



Selected Maternal and Infant Health Indicators From The 2005 Los Angeles Mommy and Baby Project

The Problem

- Over 150,000 babies are born in Los Angeles County every year
- Our infant mortality, low birth weight, and preterm birth rates have not met Healthy People 2010 goals
- Racial/ethnic and geographic disparities in birth outcomes are ongoing challenges
- Los Angeles County did not have surveillance system to monitor the maternal/infant health indicators related to poor birth outcomes

Objective

- To identify factors that may relate to poor birth outcomes (low birth weight, preterm births), especially focuses on those factors that may be preventable and can be addressed through public health and system changes
- To establish a surveillance system in Los Angeles County to monitor maternal/infant health indicators related to poor birth outcomes
- To assist local health department, community-based organizations in designing evidence-based program and policy/planning process

Methods

Participants: Women who recently gave birth in Los Angeles County in 2005

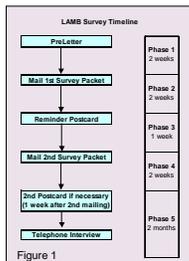
Design: Population-based stratified sampling; over sampling on low birth weight and pre-term births (LBW/PT) as well as African American, Asian/Pacific Islander, and Native American births

Procedure: LAMB Project followed CDC PRAMS procedures as described in figure 1. Surveys were mailed to participants with telephone follow-up. The survey was administered in English, Spanish, and Chinese with translators available for other languages. To enhance the response rate, all respondents were given a \$20 gift certificate.

Instrument: The survey examined areas that are known to have an impact on birth outcomes, including

- Preconception health
- Prenatal care
- Maternal medical conditions
- Psychosocial risk factors
- Behavioral risk factors

Analysis: Data were linked with information from birth and death certificates



Results

Close to 5,500 women responded to the survey. The adjusted response rate was close to 50%. Summary of selected indicators is included in the tables below.

Table 1. Preconception Health Indicators

| | Percent | 95 % CI | Estimated # of pregnant women in LA County |
|--|---------|-------------|--|
| Preconception Health | | | |
| Uninsured | 35.6% | 33.4 – 38.0 | 53,208 |
| Unintended pregnancy | 40.0% | 37.7 – 42.2 | 59,784 |
| Did not take multi-vitamin | 57.0% | 54.9 – 59.3 | 85,193 |
| Smoking six months prior to becoming pregnant | 9.2% | 8.0 – 10.4 | 13,750 |
| Obstetrical history | | | |
| Prior miscarriage | 16.6% | 14.9 – 18.1 | 24,810 |
| Prior preterm or low birth weight birth | 9.4% | 8.1 – 10.9 | 14,049 |
| Maternal medical condition prior to pregnancy | | | |
| Overweight | 38.1% | 35.8 – 40.3 | 58,238 |
| Anemia | 9.8% | 8.5 – 11.2 | 14,647 |
| Periodontal disease | 5.4% | 4.3 – 6.4 | 8,070 |
| High blood pressure | 2.6% | 1.9 – 3.4 | 3,886 |
| Diabetes | 3.0% | 2.2 – 3.9 | 4,483 |

Table 2. Prenatal Care

| | Percent | 95 % CI | |
|-------------------------------|---------|------------|--------|
| Inadequate prenatal care | 11.6% | 9.9 – 13.4 | 17,337 |
| Late entry into prenatal care | 7.2% | 6.0 – 8.4 | 10,761 |

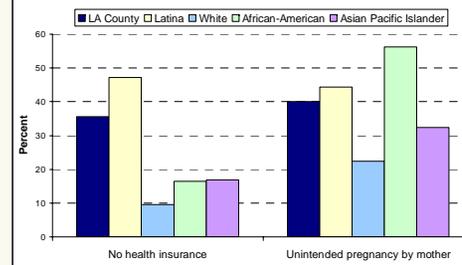
Table 3. Psychosocial and Behavior Risk Factors

| | Percent | 95 % CI | |
|---|---------|-------------|--------|
| Depressed during pregnancy | 34.0% | 31.7 – 36.2 | 50,817 |
| Reported pregnancy as a hard time of their life | 17.2% | 15.5 – 18.8 | 25,707 |
| Abused by partner during pregnancy | 2.4% | 1.7 – 3.1 | 3,587 |
| Smoked during pregnancy | 2.8% | 2.2 – 3.5 | 4,184 |
| Exposed to second hand smoke | 10.8% | 9.4 – 12.3 | 16,141 |

Table 4. Infant Health and Postpartum Indicators

| | Percent | 95 % CI | |
|---|---------|-------------|---------|
| Ever breastfed | 77.6% | 75.6 – 79.6 | 115,982 |
| Baby slept on his/her back | 62.8% | 60.5 – 65.0 | 93,862 |
| Baby slept in bed with mother or another person | 76.4% | 74.5 – 78.3 | 114,188 |
| Depressed after baby was born | 51.8% | 49.1 – 54.5 | 77,421 |
| Had a postpartum checkup | 88.4% | 86.9 – 89.9 | 132,124 |

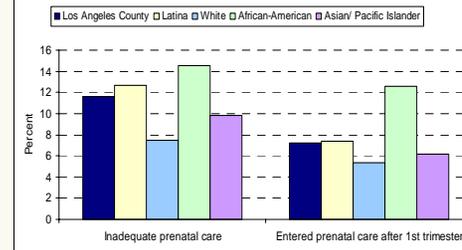
Figure 2. Preconception Health Indicators



- About 36% of all mothers had no health insurance before pregnancy.
- Latina mothers were more likely to be uninsured.
- The Healthy People 2010 Objective: increase the proportion of people with health insurance to 100%.

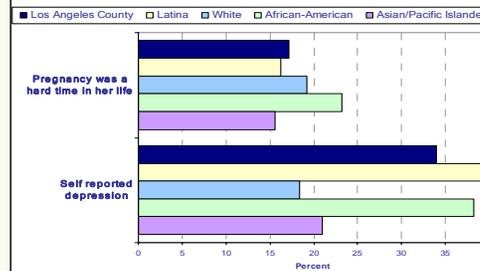
- In Los Angeles County, about 40% of all pregnancies were unintended.
- Latina and African-American mothers were more likely to report pregnancy as unintended.
- Women with unintended pregnancies are less likely to receive timely prenatal care, and their infants are more likely to lack sufficient resources for healthy development.
- The Healthy People 2010 Objective: increase the proportion of pregnancies that are intended to 70 percent.

Figure 3. Prenatal Care Indicators



- The Healthy People 2010 Objective: increase the proportion of pregnant women who received early and adequate prenatal care to 90 percent.
- Los Angeles County overall reached the target for early entry into prenatal care (92.8%).
- However, African-American mothers were more likely to enter prenatal care after first trimester.
- The Adequacy of Prenatal Care Utilization Index (APNCU) measures two dimensions of care: the initiation of care and the use of prenatal services once care has begun.
- Better pregnancy planning and removing socioeconomic barriers to health care access is essential to early and adequate prenatal care.

Figure 4. Psychosocial Risk Factors during Pregnancy



- A significant number of mothers reported having depression or having a hard time during pregnancy.
- Latinas and African-American mothers were more likely to report depression during pregnancy
- Despite the self-reported depression, only a few mothers were diagnosed.
- Better screening for depression during pregnancy is essential.

Innovations in 2007

- Innovations in 2007 LAMB
- Multilevel sampling design
 - Expanded focus
 - Preconception & interconception health
 - Stress & resilience
 - Neighborhood environment
 - Racism
 - Academic-public health partnership, community support

