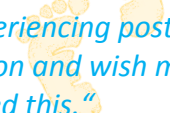




## What Moms are saying



*"I'm experiencing post partum depression and wish my OB addressed this."*



*"It was a pleasure to complete this survey and to see that there are people out there that are interested in our experiences in order to be able to help other moms."*



*"There should be more support for mothers who want to breastfeed. I feel that my hospital did not do enough to encourage or show me how to breastfeed."*

## Mission and Purpose

The purpose of LAMB is to collect and provide quality and useful data to Maternal, Child, and Adolescent Health (MCAH) stakeholders and community partners.

The ultimate goal 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.



**Helping mothers and babies  
lead healthier lives**

Questions? Send us a message:  
[DLAMB@lacounty.gov](mailto:DLAMB@lacounty.gov)

Learn more at :  
<http://www.lalamb.org>





## What is LAMB?

The Los Angeles Mommy and Baby (LAMB) Project is a public health observation project developed by the Maternal, Child, and Adolescent Health (MCAH) Programs of Los Angeles County in 2004. LAMB data has been used to monitor and examine trends in the following areas, among others:

- Prenatal care
- Breast-feeding
- Risk factors during pregnancy
- Postpartum health
- Infant illnesses

## Our story

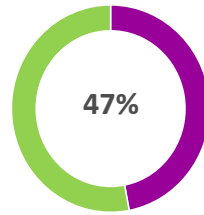
LAMB was first implemented in 2004 in Antelope Valley to address the high infant mortality rate seen in that region of Los Angeles County.

The LAMB Project provided information on the risk factors and potential causes of infant mortality for women in the Antelope Valley.

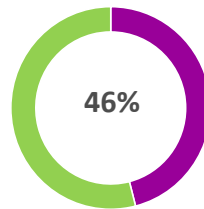
## Findings

Research has indicated that various maternal behaviors and experiences before, during, and after pregnancy influence birth outcomes.

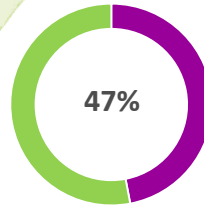
Using data from 2012, we found the following:



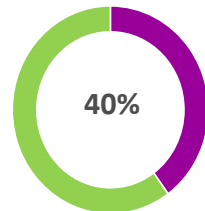
Nearly half (47%) of all births were unplanned



Nearly half (46%) of all moms were overweight or obese just before pregnancy



1 in 2 moms (47%) reported having postpartum depressed mood



40% of moms reported that they have experienced discrimination

## Results

LAMB has provided data to County health officials and community partners to assist in making decisions designed to improve the health of mothers and infants. The following is a sample of programs impacted and/or developed due to needs identified in LAMB data:

- Los Angeles County Preconception Health Collaborative
- Los Angeles Perinatal Mental Health Task Force
- Los Angeles County Partnership to Eliminate Disparities in Infant Mortality Action Learning Collaborative

## Postpartum Healthy Tips

After the baby arrives, new experiences and new situations may be occurring on a daily basis for you and your family. The following quick tips may be of some benefit as you ease into this new phase of your life.

- Breast milk offers antibodies that help ward off bacterial and viral infections, along with nutrients your baby's body can use during the rapid growth experienced in infancy.<sup>1</sup>
- Healthy women should get 2.5 hours/week of moderate exercise, such as brisk walking, during and after pregnancy. 10 minute increments spread out throughout the week works great!<sup>2</sup>
- Postpartum depression can occur anytime during pregnancy, and for up to one year after childbirth.<sup>3</sup>

<sup>1</sup> Centers for Disease Control: Pregnancy Homepage

<sup>2</sup> Centers for Disease Control: Division of Nutrition, Physical Activity and Obesity

<sup>3</sup> Los Angeles County Department of Public Health: Maternal, Child, Adolescent Health— Perinatal and Postpartum Depression Resources

## What Moms are saying



*"I think informed parents can make better decisions for their kids. Thank you for all the efforts to improve services for women, children and families."*



*"I now have three children and the cost of child care for all three makes it impossible to go back to work, yet we can't pay the bills on only my husband's salary."*



*"I think more awareness and resources around Post-Partum Depression is so vital to the health of a young growing family."*



## Mission and Purpose

The purpose of LAMB Follow-Up is to collect and provide quality and useful data to Maternal, Child, and Adolescent Health (MCAH) stakeholders and community partners.

The ultimate goal is that each 2 year old in Los Angeles County is provided equal opportunity to develop a strong foundation that will prepare them for personal growth across the rest of their lives.



**Your Voice,  
Your Experiences,  
Our Healthy Mommies and  
Toddlers**

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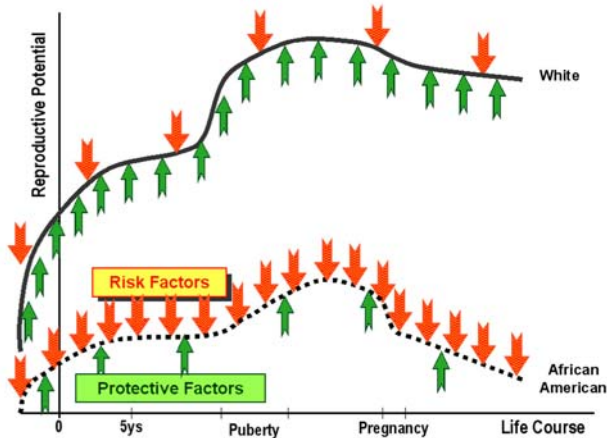
# What is the LAMB Follow-Up Survey?

The Los Angeles Mommy and Baby (LAMB) Follow-up survey is a public health surveillance project developed by the Los Angeles County Dept. of Public Health in 2014. LAMB Follow-Up interviews mothers who previously participated in the LAMB Project once their baby turns two years old. The data will be used to monitor and examine trends in the following areas, among others:

- ◆ Postpartum health
- ◆ Health disparities
- ◆ Toddler's health and development

## A Life Course Perspective

Health is a reflection of numerous biopsychosocial developmental factors that begin during preconception and impact an individual long into adulthood. LAMB and LAMB Follow-Up together can form a snapshot of what is affecting Los Angeles County moms and babies during the most vital years of development in a person's life.

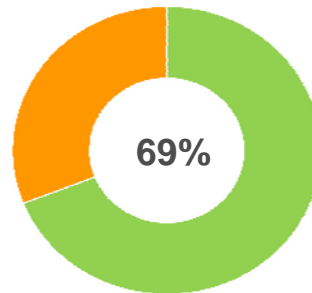


Michael Lu and Neal Halfon. Racial and ethnic disparities in birth outcomes: a life course perspective. *Maternal Child Health J.* 2003; 7:13-30.

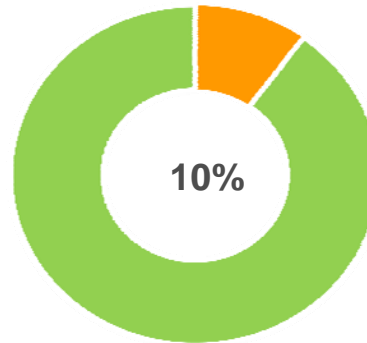
# Findings

Research indicates that families are utilizing some services to enhance their child's development; however, findings also show that there is a need for further expansion and development of services.

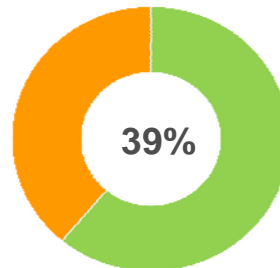
The following is 2014 preliminary data collecting :



**69%** of toddlers have been enrolled in government assistance programs. Ex: WIC, ILP, Early Head Start



**10%** of parents decline a job offer, reduce work hours, or quite a job due to childcare issues



**39%** of moms feel their child is growing up in a neighborhood that is violent

# Why is this Important?

There currently is no complete information that links the health of mothers, infants and preschool age children. With your help, we will be able to acquire a bigger picture of trends that are impacting toddlers, and their families, during the most vital stage of a child's mental, physical and social development.

With your help, we can better understand how and what we can do to provide a stronger and healthier support system for your toddler. Our data will be utilized to improve and create new programs.

## Did You Know...?

Ages 0-2 is a stage in which children develop and grow extremely rapidly– which is why many child development experts call it “the blooming stage.”

- At 24 months, toddlers will reach about half final adult height<sup>1</sup>
- The exchange between the brain and it's environment– where the child is born, grows, learns and lives– influences the child's brain development and impacts the child's physical and mental health for a lifetime.<sup>2</sup>
- Reading to your baby will help them understand language and sounds.<sup>3</sup>
- Feeding your child eggs, citrus fruits, fish or nuts (including peanut butter) before the age of 1 year can cause food allergies.<sup>4</sup>

<sup>1</sup> Medline Plus: Medical Developmental milestones record - 2 years

<sup>2</sup> World Health Organization: 10 facts about early child development as a social determinant of health

<sup>3</sup> Centers for Disease Control: Child Development– Positive Parenting Tips

<sup>4</sup> First5LA: Parents and Family– Children's Health and Nutrition– Feed Your Kids With Love Family Guide