4	84.3	83.1	83.7	74.9	82.9	89.1	87.5
N/A	60.7	60.7	45.4	98.3	33.0	92.3	33.4	48.1	70.1	85.9
N/A	28.8	28.4	**	**	66.5	**	58.8	37.0	20.3	3.0
N/A	8.0	7.9	53.1	**	**	**	5.0	11.3	8.2	7.6
N/A	2.5	3.0	1.6*	**	0.5*	7.7	2.8*	3.5*	1.4*	3.4
N/A	57.9	54.0	59.2	28.5	58.9	52.8	50.0	49.2	50.8	61.2
N/A	42.1	46.0	40.8	71.5	41.1	47.2	50.0	50.8	49.2	38.8
N/A	5.5	8.6	2.8*	17.4	13.0	3.3	19.0	9.7	10.5	2.9

N/A = Data not available where noted
 *Estimate is statistically unstable
 **Cell sizes less than 5 - reliable estimate cannot be calculated



- The largest proportion of women in Los Angeles County are **Latinas** (43%) followed by **white** women (32%), **Asian/Pacific Islander** women (15%), **black** women (10%), and **American Indian/Alaskan Native** women (0.4%*¹).
- A higher percentage of white women in Los Angeles County are **65 years of age or older** (26%), compared with Asian/Pacific Islander women (17%), black women (16%), and Latinas (8%)¹.
- About 75% of Latinas have **household incomes less than 200% FPL**, which is over three times higher than white women (23%). In addition, 48% of black and 41% of Asian/Pacific Islander women report **household incomes less than 200% FPL**^{1a}.
- More than twice as many black women (32%) and white women (27%) report a **disability**, compared with Asian/Pacific Islander women (13%) and Latinas (14%)^{1b}.
- While 46% of women overall are **foreign born**, 73% of Asian/Pacific Islander women and 67% of Latinas are **foreign born**¹.
- About 81% of foreign-born Angeleno women have **lived in the US for 10 years or longer**¹.
- Over half of Asian/Pacific Islander (59%), Latina (59%), and white women (53%) are **coupled** whereas 72% of black women are **single**¹.
- About four times more black women (17%) and Latinas (13%) are **single with children** than white (3%) and Asian/Pacific Islander (3%*) women.²

DETERMINANTS OF HEALTH

Education

- Percent of adults with less than a high school education¹
- Percent of adults who completed high school¹
- Percent of adults who completed some college, trade school, or associate's degree¹
- Percent of adults with a college degree¹
- Percent of adults with a post graduate degree¹

Employment Status

- Percent of adults who are employed¹
- Percent of adults who are unemployed (and looking for work)¹
- Percent of adults not in the labor force (includes retired, disabled, and unable to work)¹

Housing

- Percent of adults who were late or unable to pay their rent or mortgage in the past 2 years¹
- Percent of adults with household incomes < 300% FPL who reported being homeless or not having their own place to live or sleep in the past 5 years¹

Food

- Percent of adults with household incomes < 300% FPL who are food insecure^{1d}
- Percent of adults with household incomes < 300% FPL who are receiving food stamps¹
- Percent of adults who report it is easy to get fresh produce (fruits and vegetables)¹

Neighborhood

- Percent of adults who believe their neighborhood is safe from crime¹
- Percent of adults whose neighborhoods do not have walking paths, parks, playgrounds, or sports fields¹
- Percent of adults who report adequate lighting around buildings and streets in their neighborhood¹
- Percent of adults who report that streets and sidewalks are well-maintained in their neighborhood¹

	Healthy People 2020 Target	Los Angeles County Men and Women	Los Angeles County Women	Asian/Pacific Islander	Black	Latina	White	FPL <100%	FPL 100-199%	FPL 200-299%	FPL ≥300%
				Women: Race/Ethnicity				Women: Federal Poverty Level (FPL)			
	N/A	23.2	25.4	13.0	10.8	48.7	4.8	53.6	30.7	17.4	3.9
	N/A	22.3	20.5	18.3	24.4	21.5	19.1	25.4	25.7	21.1	13.3
	N/A	27.9	28.5	24.0	43.3	21.1	36.0	16.0	31.0	36.4	33.4
	N/A	16.0	15.8	29.9	13.5	6.2	22.6	4.0	10.1	17.1	27.7
	N/A	10.6	9.8	14.7	7.9	2.6	17.4	1.0*	2.5	7.9	21.7
	N/A	56.4	48.9	54.8	48.7	46.8	49.3	33.3	44.4	49.0	63.2
	N/A	13.5	12.8	7.8	16.9	17.3	7.8	21.7	13.5	11.2	6.5
	N/A	30.0	38.2	37.5	34.5	35.9	42.8	45.0	42.1	39.7	30.2
	N/A	17.2	17.7	15.0	24.8	22.0	10.8	26.6	23.3	14.3	8.7
	N/A	7.5	6.7	**	19.6	4.8	8.8	9.4	5.4	3.3*	N/A
	N/A	30.6	31.5	24.0	41.8	34.3	23.3	42.4	28.4	13.8	N/A
	N/A	16.8	21.3	9.6*	30.0	26.7	11.2	38.1	10.5	5.0*	N/A
	N/A	89.7	89.5	95.3	79.8	85.0	96.0	79.8	88.8	90.5	96.2
	N/A	84.3	83.5	91.5	82.9	77.0	89.7	69.5	78.1	88.3	95.3
	N/A	14.2	14.9	9.8	17.1	15.8	15.3	18.5	13.9	13.0	13.6
	N/A	79.2	77.8	77.3	80.3	75.9	79.4	73.8	81.8	79.0	77.0
	N/A	80.4	80.6	77.2	80.4	85.0	76.1	81.9	75.4	86.2	81.7

Intimate Partner Violence

- Percent of adults (18-65 years) who report ever experiencing physical or sexual violence by an intimate partner since age 18²
- Percent of adults (18-65 years) who report physical or sexual violence by an intimate partner in the past year²
- Rate of emergency room visits for intimate partner violence (treated and released home) per 100,000 adults^{3a}

Social Support

- Percent of adults who receive the social and emotional support they need¹

Caregiver

- Percent of adults who provided care or assistance during the past month to another adult living with a long-term illness or disability¹

N/A	12.7	16.5	5.7	24.2	16.3	19.5	19.6	16.9	17.7	14.6	◆
N/A	3.1	3.0	2.0*	7.1*	3.0	2.3	2.9	4.9*	5.0*	1.7	◆
N/A	6.2	11.0	4.3	26.1	12.2	6.3	N/A	N/A	N/A	N/A	◆
N/A	64.0	64.8	55.9	67.8	55.0	80.2	52.5	51.9	72.3	82.7	◆
N/A	20.0	19.3	20.7*	31.1*	19.8	15.2	17.6*	16.7*	25.1*	20.5	◆

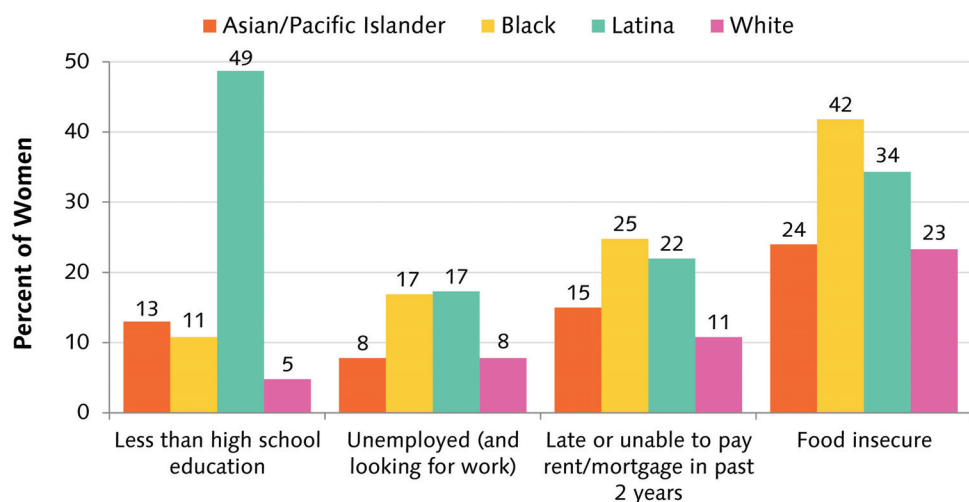
N/A = Data not available where noted

*Estimate is statistically unstable

**Cell sizes less than 5 - reliable estimate cannot be calculated

■ Group fares better
■ Group fares worse
◆ No statistical testing done

Determinants of Health Among Women in Los Angeles County by Race/Ethnicity, 2011^{1,d}



- Almost half of Latinas (49%) have **less than a high school education**, compared with 5% white, 11% black, and 13% of Asian/Pacific Islander women.¹
- Latinas and black women have higher rates of **unemployment** (17%) than Asian/Pacific Islander and white women (8%).¹
- Higher percentages of women with household incomes less than 100% FPL and 100-199% FPL had **difficulty paying rent or mortgage in the past two years** (27% and 23% respectively) than women with higher incomes.¹
- Latinas and black women with household incomes less than 300% FPL have higher percentages of **food insecurity** and **receiving food stamps** than white and Asian/Pacific Islander women.^{1,d}
- As income increases, the percentage of women who believe their **neighborhood is safe from crime** increases from 70% among those with household incomes less than 100% FPL to 95% among those with household incomes 300% FPL or higher.¹
- Black women (24%), white women (20%) and Latinas (16%) report higher rates of **ever experiencing intimate partner violence** compared with Asian/Pacific Islander women (6%).²
- Women with household incomes less than 100% FPL (53%) and 100-199% FPL (52%) report receiving less **social and emotional support when needed** as compared to women with household incomes of 300% FPL or higher (83%).¹
- About 19% of women report being **caregivers** in the past month.¹

HEALTH STATUS

Self-Rated Health

- Percent of adults who report their health to be fair or poor¹

Poor Health Days

- Average number of poor mental health days in the past month reported by adults¹
- Average number of poor physical health days in the past month reported by adults¹

Days of Activity Limitation

- Average number of days in the past month adults report their regular daily activities were limited due to poor mental or physical health¹

Life Expectancy

- Average life expectancy at birth (in years)⁴
- Percent of population who are expected to live to age 25 years⁴
- Percent of population who are expected to live to age 65 years⁴
- Percent of population who are expected to live to age 85 years⁴

	Healthy People 2020 Target	Los Angeles County Men and Women	Los Angeles County Women	Women: Race/Ethnicity				Women: Federal Poverty Level (FPL)			
				Asian/Pacific Islander	Black	Latina	White	FPL <100%	FPL 100-199%	FPL 200-299%	FPL ≥300%
Self-Rated Health	N/A	20.7	23.0	20.1	24.7	30.9	12.8	38.8	27.6	21.2	9.0
Poor Health Days (Mental)	N/A	3.3	3.7	2.8	5.5	3.3	4.1	4.4	4.8	3.8	2.6
Poor Health Days (Physical)	N/A	3.1	3.5	2.7	4.8	2.8	4.2	4.2	3.8	4.1	2.5
Days of Activity Limitation	N/A	2.1	2.2	1.3	3.4	1.8	2.7	3.0	2.1	2.7	1.4
Life Expectancy (Years)	N/A	81.8	84.3	87.9	79.1	85.3	83.8	N/A	N/A	N/A	N/A
Life Expectancy (Age 25)	N/A	98.8	99.2	99.3	98.5	99.2	99.4	N/A	N/A	N/A	N/A
Life Expectancy (Age 65)	N/A	86.7	90.1	94.0	80.5	91.6	89.8	N/A	N/A	N/A	N/A
Life Expectancy (Age 85)	N/A	48.6	55.3	66.2	40.8	58.9	53.6	N/A	N/A	N/A	N/A

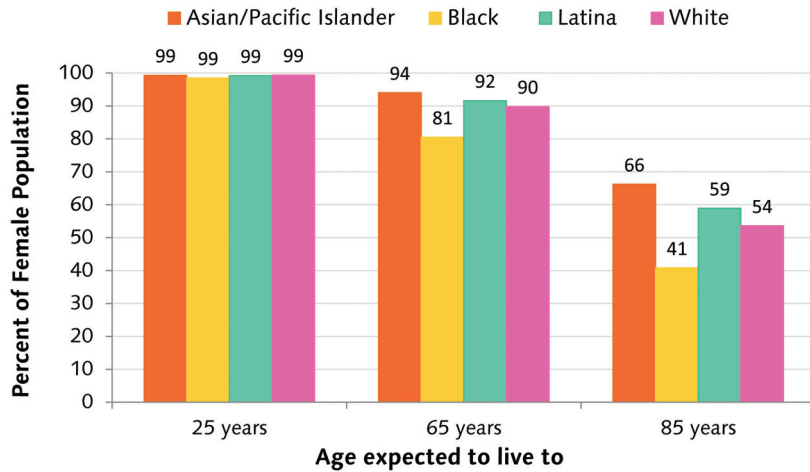
N/A = Data not available where noted

- Group fares better
- Group fares worse
- ◆ No statistical testing done



- In Los Angeles County, more women (23%) than men (18%) report their **health status as being fair or poor**.¹
- Latinas have a significantly higher percentage of **self-reported fair or poor health** (31%) compared to all other racial/ethnic groups combined.¹
- Women have longer **life expectancy** at birth than men (84.3 versus 79.1 years).⁴
- **Life expectancy** for Asian/Pacific Islander women (87.9 years) is 9 years longer than life expectancy for black women (79.1 years).⁴

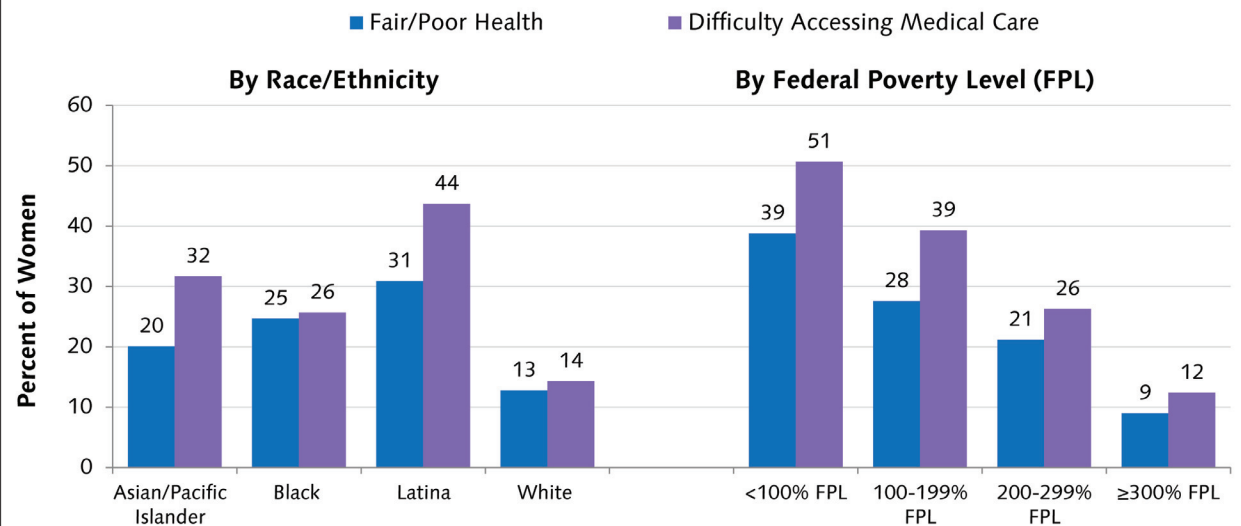
Percent of Female Population in Los Angeles County Expected to Live to Ages 25, 65, and 85 Years by Race/Ethnicity, 2009⁴



- Women with household incomes less than 100% FPL are four times more likely to report **fair or poor health status** (39%) compared to women with household incomes 300% FPL or higher (9%).¹
- Black women report significantly more **poor mental health days, poor physical health days, and days of activity limitation each month** (5.5, 4.8, 3.4 days, respectively) than women of other racial/ethnic groups combined.¹
- About 55% of women are **expected to reach 85 years of age** compared to 41% of men.⁴
- Over 90% of Asian/Pacific Islander women are **expected to reach 65 years of age** and 66% are **expected to reach 85 years of age** compared with 81% and 41% of black women respectively.⁴



Percent of Women who Report Fair or Poor Health Status and Difficulty Accessing Care in Los Angeles County, 2011¹



HEALTH CARE ACCESS

Insurance

- Percent of adults 18 to 64 years who are uninsured¹
- Percent of adults 18 to 64 years who have Medi-Cal¹
- Percent of adults 18 to 64 years who have private insurance¹

Access to Medical Care

- Percent of adults with no regular source of health care¹
- Percent of adults who report difficulty accessing medical care¹
- Percent of adults who could not afford to see a doctor when needed in the past year¹
- Percent of adults who could not afford prescription medication when needed in the past year¹

Access to Dental Care

- Percent of adults who do not have dental insurance¹
- Percent of adults who did not obtain dental care (including check-ups) in the past year because they could not afford it¹
- Percent of adults who had a dental visit (for any reason) in the past year¹

Access to Mental Health Care

- Percent of adults who report difficulty accessing mental health care¹
- Percent of adults who did not get mental health care due to cost¹

Pregnancy and Birth

- Percent of women with a live birth who received preconception counseling during the six months before pregnancy^{5a}
- Percent of all live births where mother received prenatal care in the first trimester of pregnancy⁶
- Percent of all live births where mother received a postpartum checkup⁵

Immunizations

- Percent of adults 18 to 64 years vaccinated for influenza in the past year¹
- Percent of adults 65 years or older vaccinated for influenza in the past year¹
- Percent of adults 65 years or older ever vaccinated for pneumococcal disease¹

Healthy People 2020 Target	Los Angeles County Men and Women	Los Angeles County Women	Asian/Pacific Islander	Black	Latina	White	FPL <100%	FPL 100-199%	FPL 200-299%	FPL ≥300%
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			Women: Race/Ethnicity				Women: Federal Poverty Level (FPL)			
0.0	28.5	26.2	16.5	12.4	41.1	11.2	44.4	34.7	20.7	7.9
N/A	17.3	20.2	14.1	32.8	26.5	8.1	42.7	23.2	13.6	2.5
N/A	52.9	52.1	67.6	51.7	31.4	79.2	11.3	40.2	63.3	88.7
5.0	20.9	17.3	21.4	12.7	21.5	10.9	23.6	22.9	14.7	9.9
N/A	31.7	30.7	31.7	25.7	43.7	14.3	50.7	39.3	26.3	12.4
N/A	16.0	17.6	16.2	22.4	20.2	12.8	26.4	24.8	13.3	7.9
N/A	15.4	17.2	15.2	24.0	18.4	14.0	24.5	23.2	14.0	9.0
N/A	51.8	52.4	45.0	43.3	66.9	39.0	81.2	63.3	43.4	27.4
N/A	30.3	34.3	30.8	38.3	41.9	23.9	51.6	42.9	35.9	15.2
49.0	55.8	56.6	62.0	53.4	44.6	71.6	35.1	47.8	61.6	76.5
N/A	2.7	3.1	2.5*	3.6*	2.9	3.1	5.0	3.9	2.4*	1.3*
N/A	6.1	6.7	4.6*	5.2	7.3	7.1	8.2	9.4	7.1	3.7
N/A	---	30.6	39.1	34.0	23.7	46.4	N/A	N/A	N/A	N/A
77.9	---	83.0	85.2	73.8	82.4	88.0	N/A	N/A	N/A	N/A
N/A	---	91.4	93.5	85.5	91.0	94.0	N/A	N/A	N/A	N/A
80.0	28.7	30.0	40.4	22.4	24.8	35.4	23.4	26.3	32.0	37.1
90.0	64.2	63.2	77.7	46.4	55.4	64.9	54.8	66.3	60.9	65.3
90.0	61.3	64.4	56.1	54.6	54.0	72.7	57.7	57.6	65.4	70.6

- Percent of adolescents 13 to 17 years who have received all three Human Papillomavirus (HPV) vaccine shots¹
- Percent of adults 18 to 26 years who received one or more HPV vaccine shots¹

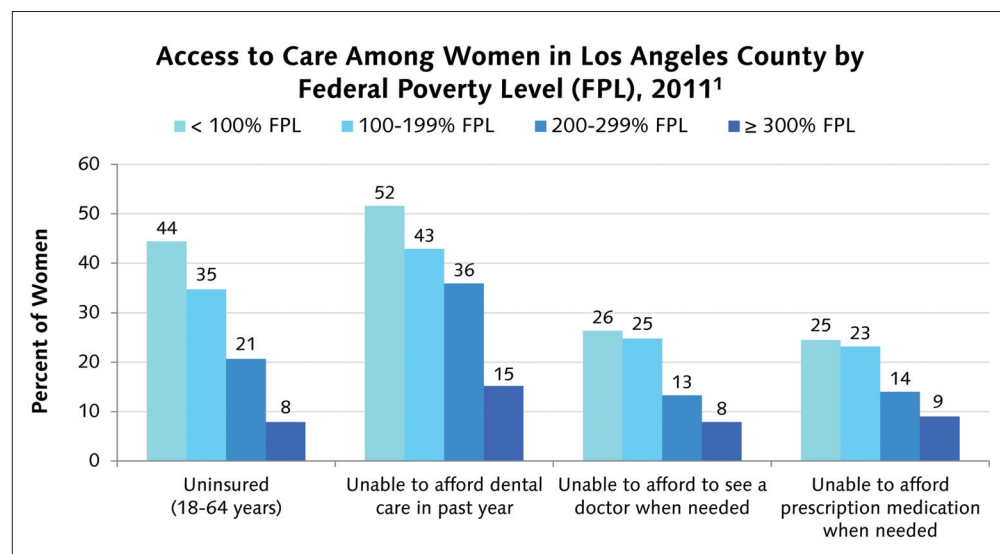
Clinical Preventive Screenings

- Percent of women 21 to 65 years who had a Pap test within the past 3 years¹
- Percent of women 50 to 74 years who had a mammogram within the past 2 years¹
- Percent of adults 50 to 74 years in compliance with colorectal cancer screening recommendations^{2a}
- Percent of women 65 years or older who have ever been screened for osteoporosis¹

N/A	10.5	19.8	22.4*	19.2*	16.2	30.3	15.8*	21.2	15.5*	24.7
N/A	12.7	24.1	24.7*	32.8*	16.6	37.2	18.9	25.2	31.1	26.5
93.0	---	85.5	69.4	91.5	89.5	85.5	85.6	82.5	86.4	87.3
81.1	---	79.8	69.9	82.8	84.8	79.4	74.6	77.2	78.4	83.6
70.5	65.0	66.8	63.7	79.2	59.6	69.4	45.6	60.1	68.9	74.5
N/A	---	72.9	78.5	46.0	63.4	80.5	60.5	67.5	72.9	80.9

N/A = Data not available where noted
*Estimate is statistically unstable

—	Group fares better
—	Group fares worse
◆	No statistical testing done



- Women with household incomes less than 100% FPL are over 5 times more likely to be **uninsured** (44%) than women with household incomes 300% FPL or higher (8%).¹
- About half of women with household incomes less than 100% FPL report **difficulty accessing medical care** (51%) and 24% have **no regular source of care**.¹
- Only 31% of women with a live birth received **preconception counseling** during the six months before pregnancy.^{5a}
- Among women with a live birth, black women have the lowest rates of **prenatal care in the first trimester of pregnancy** (74%) and the lowest rates of having a **postpartum checkup** (86%).^{5,6}
- A lower percentage of women 18-64 years (30%) and women 65 years and older (63%) report being **vaccinated for influenza in the past year** than the Healthy People 2020 targets of 80% and 90%, respectively.¹
- Among female adolescents 13 to 17 years, white females are significantly more likely to have **received all three HPV vaccine shots** (30%), and Latinas are least likely (16%) compared to all other racial/ethnic groups combined.¹
- Asian/Pacific Islander women have the lowest rates of **breast and cervical cancer screening**.¹ However, **colorectal cancer screening increased** among this group from 44% in 2003 to 64% in 2009.^{2a}
- **Colorectal cancer screening** rates remain low for women overall (67%) but are even lower among women with household incomes less than 100% FPL (46%).^{2a}
- Only 61% of women 65 years and older with household incomes less than 100% FPL report **ever being screened for osteoporosis**, compared to 81% of women 65 years and older with household incomes 300% FPL or higher.¹

HEALTH BEHAVIORS

Tobacco, Alcohol and Drug Use

- Percent of adults who smoke cigarettes¹
- Percent of women with a live birth who smoked during their pregnancy⁵
- Percent of adults who binge drink (women who had 4 or more alcoholic drinks, men 5 or more, on at least one occasion in the past 30 days)¹
- Percent of adults who misused prescription drugs in the past year¹

Physical Activity

- Percent of adults who meet recommended guidelines for aerobic physical activity (≥ 150 minutes/wk of moderate activity, or ≥ 75 minutes/wk of vigorous activity)¹
- Percent of adults who meet recommended guidelines for muscle-strengthening activities (at least 2 days/wk)¹
- Percent of adults who meet recommended guidelines for aerobic physical activity and muscle-strengthening activities¹
- Percent of adults who are inactive (do not participate in any aerobic activity)¹

Nutrition

- Percent of adults who consume five or more servings of fruits and vegetables a day¹
- Percent of adults who eat fast food at least once a week¹
- Percent of adults who drink at least one soda or sweetened drink a day¹

Breastfeeding

- Percent of children 0 to 5 years whose mothers initiated breastfeeding¹
- Percent of children 6 months to 5 years whose mothers breastfed at least 6 months¹

Contraception

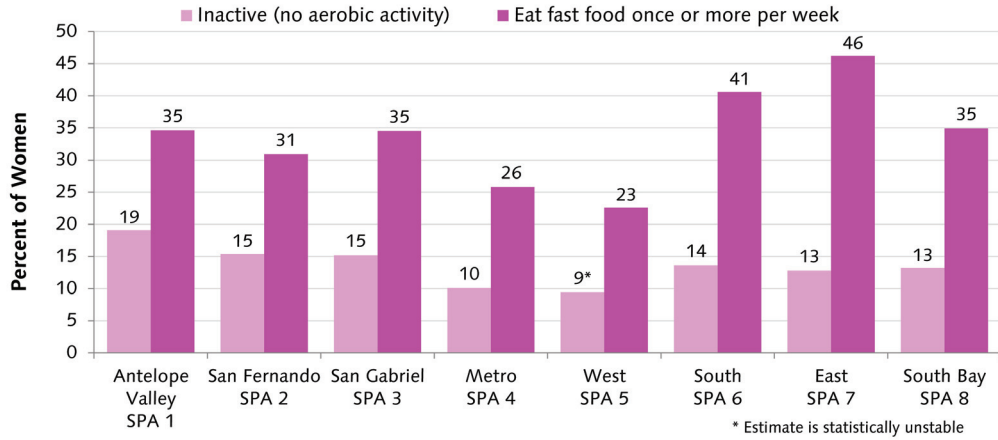
- Percent of women 18 to 49 years at risk for unintended pregnancy who used an effective birth control method the last time they had sex^{1e}
- Percent of heterosexually active adults 18 to 49 years who report they (or their partner) have used emergency contraception in the past year¹

Sexual Practices

- Percent of adults who report being tested for sexually transmitted diseases (syphilis, gonorrhea, chlamydia, herpes, and genital warts) in the past year¹
- Percent of adults who report having an HIV test in the past year¹

	Healthy People 2020 Target	Los Angeles County Men and Women	Los Angeles County Women	Women: Race/Ethnicity				Women: Federal Poverty Level (FPL)			
				Asian/Pacific Islander	Black	Latina	White	FPL <100%	FPL 100-199%	FPL 200-299%	FPL $\geq 300\%$
Percent of adults who smoke cigarettes ¹	12.0	13.1	10.0	4.6*	15.6	7.7	13.5	11.9	9.2	10.0	9.1
Percent of women with a live birth who smoked during their pregnancy ⁵	1.4	---	2.5	2.1	11.3	1.2	3.6	N/A	N/A	N/A	N/A
Percent of adults who binge drink (women who had 4 or more alcoholic drinks, men 5 or more, on at least one occasion in the past 30 days) ¹	24.4	15.4	9.3	5.1*	9.6	9.2	11.5	7.8	7.3	11.7	11.0
Percent of adults who misused prescription drugs in the past year ¹	N/A	5.2	4.0	3.8*	3.9*	4.5	3.4	5.2	4.2	2.6*	3.4
Percent of adults who meet recommended guidelines for aerobic physical activity (≥ 150 minutes/wk of moderate activity, or ≥ 75 minutes/wk of vigorous activity) ¹	47.9	61.8	56.9	49.1	53.9	58.8	58.4	53.0	52.8	57.7	62.1
Percent of adults who meet recommended guidelines for muscle-strengthening activities (at least 2 days/wk) ¹	24.1	37.1	31.4	27.1	34.7	28.1	36.7	26.3	27.6	29.7	38.2
Percent of adults who meet recommended guidelines for aerobic physical activity and muscle-strengthening activities ¹	20.1	29.7	24.1	19.6	24.6	21.8	28.8	18.0	20.1	23.8	31.3
Percent of adults who are inactive (do not participate in any aerobic activity) ¹	N/A	12.0	13.6	14.1	16.9	12.1	14.7	16.9	14.8	12.1	10.9
Percent of adults who consume five or more servings of fruits and vegetables a day ¹	N/A	16.2	19.8	22.2	15.2	15.9	25.3	15.0	17.9	18.6	24.9
Percent of adults who eat fast food at least once a week ¹	N/A	40.0	34.0	28.4	41.4	39.3	27.3	34.0	37.7	38.3	30.1
Percent of adults who drink at least one soda or sweetened drink a day ¹	N/A	35.5	26.5	11.7*	30.1*	39.9	15.4	33.2	32.0	29.4*	15.5
Percent of children 0 to 5 years whose mothers initiated breastfeeding ¹	81.9	---	87.4	95.5	67.9	89.3	87.9	83.9	87.9	94.9	88.8
Percent of children 6 months to 5 years whose mothers breastfed at least 6 months ¹	60.6	---	44.9	42.4	24.6*	41.9	62.6	34.4	42.3	64.0	54.4
Percent of women 18 to 49 years at risk for unintended pregnancy who used an effective birth control method the last time they had sex ^{1e}	91.3	---	80.8	75.8	71.0	83.4	81.8	75.9	85.9	88.4	78.3
Percent of heterosexually active adults 18 to 49 years who report they (or their partner) have used emergency contraception in the past year ¹	N/A	7.8	8.2	7.0*	7.0*	9.8	6.2*	8.6	13.0	2.7*	6.6
Percent of adults who report being tested for sexually transmitted diseases (syphilis, gonorrhea, chlamydia, herpes, and genital warts) in the past year ¹	N/A	21.9	28.5	9.0*	57.5	31.8	22.4*	34.7	35.9	28.6*	18.2
Percent of adults who report having an HIV test in the past year ¹	N/A	19.1	25.8	8.5*	52.2	29.6	19.0*	32.4	33.7	24.1*	15.5

Percent of Women in Los Angeles County who are Physically Inactive (no aerobic activity) and Eat Fast Food Once or More per Week by Service Planning Area (SPA), 2011¹



- Black (16%) and white (14%) women each report higher percentages of **cigarette smoking** compared to all other ethnic groups combined.¹ Black women have the highest rate of **smoking during pregnancy** (11%).⁵
- Only 24% of women **meet recommended guidelines for aerobic physical activity and muscle-strengthening activities**.¹
- About 40% of Latinas **report eating fast food at least once a week** and the same percent report **drinking one or more soda or sweetened drink a day**.¹
- Although a higher percentage of Asian/Pacific Islander women **initiate breastfeeding** (96%), white women have a higher percentage of **breastfeeding at least 6 months** (63%).
- Black women are least likely to **initiate breastfeeding** (68%) and **breastfeed for at least 6 months** (25%) compared to all other racial/ethnic groups combined.¹
- Women with household incomes less than 100% FPL are significantly less likely to both **initiate breastfeeding** and **breastfeed for at least 6 months** as compared to women in all other income groups combined.¹
- About 83% of Latinas and 82% of white women at risk for unintended pregnancy report **using an effective birth control method** the last time they had sex compared to 71% of black women.^{1e}



HEALTH CONDITIONS Incidence/Prevalence

Cardiovascular Disease

- Percent of adults ever diagnosed with heart disease²
- Percent of adults at risk (≥ 2 out of 6 risk factors) for heart disease^{1f}
- Percent of adults ever diagnosed with hypertension¹
- Percent of adults ever diagnosed with high cholesterol¹

Obesity and Overweight

- Percent of adults who are obese (BMI ≥ 30.0)¹
- Percent of adults who are overweight (25.0 ≤ BMI < 30.0)¹
- Percent of women with a live birth who were obese prior to pregnancy⁵

Diabetes

- Percent of adults ever diagnosed with diabetes¹
- Percent of women with a live birth who had gestational diabetes⁵

Musculoskeletal Disease

- Percent of adults 65 years and older ever diagnosed with osteoporosis¹
- Rate of hospitalizations for fall injuries per 100,000 adults 65 years and older³
- Percent of adults ever diagnosed with arthritis¹

Cancer Incidence

- Incidence of all cancers (age-adjusted per 100,000 population)⁷
- Incidence of invasive breast cancer (age-adjusted per 100,000 female population)⁷
- Incidence of cervical cancer (age-adjusted per 100,000 female population)⁷
- Incidence of colorectal cancer (age-adjusted per 100,000 population)⁷
- Incidence of lung and bronchus cancer (age-adjusted per 100,000 population)⁷

Mental Health

- Percent of adults ever diagnosed with depression¹
- Percent of adults with current depression¹
- Percent of women who experienced depressive symptoms after a live birth⁵
- Percent of adults ever diagnosed with anxiety, stress disorder, or phobia¹

Healthy People 2020 Target	Los Angeles County Men and Women	Los Angeles County Women	Asian/Pacific Islander	Black	Latina	White	FPL <100%	FPL 100-199%	FPL 200-299%	FPL ≥300%
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			Women: Race/Ethnicity				Women: Federal Poverty Level (FPL)			
N/A	5.8	5.0	4.1	3.9	5.0	6.1	5.1	6.4	4.3	4.7
N/A	30.0	29.9	21.7	45.4	29.5	29.0	34.5	33.0	30.1	24.3
26.9	24.0	24.2	24.8	40.7	19.0	25.7	22.1	27.2	24.8	23.7
N/A	25.6	25.2	24.1	26.6	23.8	27.0	26.6	25.1	23.9	24.7
30.5	23.6	24.2	8.2	36.4	33.4	15.8	35.0	26.4	26.6	14.3
N/A	37.1	29.5	19.3	33.5	34.6	26.4	29.4	30.6	27.3	29.7
N/A	---	19.7	6.8	26.8	24.5	10.4	N/A	N/A	N/A	N/A
N/A	9.5	9.2	10.0	12.0	10.1	6.6	11.5	11.0	8.2	6.5
N/A	---	12.4	18.7	9.5	13.1	7.0	N/A	N/A	N/A	N/A
N/A	17.8	26.7	37.9	17.8	23.4	26.2	26.6	24.3	30.1	26.8
N/A	1788.1	2085.8	1414.9	1298.4	1585.0	2646.8	N/A	N/A	N/A	N/A
N/A	17.4	21.4	17.7	28.8	15.3	28.8	19.9	20.2	25.3	22.0
N/A	396.8	366.7	301.1	402.7	286.4	442.7	N/A	N/A	N/A	N/A
N/A	---	117.7	96.0	126.4	83.0	152.6	N/A	N/A	N/A	N/A
7.1	---	8.8	7.6	8.2	11.2	7.2	N/A	N/A	N/A	N/A
38.6	42.1	36.4	35.2	56.4	29.0	37.3	N/A	N/A	N/A	N/A
N/A	41.6	35.4	26.5	46.5	17.9	47.3	N/A	N/A	N/A	N/A
N/A	12.2	14.8	7.5	17.7	12.3	20.4	17.1	14.9	16.4	12.4
N/A	8.3	10.3	4.4*	13.5	8.1	15.0	12.2	11.4	10.5	8.2
N/A	---	51.0	50.5	49.1	52.1	48.2	N/A	N/A	N/A	N/A
N/A	11.3	13.1	6.7	18.0	12.0	15.9	14.8	13.7	14.4	11.1

- Percent of adults with current anxiety, stress disorder, or phobia¹

Maternal and Infant Health

- Percent of low birth weight births (< 2,500 grams) per 100 live births⁶
- Percent of preterm births (< 37 weeks gestation) per 100 live births⁶
- Rate of live births among mothers 15-19 years per 1,000 adolescent girls 15-19 years⁶
- Percent of live births that resulted from an unintended pregnancy^{5b}

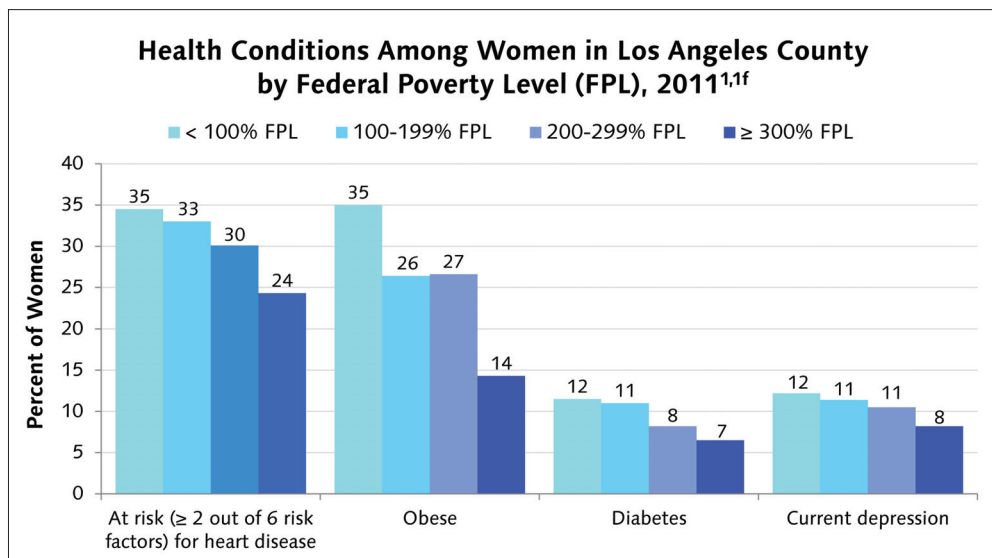
Communicable Diseases

- Diagnoses of HIV/AIDS (annual diagnosed cases per 100,000 population)^{8a}
- Incidence of chlamydia (annual new cases per 100,000 population)^{8b}
- Incidence of gonorrhea (annual new cases per 100,000 population)^{8b}
- Incidence of primary and secondary syphilis (annual new cases per 100,000 population)^{8b}
- Incidence of Pelvic Inflammatory Disease (PID) (annual new cases per 100,000 female population)^{8b}
- Incidence of tuberculosis (annual new cases per 100,000 population)⁹

N/A	6.4	7.4	4.4*	10.6	6.0	9.5	8.6	8.9	7.5	5.6
7.8	---	7.3	8.0	13.3	6.5	6.8	N/A	N/A	N/A	N/A
11.4	---	10.1	8.9	14.0	10.0	9.4	N/A	N/A	N/A	N/A
N/A	---	31.2	3.8	31.1	45.0	5.8	N/A	N/A	N/A	N/A
N/A	---	48.4	33.4	60.1	57.4	23.9	N/A	N/A	N/A	N/A
N/A	18.0	3.0	**	13.0	4.0	1.0	N/A	N/A	N/A	N/A
N/A	512.9	664.0	200.3	2010.3	733.3	244.9	N/A	N/A	N/A	N/A
N/A	103.4	73.3	14.6	433.7	47.2	32.5	N/A	N/A	N/A	N/A
N/A	8.1	0.3	0.1	1.0	0.3	0.3	N/A	N/A	N/A	N/A
N/A	---	4.5	2.2	15.7	4.7	1.8	N/A	N/A	N/A	N/A
1.0	7.3	6.8	20.2	4.7	6.2	1.1	N/A	N/A	N/A	N/A

N/A = Data not available where noted
 *Estimate is statistically unstable
 **Cell sizes less than 5 - reliable estimate cannot be calculated

Green Group fares better
 Red Group fares worse
 Diamond No statistical testing done



- A higher percentage of black women (45%) are **at risk for heart disease** compared to Latinas (30%), white women (29%), and Asian/Pacific Islander women (22%).^{1f}
- Rates of **obesity** among Latinas increased from 18% in 1997 to 33% in 2011, but black women have the highest rate at 36%.¹
- Almost 20% of women with a live birth report being **obese prior to pregnancy**, and rates are highest among black women (27%) and Latinas (25%).⁵
- Asian/Pacific Islander women had the largest increase in rate of **diabetes** from 4%* in 1997 to 10% in 2011, and they have the highest rate of **gestational diabetes** at 19%.^{1,5}
- Latinas have a higher incidence of **cervical cancer** (11/100,000) and lower incidence of **breast cancer** (83/100,000) compared to women overall.⁷
- Women with household incomes 300% FPL or higher are significantly less likely to **currently have depression or anxiety** than women in all other income groups combined.¹
- Almost half of live births among women in LA County result from **unintended pregnancies** (48%) compared with 37% among women in the United States.^{5b,10}
- Rates of **chlamydia** among women in LA County increased from 570/100,000 in 2006 to 664/100,000 in 2011, and remain highest among black women (2,010/100,000).^{8b}

HEALTH CONDITIONS Mortality

All-Cause Mortality

- Death rate from all causes (age-adjusted per 100,000 population)¹¹

Cardiovascular Disease Mortality

- Coronary heart disease death rate (age-adjusted per 100,000 population)¹¹
- Stroke death rate (age-adjusted per 100,000 population)¹¹
- Hypertension and related renal disease death rate (age-adjusted per 100,000 population)¹¹

Diabetes Mortality

- Diabetes death rate (age-adjusted per 100,000 population)¹¹

Respiratory Disease Mortality

- Emphysema/COPD death rate (age-adjusted per 100,000 population)¹¹
- Pneumonia and influenza death rate (age-adjusted per 100,000 population)¹¹

Cancer Mortality

- All cancer death rate (age-adjusted per 100,000 population)¹¹
- Breast cancer death rate (age-adjusted per 100,000 female population)¹¹
- Cervical cancer death rate (age-adjusted per 100,000 female population)¹¹
- Colorectal cancer death rate (age-adjusted per 100,000 population)¹¹
- Lung cancer death rate (age-adjusted per 100,000 population)¹¹

Alzheimer's Disease Mortality

- Alzheimer's disease death rate (age-adjusted per 100,000 population)¹¹

Injury Mortality

- Suicide rate (age-adjusted per 100,000 population)¹¹
- Homicide rate (age-adjusted per 100,000 population)¹¹
- Unintentional injury death rate (age-adjusted per 100,000 population)¹¹
- Unintentional drug-overdose death rate (age-adjusted per 100,000 population)¹¹
- Fall-related death rate among adults 65 years and older (age-specific per 100,000 population)^{3b}
- Motor vehicle crash death rate (age-adjusted per 100,000 population)¹¹

Among Women
in LA County,
Ranking of
Ten Leading
Causes of:

Death
Premature
Death†

Healthy People 2020 Target

Los Angeles County Men and Women

Los Angeles County Women

Asian/Pacific Islander

Black

Latina

White

Women: Race/Ethnicity

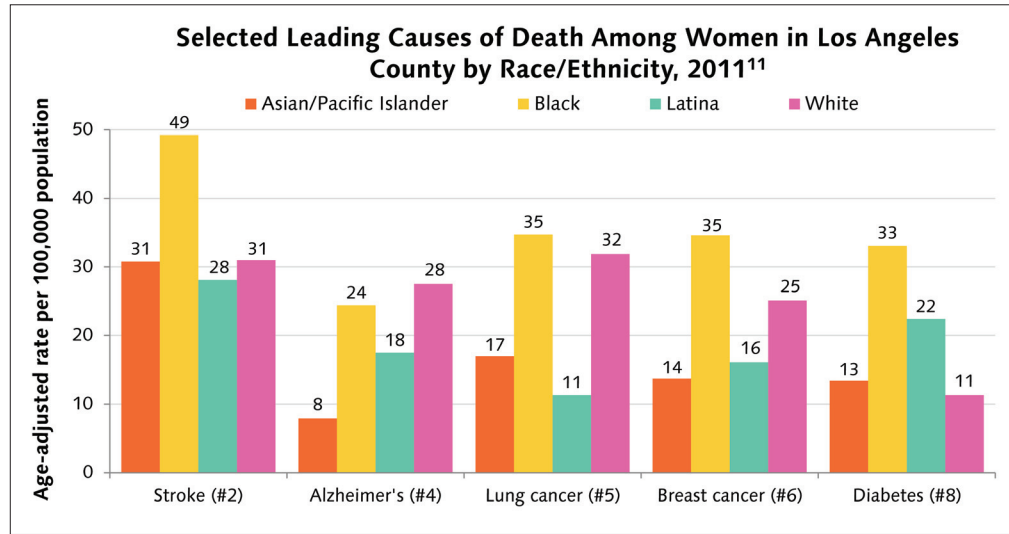
	Death	Premature Death†	Healthy People 2020 Target	Los Angeles County Men and Women	Los Angeles County Women	Asian/Pacific Islander	Black	Latina	White
All-Cause Mortality • Death rate from all causes (age-adjusted per 100,000 population) ¹¹	---	---	N/A	583.5	488.1	343.7	721.3	407.8	526.1
Cardiovascular Disease Mortality • Coronary heart disease death rate (age-adjusted per 100,000 population) ¹¹	1	1	100.8	128.6	101.0	75.3	169.3	77.8	105.9
• Stroke death rate (age-adjusted per 100,000 population) ¹¹	2	4	33.8	33.7	32.4	30.8	49.2	28.1	31.0
• Hypertension and related renal disease death rate (age-adjusted per 100,000 population) ¹¹	10	---	N/A	9.3	8.9	7.7	15.4	7.0	8.8
Diabetes Mortality • Diabetes death rate (age-adjusted per 100,000 population) ¹¹	8	7	N/A	20.2	16.7	13.4	33.1	22.4	11.3
Respiratory Disease Mortality • Emphysema/COPD death rate (age-adjusted per 100,000 population) ¹¹	3	---	N/A	30.3	25.8	12.1	29.8	14.5	35.5
• Pneumonia and influenza death rate (age-adjusted per 100,000 population) ¹¹	7	---	N/A	21.3	18.1	16.0	22.6	18.0	17.8
Cancer Mortality • All cancer death rate (age-adjusted per 100,000 population) ¹¹	---	---	160.6	143.9	125.6	99.3	177.3	100.1	138.3
• Breast cancer death rate (age-adjusted per 100,000 female population) ¹¹	6	2	20.6	---	21.3	13.7	34.6	16.1	25.1
• Cervical cancer death rate (age-adjusted per 100,000 female population) ¹¹	---	---	2.2	---	2.7	**	4.4	3.8	1.8
• Colorectal cancer death rate (age-adjusted per 100,000 population) ¹¹	9	10	14.5	14.3	12.1	10.9	21.7	7.6	13.0
• Lung cancer death rate (age-adjusted per 100,000 population) ¹¹	5	3	45.5	31.3	24.2	17.0	34.7	11.3	31.9
Alzheimer's Disease Mortality • Alzheimer's disease death rate (age-adjusted per 100,000 population) ¹¹	4	---	N/A	21.0	22.2	7.9	24.4	17.5	27.5
Injury Mortality • Suicide rate (age-adjusted per 100,000 population) ¹¹	---	9	10.2	7.5	3.6	3.4	**	1.4	6.6
• Homicide rate (age-adjusted per 100,000 population) ¹¹	---	---	5.5	6.7	2.0	**	4.0	2.1	1.3
• Unintentional injury death rate (age-adjusted per 100,000 population) ¹¹	---	---	36.0	20.3	11.7	8.8	15.9	8.8	14.9
• Unintentional drug-overdose death rate (age-adjusted per 100,000 population) ¹¹	---	6	N/A	6.5	4.0	**	7.6	1.7	7.4
• Fall-related death rate among adults 65 years and older (age-specific per 100,000 population) ^{3b}	---	---	N/A	27.4	22.4	19.1	8.3	10.9	33.4
• Motor vehicle crash death rate (age-adjusted per 100,000 population) ¹¹	---	5	12.4	6.5	3.7	3.9	4.2	3.9	2.9

Maternal and Infant Mortality

- Maternal death rate per 100,000 live births⁶
- Infant death rate per 1,000 live births⁶

---	---	11.4	---	14.3	**	58.6	7.4	**
---	---	6.0	---	4.6	2.7	9.8	4.6	3.8

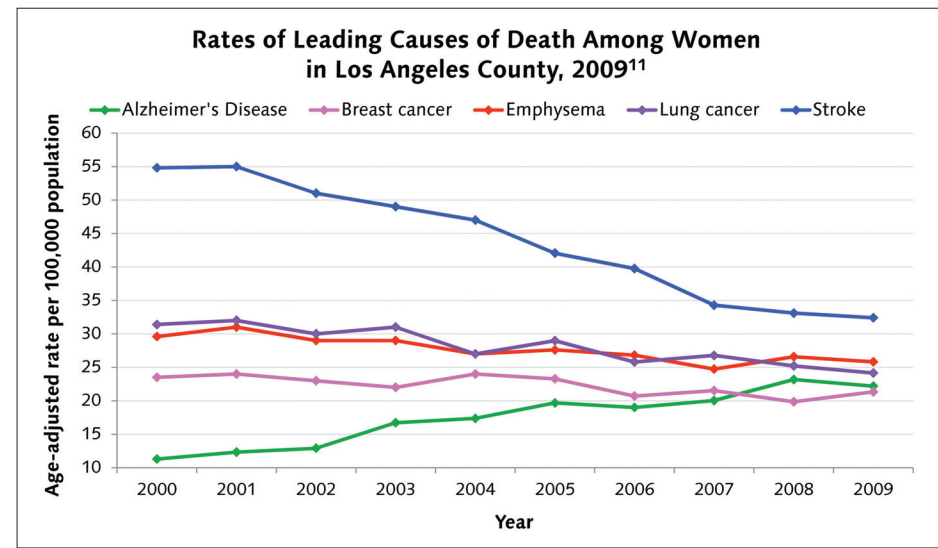
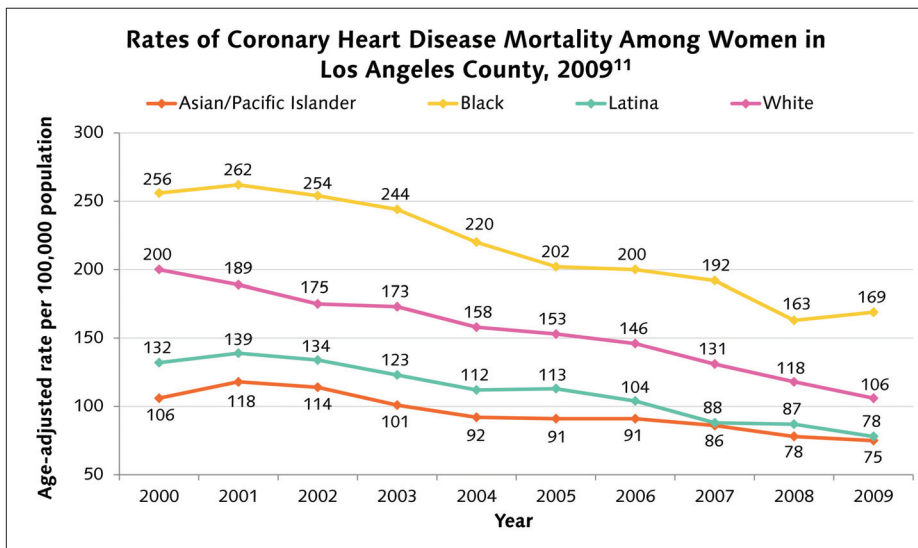
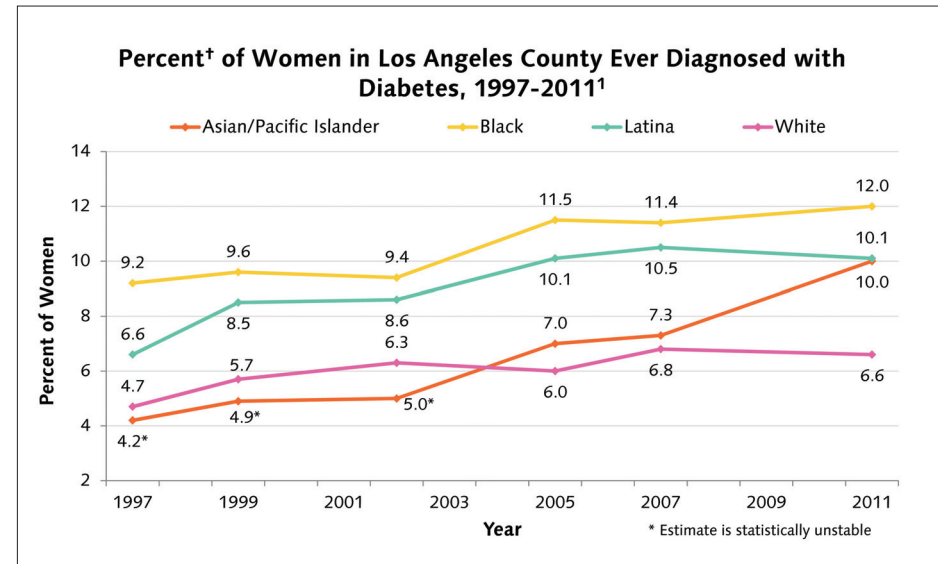
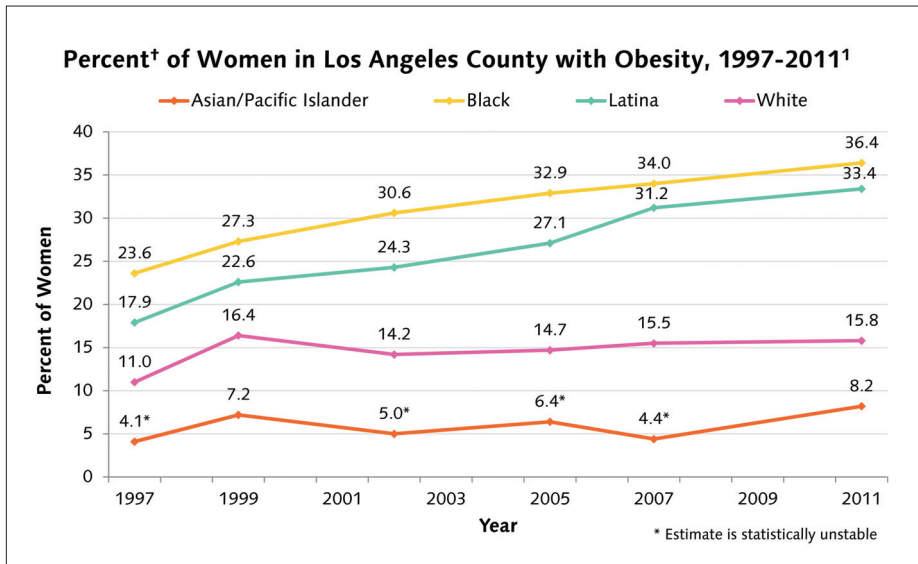
N/A = Data not available where noted
 **Cell sizes less than 5 - reliable estimate cannot be calculated
 †Premature death is death before age 75 years. The 8th leading cause of premature death among women is Liver Disease.



- Chronic conditions such as coronary heart disease, stroke, and emphysema/COPD remain the **leading causes of death** among women in Los Angeles County.¹¹
- Cancer and injuries are important **leading causes of premature death** among women in Los Angeles County.¹¹
- **Mortality from all causes** is 48% higher among black women (721/100,000) than for women overall (488/100,000).¹¹
- For women, mortality rates for **coronary heart disease** decreased by 45% from 2000 to 2009. However, it remains the leading cause of death, accounting for 22% of the total deaths for women in 2009.¹¹
- **Diabetes mortality** rates among women have decreased by 26% from 22/100,000 in 2000 to 17/100,000 in 2009.¹¹
- From 2000 to 2009, **breast cancer mortality** rates have decreased for all racial/ethnic groups except Latinas whose rates increased 16% (14 to 16 per 100,000).¹¹
- From 2000 to 2009, the number of **Alzheimer's disease-related deaths** among women has more than doubled from 550 to 1,431, and it is currently the 4th leading cause of death for women.¹¹
- **Maternal mortality** rates among black women (59/100,000) are five times higher than the Healthy People 2020 target of 11.4/100,000.⁶
- **Infant mortality** rates are twice as high among black women (10/1,000) compared to women overall (5/1,000).⁶



TRENDS IN WOMEN'S HEALTH OUTCOMES



[†]Two methodologic changes implemented in the 2011 LACHS, adding cellular telephone households and adopting an improved weighting methodology, should be considered when comparisons are made between 2011 data and data from prior survey years. www.publichealth.lacounty.gov/ha/docs/2011LACHS/LACHS_MethodologyFs.pdf

INSURANCE STATUS AND HEALTH

Healthy People 2020 Target	Los Angeles County Men and Women 18-64 years	Los Angeles County Women 18-64 years	No Insurance	Medi-Cal	Private
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Women 18-64 yrs: Insurance Status

Health Status

- Percent of adults who report their health to be fair or poor¹
- Average number of days in the past month adults report their regular daily activities were limited due to poor mental or physical health¹

N/A	19.2	21.2	27.4	37.1	10.8
N/A	2.0	2.0	2.2	3.4	1.3

- About 37% of women on Medi-Cal report **fair or poor health** compared to 27% of women with no insurance and 11% of women with private insurance.¹

Health Care Access

- Percent of adults with no regular source of health care¹
- Percent of adults who report difficulty accessing medical care¹
- Percent of adults who could not afford prescription medication when needed in the past year¹
- Percent of adults who do not have dental insurance¹

5.0	23.4	19.7	42.1	17.1	9.5
N/A	35.0	34.3	75.3	36.0	13.2
N/A	16.8	19.1	29.4	24.2	12.0
N/A	51.5	51.4	95.0	69.6	21.0

- Approximately 75% of uninsured women report **difficulty accessing medical care** compared with 36% of women on Medi-Cal and 13% of women with private insurance.¹

Preventive Services

- Percent of adults vaccinated for influenza in the past year¹
- Percent of adults 18 to 26 years who received one or more HPV vaccine shots¹
- Percent of women 21 to 64 years who had a Pap test within the past 3 years¹
- Percent of women 50 to 64 years who had a mammogram within the past 2 years¹

80.0	28.7	30.0	16.4	29.8	36.7
N/A	12.7	24.1	6.4*	24.7	36.4
93.0	---	85.8	78.1	87.6	89.6
81.1	---	78.5	58.4	73.9	85.2

- Uninsured women have lower rates of receiving **clinical preventive services** compared with women on Medi-Cal and privately insured women.¹

Health Behaviors

- Percent of adults who smoke cigarettes¹
- Percent of adults who meet recommended guidelines for aerobic physical activity and muscle-strengthening activities¹
- Percent of adults who consume five or more servings of fruits and vegetables a day¹
- Percent of adults who drink at least one soda or sweetened drink a day¹

12.0	14.0	10.6	11.2	16.3	8.0
N/A	31.3	25.3	22.0	17.0	30.4
N/A	16.0	19.5	18.2	16.4	21.7
N/A	38.0	28.8	46.4	35.3	16.7

- About 46% of uninsured women and 35% of women on Medi-Cal **drink at least one soda or sweetened drink daily** compared with 17% of privately insured women.¹

Health Outcomes

- Percent of adults at risk (≥ 2 out of 6 risk factors) for heart disease^{1f}
- Percent of adults ever diagnosed with hypertension¹
- Percent of adults who are obese (BMI ≥ 30.0)¹
- Percent of adults ever diagnosed with diabetes¹
- Percent of adults with current depression¹

N/A	25.6	24.6	22.7	33.7	20.9
26.9	18.4	17.5	13.9	21.4	17.0
30.5	24.4	25.0	28.8	34.9	19.2
N/A	7.0	7.1	5.4	11.3	6.1
N/A	8.2	10.4	7.1	18.9	8.4

- Women on Medi-Cal have higher rates of **hypertension, obesity, diabetes** and **depression** compared with uninsured and privately insured women.¹

N/A = Data not available where noted
*Estimate is statistically unstable

WOMEN ACROSS THE LIFESPAN

Demographics

- Percent of adults with household incomes < 200% of the Federal Poverty Level^{1a}
- Percent of adults with a disability^{1b}
- Percent of adults who were not born in the United States¹
- Percent of adults who mostly speak English at home¹

Determinants of Health

- Percent of adults with less than a high school education¹
- Percent of adults who were late or unable to pay their rent or mortgage in the past 2 years¹
- Percent of adults with household incomes < 300% FPL who are food insecure^{1d}
- Percent of adults who receive the social and emotional support they need¹
- Percent of adults who provided care or assistance during the past month to another adult living with a long-term illness or disability¹

Health Status

- Percent of adults who report their health to be fair or poor¹
- Average number of poor mental health days in the past month reported by adults¹
- Average number of poor physical health days in the past month reported by adults¹

Health Care Access

- Percent of adults 18 to 64 years who are uninsured¹
- Percent of adults who do not have dental insurance¹
- Percent of adults who report difficulty accessing medical care¹
- Percent of adults who could not afford prescription medication when needed in the past year¹

Health Behaviors

- Percent of adults who smoke cigarettes¹
- Percent of adults who binge drink (women who had 4 or more alcoholic drinks, men 5 or more, on at least one occasion in the past 30 days)¹

Healthy People 2020 Target	Los Angeles County Men and Women	Los Angeles County Women	Women 18-39 years	Women 40-64 years	Women 65 years and older
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Women: Age

N/A	46.9	50.9	60.9	44.5	41.5
N/A	19.4	19.9	9.9	22.7	39.2
N/A	45.9	45.8	46.3	50.3	32.4
N/A	60.7	60.7	53.1	61.8	78.1
N/A	23.2	25.4	24.9	27.2	22.3
N/A	17.2	17.7	20.5	19.3	6.0
N/A	30.6	31.5	33.7	38.5	13.9
N/A	64.0	64.8	62.4	70.5	56.5
N/A	20.0	19.3	16.3*	23.4	16.2*
N/A	20.7	23.0	14.0	28.4	32.8
N/A	3.3	3.7	3.5	4.3	2.9
N/A	3.1	3.5	2.2	4.0	5.5
0.0	28.5	26.2	31.5	20.9	---
N/A	51.8	52.4	55.7	47.2	58.0
N/A	31.7	30.7	39.0	29.5	11.1
N/A	15.4	17.2	20.3	17.9	7.4
12.0	13.1	10.0	11.6	9.7	6.7
24.4	15.4	9.3	13.1	8.1	2.5

- Higher percentages of women 18-39 years and 40-64 years report **difficulty paying rent or mortgage in the past two years** compared to women 65 years and older.¹

- Among women in households less than 300% FPL, those 18-39 years and 40-64 years have higher percentages of **food insecurity** compared to those 65 years and older.^{1d}

- Women 65 years and older report the lowest average number of **poor mental health days in the past month**, but report the highest average number of **poor physical health days in the past month** compared to women 18-39 years and 40-64 years.¹

- About 32% of women 18-39 years and 21% of women 40-64 years are **uninsured**.¹

- About 45% of women 18-39 years **eat fast food at least once a week** compared with 29% of women 40-64 years and 17% of women 65 years and older.¹

- Percent of adults who meet recommended guidelines for aerobic physical activity and muscle-strengthening activities¹
- Percent of adults who eat fast food at least once a week¹

Health Outcomes - Incidence/Prevalence

- Percent of adults at risk (≥ 2 out of 6 risk factors) for heart disease^{1f}
- Percent of adults ever diagnosed with hypertension¹
- Percent of adults ever diagnosed with diabetes¹
- Percent of adults ever diagnosed with arthritis¹
- Incidence of all cancers (age-specific per 100,000 population)^{7a}
- Percent of adults with current depression¹

Health Outcomes - Mortality

- Coronary heart disease death rate (age-specific per 100,000 population)¹¹
- Breast cancer death rate (age-specific per 100,000 female population)¹¹
- Motor vehicle crash death rate (age-specific per 100,000 population)¹¹

20.1	29.7	24.1	28.1	22.5	17.7
N/A	40.0	34.0	45.2	29.3	16.5
N/A	30.0	29.9	12.7	36.6	58.4
26.9	24.0	24.2	5.9	29.1	60.1
N/A	9.5	9.2	2.6	11.7	20.0
N/A	17.4	21.4	5.6	24.0	56.8
N/A	372.5	371.6	82.7	528.0	1531.7
N/A	8.3	10.3	6.9	14.0	9.7
100.8	128.6	101.0	1.3	35.3	839.2
20.6	N/A	21.3	2.6	30.2	95.4
12.4	6.5	3.7	4.4	2.8	7.5

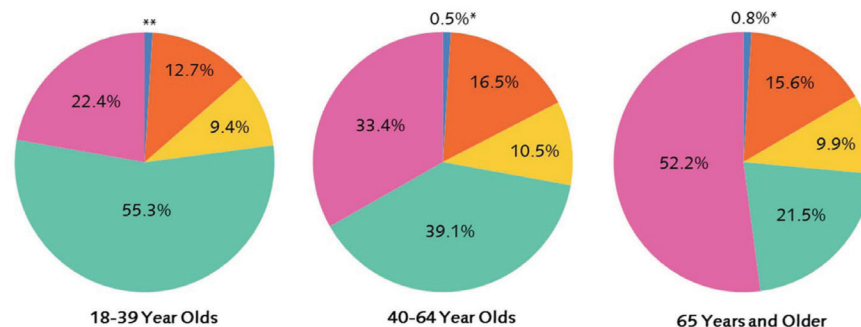
- Women 65 years and older have about two times higher rates of **hypertension, diabetes** and **arthritis** compared to women 40-64 years.¹
- Higher percentage of women 40-64 years report being **currently depressed** (14%) than women 18-39 years (7%) and women 65 years and older (10%).¹

N/A = Data not available where noted
*Estimate is statistically unstable



Women in Los Angeles County by Age and Race/Ethnicity, 2011¹

■ American Indian/Alaskan Native ■ Asian/Pacific Islander ■ Black ■ Latina ■ White



* Estimate is statistically unstable
** Cell sizes less than 5 - reliable estimate cannot be calculated

FINDINGS AND IMPLICATIONS

As in previous years, the data presented in this report by race/ethnicity and socioeconomic status strongly identify significant health inequities that are evident among women in Los Angeles County. Deep-rooted differences in social and environmental determinants of health, access to health care and health-promoting behaviors underlie these health inequities. With half living in poverty (household incomes less than 200% of the federal poverty level) and one-fourth reporting less than a high school education, women in Los Angeles County continue to face significant disadvantages that directly influence their health and wellness.

RACIAL/ETHNIC DIVERSITY

Los Angeles County represents one of the most diverse regions in the country and it is projected to become even more diverse in the next 50 years. While women of color comprised two-thirds of the adult female population in 2010, by 2060, nearly eighty percent of Angeleno women will be women of color. [Figure 1]

Latinas, the ethnic group with the largest projected growth over the next few decades, have the highest rate of poverty and lowest level of education. The effects of these socioeconomic challenges, such as reduced access to safe physical environments, poorer self-rated health status, and difficulty accessing medical care, may be magnified as the Latina population ages.

Black women have the lowest life expectancy and highest mortality rates from many chronic medical conditions compared to other women in the County. Black women face particular barriers to health such as high rates of exposure to violence, communicable diseases, and smoking. However, black women report better access to health care, demonstrating the complex interplay of factors

contributing to disparities. Such factors as racial inequality, discrimination, and stress are important contributors to the health inequities among black women, but are not well-captured in health surveys.

Asian/Pacific Islander women have the longest life expectancy at birth yet this population has seen large increases in obesity and diabetes in the last decade. In addition, they continue to report significant barriers to health care access, with lower rates of having a regular source of care and receiving preventive services. Furthermore, substantial disparities exist within this heterogeneous population that are not captured in this report.

POVERTY AND INSURANCE

Socioeconomic status affects an individual's health behavior and lifestyle, environmental exposure, and health care access. A significantly lower percentage of low-income women live in neighborhoods with easy access to fresh produce or believe their neighborhood is safe from crime. In addition, low-income women report the lowest rates of receiving social and emotional support and the highest rates of food insecurity. The influence of these disparities on the health of low-income women is underscored by the economic gradient in self-reported health status. Compared to higher income women, lower income women have four times higher rates of fair to poor health status, and higher prevalence of obesity, diabetes and depression. These effects are exacerbated when those who need health care the most (i.e., lower income women) also have the least access.

In 2011, one-fourth of women 18 to 64 years in Los Angeles County were uninsured. Uninsured women face significant barriers in accessing health care; they report the lowest rates of receipt of

clinical preventive services and almost half report no regular source of care. In addition, over one-fourth of uninsured women report a fair or poor health status.

LOOKING TO THE FUTURE

With the high prevalence of low-income, uninsured women, Los Angeles County should strongly benefit from the coverage, access, and quality care included in the Affordable Care Act. There is a real opportunity to enroll many uninsured women in coverage and make a difference in their health and wellness. For those remaining uninsured or ineligible, programs and policies are needed to ensure they continue to receive care and services.

In addition, the demographic composition of Los Angeles County women is projected to shift dramatically in the next 50 years. The proportion of women 65 years and older will double from sixteen percent to thirty-five percent. [Figure 2] Great strides have been made in reducing mortality for leading causes of death such as coronary heart disease, stroke and cancer over the last decades, however given the magnitude of the shift in population demographics, additional health care resources will be needed to support longevity and wellness for women as they age.

The data presented in this report confirm that a multitude of social, physical, and economic factors work together to shape the health of women in Los Angeles County. By using these data to understand the current health status of women and the challenges they face, effective prioritization of funding and resources can occur to drive the women's health agenda. Collaborative efforts and culturally-appropriate programs and policies will greatly reduce health inequities and improve the health of all women in the County.

Figure 1: Population Projections for Adult Women in Los Angeles County by Race/Ethnicity, 2010-2060¹²

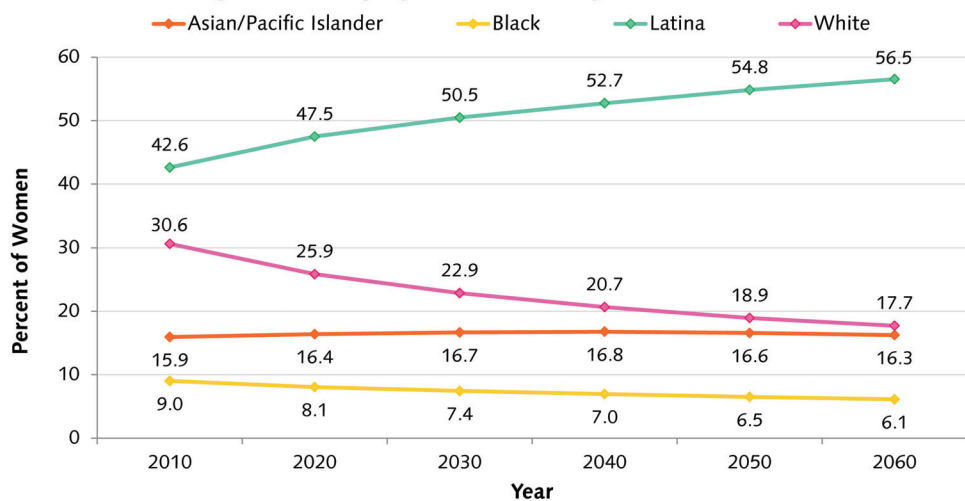
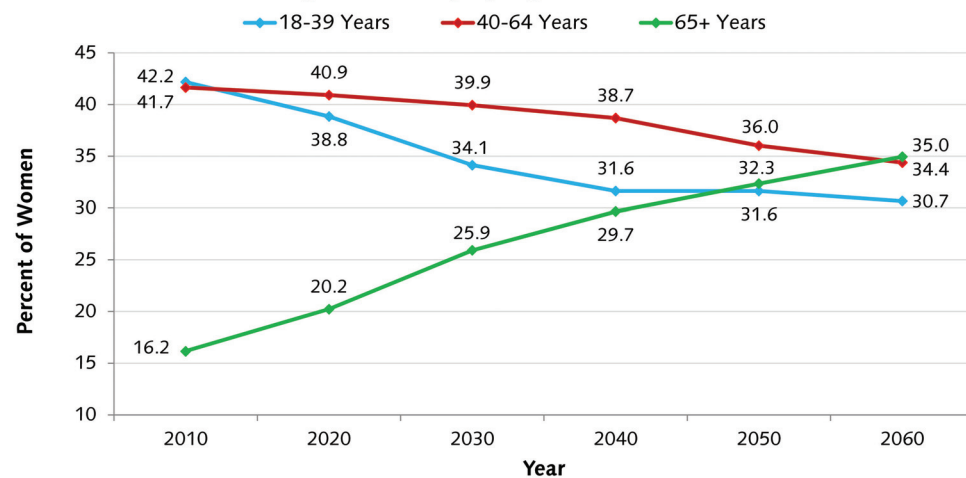


Figure 2: Population Projections for Adult Women in Los Angeles County by Age, 2010-2060¹²



DATA SOURCES AND NOTES

1 Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology, 2011 Los Angeles County Health Survey. Estimates are based on self-reported data by a random sample of 8,036 Los Angeles County adults and 6,013 parents/guardians/primary caretakers of children, representative of the population in Los Angeles County.

a Poverty Level: Based on the U.S. Census 2009 Federal Poverty Level (FPL) thresholds at the time of survey interviewing which for a family of four (2 adults, 2 dependents) correspond to annual incomes of \$21,756 (100% FPL), \$43,512 (200% FPL), \$65,268 (300% FPL), and \$87,024 (400% FPL).

b Disability: Defined as positive response to any of the following: Are you limited in any way in any activities because of a physical, mental, or emotional problem?; Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed or special telephone?; Do you consider yourself a person with a disability?

c Language Used Most Often at Home: Asian includes: Burmese, Cambodian, Cantonese, Chinese unspecified, Filipino, Indian languages, Indonesian, Japanese, Korean, Mandarin, Tagalog, Taiwanese, Thai, and Vietnamese. Other includes: European (Albanian, Armenian, Dutch, French, German, Hungarian, Italian, Norwegian, Polish, Portuguese, Russian, Serbian, Swedish), Middle Eastern (Arabic, Farsi/Persian, Hebrew), African (Ethiopian, Nigerian), and Other (American Indian, Chinatsec, Creole).

d Food Insecurity: Scaled variable based on a series of five questions. [REFERENCE: Blumberg SJ, Bialostosky K, Hamilton WL, Briefel RR. The

effectiveness of a short form of the Household Food Security Scale. *Am J Public Health.* 1999;89:1231-1234.]

e Effective Birth Control Use: Restricted to women ages 18-49 who 1) Had at least one male sex partner in the past year, 2) Did not have hysterectomy, 3) Were not pregnant, 4) Were not trying to get pregnant, 5) Were not infertile or menopausal. Using annual failure rate of 25% as cut-off point, effective birth control methods included condom, tubal ligation, vasectomy, IUD, birth control pill/patch/ring, shot, implant, and diaphragm/cervical cap.

f Risk of Heart Disease: Defined by having two or more of the following factors: obesity, diabetes, hypertension, high cholesterol, current cigarette smoking, and no aerobic physical activity.

2 UCLA Center for Health Policy Research, 2009 California Health Interview Survey.
a Colorectal Cancer Screening: Compliance is based on the 2001 to 2004 U.S. Preventive Services Task Force (USPSTF) recommendations for the 50+ population.

3 Los Angeles County Department of Public Health, Injury & Violence Prevention Program, Office of Statewide Health Planning and Development, Emergency Department & Hospital Discharge Data, Death Statistical Master File, CA Dept of Health, Office of Health Statistics and Population Estimates. 2011 data unless otherwise noted.

a Intimate Partner Violence (IPV): Includes injuries coded as E967.3 – “child and adult battering and other maltreatment by spouse or partner.” The true incidence of IPV-related visits may be underestimated, because the code is not reported for all IPV cases.

b Fall-Related Death Rate: 2010 data.

4 Los Angeles County Department of Public Health (DPH), Office of Health Assessment and Epidemiology. Life tables based on self-linked 2009 California DPH Death Statistical Master File for Los Angeles County Residents and mid-year population estimates from July 1, 2009 Population Estimates, prepared by Walter R. McDonald & Associates, Inc. (WRMA) for Urban Research, Los Angeles County ISD, released April 26, 2010.

5 Los Angeles County Department of Public Health, 2010 Los Angeles Mommy and Baby Survey (LAMB). Estimates based on self-reported data by a stratified random sample of 6,593 Los Angeles County mothers.
a Preconception counseling: Defined as talking to a doctor, nurse, or other health care worker about how to prepare for a healthy baby and pregnancy during the 6 months before becoming pregnant.

b Unintended pregnancy: Defined as wanting to be pregnant later or not wanting to be pregnant then or at any time in the future.

6 Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health Programs. 2010 birth and death record data obtained from the California Department of Public Health, Center for Health Statistics, OHIR Vital Statistics Section.

7 Liu L, Zhang J, Deapen D. Cancer in Los Angeles County: Incidence and Mortality by Race/Ethnicity 1988-2009. Los Angeles County Cancer Surveillance Program, University of Southern California, 2011. 2009 data except where noted. Rates adjusted to the 2000 U.S. standard population.

a Age-specific all-cancer incidence: 2005-2009 average rates for adults 20 years and older.

8 Los Angeles County Department of Public Health, Division of HIV and STD Programs. Data is for all ages.
a Enhanced HIV/AIDS Reporting System, Los Angeles County 2011 data as of 12/31/2012. Data are provisional due to reporting delay.

b Sexually Transmitted Disease Casewatch System, Los Angeles County 2011 data as of October 2012. Excludes cases from Pasadena and Long Beach.

9 Los Angeles County Department of Public Health, Tuberculosis Control Program. Tuberculosis Registry Information Management System (TRIMS), 2011 data. Excludes cases from Pasadena and Long Beach. Data is for ages 13 years and older.

10 Mosher WD, Jones J, Abma JC. Intended and unintended births in the United States: 1982-2010. National health statistics reports; no 55. Hyattsville, MD: National Center for Health Statistics. 2012.

11 Los Angeles County Department of Public Health (DPH), Office of Health Assessment and Epidemiology. Linked 2009 California DPH Death Statistical Master File for Los Angeles County Residents. Rates adjusted to the 2000 U.S. standard population.

12 State of California, Department of Finance, Report P-3: State and County Population Projections by Race/Ethnicity, Detailed Age, and Gender, 2010-2060. Sacramento, California, January 2013.

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DATA REPORT FUNDED BY:

Los Angeles County Department of Public Health

DATA DISSEMINATION PROJECT FUNDED BY:

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Project Grantee: The Los Angeles Urban League

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Suggested Citation: Los Angeles County Department of Public Health, Office of Women's Health. *Health Indicators for Women in Los Angeles County: Highlighting Disparities by Ethnicity and Poverty Level*, June 2013.

