

# Pre-Pregnancy Health by Service Planning Area

	Los Angeles County 2007	Los Angeles County 2010	Antelope Valley	San Fernando	San Gabriel	Metro	West	South	East	South Bay
	(%)	(%)	SPA 1 (%)	SPA 2 (%)	SPA 3 (%)	SPA 4 (%)	SPA 5 (%)	SPA 6 (%)	SPA 7 (%)	SPA 8 (%)
<b>Access to Health Care Before Pregnancy</b>										
Uninsured	36.7	34.7	29.6	32.7	28.8	44.2	15.5	46.5	37.0	31.3
On Medi-Cal	21.4	19.7	31.5	12.4	19.4	19.7	5.1	28.9	23.6	18.5
<b>Preconception Health Behaviors and Experiences</b>										
No preconception health counseling <sup>1</sup>	70.7	69.4	76.4	65.5	72.0	69.9	52.5	71.9	77.5	65.6
Not taking a multivitamin	54.4	50.5	54.4	40.7	50.9	52.7	28.0	63.2	57.2	49.0
Lack of folic acid knowledge	N/A	63.5	72.4	57.6	64.7	63.9	42.8	70.0	65.6	65.8
Did not have enough money for food	6.7	6.0	8.5	*2.4	6.7	6.9	*1.5	8.5	8.0	6.0
Smoked in the 6 months before pregnancy	9.6	9.5	17.2	11.5	7.3	9.0	7.6	9.4	9.2	8.9
<b>Family Planning Practices</b>										
Unwanted/mistimed pregnancy by mother <sup>2</sup>	53.4	48.4	58.9	39.3	48.0	50.4	26.0	59.6	55.4	47.2
Unwanted pregnancy by partner <sup>3</sup>	34.1	31.9	37.9	28.6	32.0	32.3	19.4	36.3	36.0	30.1
Using birth control when they became pregnant <sup>4</sup>	N/A	27.8	31.7	25.7	29.9	30.9	16.6	29.5	30.6	24.7
Received fertility treatment	4.0	4.2	1.0	5.9	4.3	4.4	10.0	*1.8	*2.2	4.9
Ever used emergency contraception	10.4	16.4	10.2	18.3	16.7	12.7	19.4	14.7	16.7	18.0
<b>Preconception Health Conditions</b>										
Overweight/Obese	42.5	44.8	48.1	40.6	39.6	45.3	23.3	51.8	54.8	46.5
Asthma	5.2	4.4	8.6	4.6	3.5	*2.3	4.5	3.7	4.5	6.0
High blood pressure	3.7	4.1	4.0	3.9	*2.3	*4.2	*2.4	6.7	5.1	3.7
Diabetes	3.3	2.4	3.6	*1.8	*1.5	*2.1	*1.3	*3.8	*2.6	*3.2
Anemia	12.1	11.4	15.4	8.8	10.9	13.8	7.3	15.2	10.8	10.4
Periodontal disease	12.5	9.9	9.0	8.9	9.3	11.1	5.0	12.5	11.4	9.1
<b>Obstetric History</b>										
Previous preterm birth	8.9	6.7	10.0	6.7	4.2	6.0	3.8	9.1	8.1	6.2
Previous low birth weight	7.4	6.0	10.2	5.9	*3.0	6.8	3.7	7.9	6.6	6.4
Stillbirth (pregnancy that did not result in a live birth)	2.1	1.8	*2.2	*1.8	*0.6	*1.3	*1.5	*5.0	*1.5	*0.8
Previous miscarriage	17.7	19.6	21.9	21.0	17.1	17.5	22.7	19.8	19.2	20.4
Previous abortion	17.0	15.1	18.4	15.1	16.3	17.5	19.4	13.2	10.8	15.4

\*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

<sup>1</sup>Question asked: During the six months before you got pregnant with your new baby, did you talk to a doctor, nurse, or other health care worker about how to prepare for a healthy baby and pregnancy?

<sup>2</sup>Question asked: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? Respondents who answered, "I wanted to be pregnant later" or "I didn't want to be pregnant then or any time in the future" were coded as "Unwanted or mistimed."

<sup>3</sup>Question asked: Just before you got pregnant with your new baby, how did your husband or partner feel about you becoming pregnant? Respondents who answered, "He wanted me to be pregnant later" or "He didn't want me to be pregnant then or any time in the future" were coded as "Unwanted pregnancy by father." Respondents who answered, "I don't know" or "I didn't have a husband or partner" were coded missing for this field.

<sup>4</sup>Question asked: Before you got pregnant with your new baby, were you using any method of birth control? Respondents who answered "Yes, all the time" or "Yes, sometimes" were coded as "using birth control before getting pregnant."

# Prenatal Care and Maternal Risk Factors During Pregnancy by Service Planning Area

	Los Angeles County 2007	Los Angeles County 2010	Antelope Valley	San Fernando	San Gabriel	Metro	West	South	East	South Bay
	(%)	(%)	SPA 1 (%)	SPA 2 (%)	SPA 3 (%)	SPA 4 (%)	SPA 5 (%)	SPA 6 (%)	SPA 7 (%)	SPA 8 (%)
<b>Prenatal Care</b>										
Entered prenatal care after 1st trimester	10.1	9.2	19.2	6.3	8.7	9.5	5.0	10.7	9.3	10.2
Did not get prenatal care as early as wanted	15.6	14.9	24.9	10.5	16.2	15.4	8.2	18.0	16.9	13.7
Traveled 15 miles or more for prenatal care	12.4	12.4	26.0	14.3	13.9	7.1	5.9	13.4	10.8	10.9
Prenatal care did not meet PHS guidelines <sup>5</sup>	35.0	30.5	32.6	32.8	32.5	34.6	34.9	28.0	27.3	25.5
Dissatisfied with amount of wait time at prenatal care	18.7	18.2	23.8	17.4	15.2	17.2	12.9	20.9	21.7	18.0
Dissatisfied with amount of time spent with doctor/nurse	11.4	10.6	12.9	7.7	11.6	11.7	6.9	11.1	13.4	9.7
Dissatisfied with advice given at prenatal care	7.7	7.8	8.1	6.6	8.2	7.4	3.4	9.2	10.3	6.7
Dissatisfied with understanding/respect received	4.3	3.6	4.6	2.6	*2.9	*4.0	*1.6	6.7	*3.7	3.0
Needed to see a dentist	N/A	22.0	21.2	21.2	19.3	23.3	14.7	26.3	26.4	19.6
Received a seasonal flu shot	N/A	34.9	25.4	38.3	32.3	36.4	53.6	29.4	36.4	32.2
Received an H1N1 flu shot	N/A	38.5	27.1	41.9	41.7	39.9	56.2	31.1	35.0	36.9
<b>Medical Conditions During Pregnancy</b>										
Labor pain 3 weeks before due date	16.3	16.2	19.9	17.4	17.4	15.5	10.0	19.7	14.3	13.1
High blood pressure	10.8	11.6	14.1	13.3	6.7	11.5	7.4	16.8	11.5	10.5
Gestational diabetes	12.0	12.4	15.2	11.9	13.2	10.8	6.2	13.5	12.8	13.1
Problems with the placenta <sup>6</sup>	3.6	4.2	6.3	5.0	4.5	*3.0	5.1	*3.6	*3.5	3.8
Urinary tract infection	9.2	11.8	14.3	9.3	11.5	13.1	10.5	13.9	12.0	12.3
Water broke more than 3 weeks early	5.2	4.7	4.7	4.0	4.7	*4.6	4.7	6.0	*5.3	4.2
Incompetent cervix	3.3	2.7	*2.0	*3.2	*0.9	*4.1	*1.4	*4.3	*3.1	*1.7
Sexually transmitted disease	3.5	2.5	4.3	*1.1	*1.1	*3.1	*2.0	4.6	*2.6	2.8
Bacterial vaginosis	13.4	14.9	12.5	12.3	13.9	14.5	7.6	19.1	19.4	14.3
Periodontal disease	18.9	17.4	16.2	17.8	15.8	16.5	12.2	22.0	19.6	15.3
<b>Risk Behaviors During Pregnancy</b>										
Smoking	2.6	2.5	7.0	2.8	*1.9	*1.6	*1.6	3.6	*1.5	2.7
Exposure to secondhand smoke <sup>7</sup>	6.3	4.2	8.7	3.1	4.9	5.1	*2.5	4.4	2.3	5.0
Using illegal drugs or drugs not prescribed by a doctor <sup>8</sup>	N/A	5.3	5.0	3.3	4.8	5.8	5.4	6.5	8.1	4.6
Drinking alcohol	10.5	9.1	6.5	9.3	7.8	10.5	25.6	5.3	6.9	9.8
Did not exercise during pregnancy <sup>9</sup>	28.6	27.5	30.1	27.6	29.8	24.6	21.2	30.3	26.0	27.0

\*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

<sup>5</sup>Question asked: During your first or second prenatal care visit, were these part of your visit? Blood pressure measured, urine sample given, blood sample taken, height and weight measured, had pelvic exam, health history taken, ultrasound done, doctor asked about prenatal lead exposure. Those who responded "No" to any of the first six items were recoded as "PHS guidelines not met."

<sup>6</sup>Question asked: During your pregnancy did you have any of these problems? Respondents who answered "problems with placenta (such as abruptio placentae or placenta previa)" were coded as "problems with placenta."

<sup>7</sup>Question asked: During your pregnancy, about how many hours a day, on average, were you in the same room with someone who was smoking? Respondents who indicated more than 0 hours were coded as "exposed to secondhand smoke."

<sup>8</sup>Respondents who answered "yes" when questioned about use of marijuana, hashish, tranquilizers, hallucinogens, cocaine, heroin, amphetamines or prescription drugs not prescribed by their doctors were coded as "using illegal drugs or drugs not prescribed by a doctor."

<sup>9</sup>Question asked: During your last pregnancy how often did you exercise for 30 minutes or more? Respondents who answered "I didn't exercise" or "I didn't exercise; a doctor, nurse or health care worker said not to exercise" were coded as "did not exercise during pregnancy."

# Psychosocial and Behavioral Risk Factors During Pregnancy by Service Planning Area

	Los Angeles County 2007	Los Angeles County 2010	Antelope Valley	San Fernando	San Gabriel	Metro	West	South	East	South Bay
	(%)	(%)	SPA 1 (%)	SPA 2 (%)	SPA 3 (%)	SPA 4 (%)	SPA 5 (%)	SPA 6 (%)	SPA 7 (%)	SPA 8 (%)
<b>Mental Health During Pregnancy</b>										
Self reported depression <sup>10</sup>	19.9	25.8	31.5	21.5	23.3	29.8	13.5	34.3	27.0	24.8
<b>Social Support</b>										
Dissatisfied with support given by the baby's father <sup>11</sup>	12.0	9.6	13.4	8.9	8.7	9.6	5.3	11.0	11.4	9.2
Experienced domestic violence/intimate partner abuse <sup>12</sup>	3.4	2.2	3.7	*1.2	*2.2	*2.4	*1.0	*1.8	*4.5	*1.9
Would have someone to loan money if needed <sup>13</sup>	58.3	81.9	82.2	85.4	84.7	73.3	92.6	74.7	80.7	84.6
Would have someone to help if sick	72.9	87.5	87.3	88.9	87.9	84.1	94.2	85.4	84.1	90.6
Would have someone to listen to problems	75.7	86.2	87.8	87.7	87.5	80.9	93.2	81.3	84.5	89.7
<b>Social Environment</b>										
Perceived neighborhood as unsafe <sup>14</sup>	16.5	14.7	13.6	8.3	10.7	21.5	3.8	31.6	12.2	13.0
<b>Stressful Life Events During Pregnancy</b>										
Family member had to go into the hospital	17.3	16.0	17.6	15.9	15.7	13.9	13.4	14.1	19.4	16.9
Divorced/separated from husband/partner	9.2	7.3	9.6	5.6	6.7	7.4	1.9	10.3	9.7	6.0
Moved to a new address	21.2	28.4	34.5	25.4	29.4	26.2	27.9	25.5	29.5	33.0
Were homeless	5.7	4.3	4.5	*3.1	*3.6	5.8	*0.7	7.3	*5.0	3.5
Husband/partner lost his/her job	13.8	17.6	20.4	15.0	16.5	18.5	9.1	23.4	20.2	15.8
Lost job but wanted to continue working	11.6	11.1	10.9	9.9	7.1	13.1	6.5	16.5	12.2	11.4
Argued more than usual with husband/partner	30.4	27.8	31.1	23.1	26.8	25.3	20.1	36.4	27.5	30.0
Had a lot of bills that could not be paid	22.4	23.2	29.3	18.9	20.2	24.4	11.9	31.2	25.1	23.6
Were in a physical fight	3.9	3.5	4.5	*2.5	3.9	*2.9	*1.1	5.3	*4.0	3.0
Husband/partner or self went to jail	4.0	3.3	8.4	*1.5	2.2	5.1	*0.7	6.2	*3.2	*2.5
Someone close had drinking or drug problems	10.7	8.2	13.7	6.2	8.0	9.8	5.0	8.6	8.7	8.9
Someone close and important died	13.2	13.0	18.0	11.7	10.6	16.0	9.2	15.7	12.4	13.0
<b>Reported Ever Experiencing Discrimination</b>										
Any discrimination	32.2	43.2	44.4	39.9	44.4	40.7	46.6	46.0	43.0	43.9
At work	13.5	18.4	17.9	16.9	20.3	16.3	27.4	20.2	13.5	19.8
When getting medical care	6.4	8.3	10.4	7.2	8.9	6.8	4.0	9.4	9.0	9.5
When getting housing	7.0	8.8	11.0	6.0	9.3	7.9	4.4	11.8	11.5	7.9
Because of race/color	12.9	20.0	22.5	15.8	21.2	19.1	16.5	22.7	19.2	23.3
Because of gender	7.5	11.6	11.6	12.7	10.3	9.3	23.0	9.5	9.8	12.9
Because of pregnancy	13.8	15.1	17.0	14.3	14.9	13.6	17.2	17.6	13.1	15.3

\*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

<sup>10</sup> Question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? Respondents who answered "Yes" were coded as "self reported depression."

<sup>11</sup> Question asked: Overall, how satisfied were you with the support given by your baby's father during your pregnancy? Respondents who answered "somewhat dissatisfied" or "not at all satisfied" were coded as "dissatisfied."

<sup>12</sup> Question asked: During your last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

<sup>13</sup> Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

<sup>14</sup> Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."

# Postpartum Health by Service Planning Area

	Los Angeles County 2007	Los Angeles County 2010	Antelope Valley	San Fernando	San Gabriel	Metro	West	South	East	South Bay
	(%)	(%)	SPA 1 (%)	SPA 2 (%)	SPA 3 (%)	SPA 4 (%)	SPA 5 (%)	SPA 6 (%)	SPA 7 (%)	SPA 8 (%)
<b>Maternal Postpartum Health</b>										
Had a postpartum check-up	91.5	91.4	85.2	93.8	92.9	90.8	95.7	88.1	88.7	92.7
Family planning discussed during check-up	89.8	82.3	78.3	86.2	82.5	78.7	88.2	78.2	80.4	84.7
<b>Self-reported Postpartum Depression</b>										
Not at all depressed	41.9	49.0	48.0	48.9	43.9	48.1	51.3	52.2	50.4	50.5
A little depressed	41.1	36.9	33.8	37.4	41.0	37.9	39.0	33.1	35.9	36.0
Moderately depressed	12.0	9.7	13.6	9.3	9.3	9.5	8.7	9.3	10.1	10.1
Very depressed	5.0	4.4	4.6	4.5	5.8	*4.5	*1.1	5.4	*3.6	3.5
<b>Infant Health</b>										
Currently reading to baby	N/A	71.2	70.8	75.0	69.3	72.7	84.5	65.2	69.8	69.8
Had a well-baby check-up	98.3	97.8	95.5	97.9	98.0	97.3	99.5	97.2	98.9	97.6
<b>Breastfeeding Practice</b>										
Any breastfeeding	85.2	88.0	85.8	94.2	86.8	87.8	96.7	79.5	85.4	89.4
<b>Baby's Sleep Environment<sup>15</sup></b>										
Sleeps on his/her side	29.0	20.3	17.3	22.0	20.5	20.7	10.0	27.1	19.4	17.2
Sleeps on his/her back	65.3	74.4	75.9	73.3	73.2	73.4	84.4	66.2	78.0	78.1
Sleeps on his/her stomach	5.7	5.2	6.8	4.7	6.3	5.9	5.6	6.7	2.6	4.7
Ever slept with another person <sup>16</sup>	79.1	76.9	76.6	72.3	75.5	79.9	75.6	85.0	77.2	74.4

\*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

<sup>15</sup>Average age of babies at time of interview was greater in 2007 than 2010

<sup>16</sup>Question asked: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always," "Frequently," "Sometimes," or "Rarely" were recoded as "Ever slept with another person."