



Preconception Health Status of Women in Los Angeles County

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LAMB Project is funded in part by First 5 LA.

Background

- Pregnancy outcomes are impacted by the overall health of the mother over the course of her life.
- Poor health before pregnancy contributes to preterm births, low birth weight babies, major birth defects, pregnancy complications, and even maternal and infant deaths.
- The CDC recommendations to improve women's health prior to and between pregnancies include maximizing available public health surveillance systems to monitor the status of preconception health.

Objectives

- We report 11 behaviors and conditions that are relevant to preconception (i.e., pre-pregnancy) health and health care; for each indicator, data are presented by race/ethnicity.

Methods

Participants: Women who recently gave birth in Los Angeles County in 2014.

Design: LAMB is a population based mail sample survey with telephone follow-up for non-respondents utilizing a multistage sampling design.

Procedure: The 2014 LAMB surveys were mailed to participants with telephone follow-up (Fig 1). 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 \$25 gift certificate.

Questions on self-reported pre-pregnancy health behaviors/experiences and medical conditions were used to determine preconception health conditions.

Analysis: Survey data were linked with information from birth and death certificates. Sampling weights were applied to adjust for sampling probabilities.

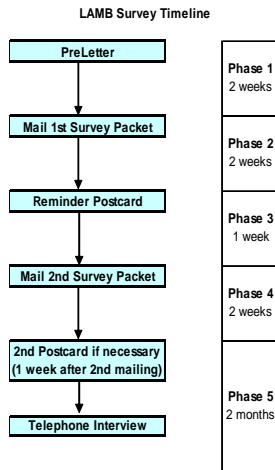


Figure 1

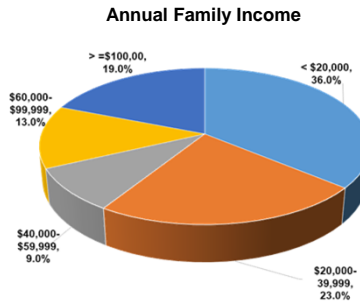
Results



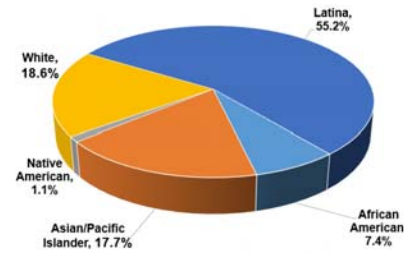
2014 LAMB Participants

More than 6,000 respondents
(56% response rate)

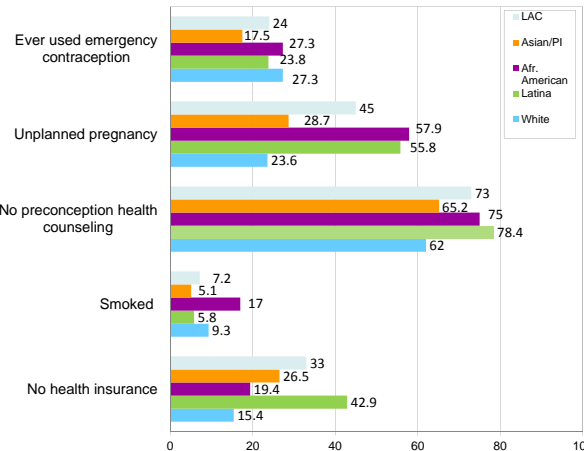
Average age at delivery: 29 ± 7 Years



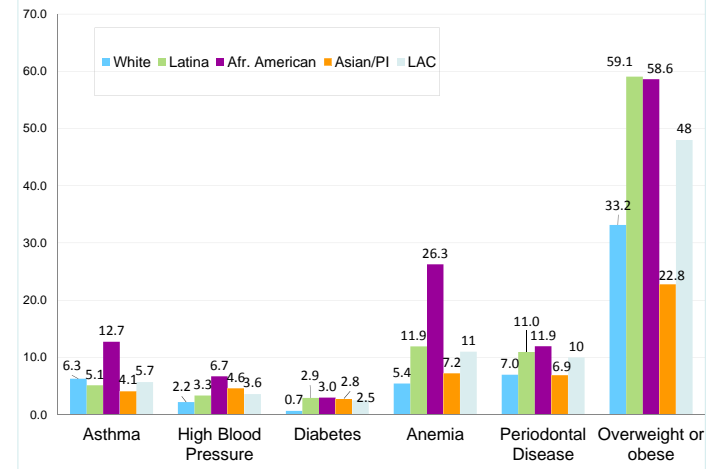
Maternal Race/Ethnicity



Pre-Pregnancy Health Behaviors and Experiences by Race/Ethnicity



Pre-Pregnancy Health Conditions by Race/Ethnicity



Results

- **In 2014, nearly half (45%) of all live births in Los Angeles County were unplanned.**
- Seven in 10 mothers received no preconception health counseling.
- **One in 3 of mothers had no medical insurance prior to pregnancy.**
- 17% of African American mothers smoked in the 6 months before pregnancy, compared to 7.2% overall
- **Close to 60% of Latino and African American mothers were overweight or obese before pregnancy, compared to 48% overall**
- 2.5% of mothers had diabetes before pregnancy
- 10% of mothers had periodontal disease

Conclusions/Implications

- Lack of health insurance and preconception health counseling, risky health behaviors, and health conditions before pregnancy increase women's risk of poor birth outcomes and pregnancy complications
- Better access to health insurance and preconception health counseling are needed for all women in LAC to begin pregnancy in optimal health, especially women of color
- Local public health departments and the community can use data generated through public health surveillance systems that are maximized to monitor the status of preconception health to develop or support initiatives and policies to improve women's health