

# Los Angeles Mommy and Baby (LAMB) Project First 5 LA 14 Best Start Community Report 2010 and 2012



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## **About LAMB**

The Los Angeles Mommy and Baby (LAMB) Project is a public health surveillance project developed by the Maternal, Child, and Adolescent Health (MCAH) Programs of Los Angeles County in 2004. The LAMB Project collects countywide population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy.

The LAMB Project was first implemented in 2004 in Antelope Valley to address the high infant mortality rate observed 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. Since 2005, the project has been expanded to cover all of Los Angeles County, collecting data every other year. The purpose of LAMB is to collect and disseminate quality and useful data to MCAH stakeholders, with the ultimate goal, 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. To this end, LAMB has provided data to County health officials and MCAH community partners and stakeholders to assist in making decisions designed to improve the health of mothers and infants. LAMB data has been used by the Los Angeles County Department of Public Health of Los Angeles County, MCAH Programs and community stakeholders to monitor and examine trends over time in maternal and child health indicators, including: rates of unintended pregnancy, prenatal care, smoking and drinking during pregnancy, breast-feeding, well-baby checkups, infant illnesses, baby's sleep position, and exposure to secondhand smoke. The LAMB data provides additional information to supplement vital statistics from birth and death certificates which have been traditionally used to assist state and local maternal, child, and infant health programs in program and policy development. For more information about LAMB, please visit us at: <http://www.lalamb.org>.

## **Use of Combined 2010 and 2012 First 5 LA 14 Best Start Community Report**

The 14 Best Start communities were identified as the high need areas of Los Angeles County. The selection process involved: assessing risk indicators such as low-birth weight, low-performing schools and poverty; as well as evaluating the strengths and capacity of each community including its leadership infrastructure and its potential for partnership.

This data report presents findings for the F5 LA 14 Best Start Communities by combining the 2010 and 2012 LAMB project data. A total of 10,163 eligible respondents are included in the 2010 and 2012 combined data. The combined project data allow more statistically stable and reliable estimates for each community. A weight is created by post-stratification on selected maternal and infant characteristics to ensure it is representing the combined 2010 and 2012 live birth population.

**The following lists the 14 Best Start Communities:**

Broadway/Manchester	Pacoima/NE SFV
Central Long Beach	Palmdale
Compton	Panorama City
East LA	South East LA (SELA)
El Monte/South El Monte	Watts/Willowbrook
Lancaster	West Athens
Metro LA	Wilmington

Research has indicated that various maternal behaviors and experiences before, during, and after pregnancy influence birth outcomes. Through the release of this report, MCAH Programs hopes that these data can be used to monitor and access trends, to plan and evaluate programs, and to direct policy decisions. The LAMB Project recommends readers review the Technical Notes section of this report, which includes the Methodology and details of the sampling, data weighting, response rate, strength/limitations of the data, and a glossary of maternal/infant health terms.

The Combined 2010 and 2012 First 5 LA 14 Best Start Community Report presented here covers a wide range of health topics, including:

- Preconception health (health before pregnancy)
- Prenatal care and maternal medical conditions during pregnancy
- Psychosocial conditions during pregnancy
- Behavioral risk factors
- Postpartum care and infant health

Each section of the report contains tables displaying prevalence estimates by First 5 LA's 14 Best Start Communities. In every table, Non-First 5 LA Community and All First 5 LA Communities estimates are provided so that comparisons may be made among the 14 Best Start Communities and "Non" and "All" First 5 LA Communities.



Selected Demographic Indicators, 2010 & 2012	Non-First 5 LA Community (N = 207,962) (%)	All First 5 LA Communities (N = 56,457) (%)
<b>Mother's Race/Ethnicity</b>		
White	20.9	6.1
Hispanic	54.5	77.5
African American	6.8	11.8
Asian/Pacific Islander	16.0	3.5
Native American/Other/Unknown	1.8	1.0
<b>Maternal Age</b>		
<20	6.8	12.3
20-24	17.2	25.8
25-34	52.2	47.5
35+	23.8	14.4
<b>Mother's Years of Education</b>		
<12	19.1	35.9
=12	21.3	32.3
>12	59.6	31.8
<b>Mother's Marital Status When Baby Was Born</b>		
Married	59.5	39.1
Not married	40.5	60.9
<b>Language(s) Usually Spoken at Home</b>		
English	74.7	65.0
Spanish	40.7	65.2
Asian Language	10.0	2.6
Other Language	5.9	1.6
<b>Household Income<sup>#</sup></b>		
<\$20,000	30.1	50.7
\$20,000 - \$39,999	20.7	23.4
\$40,000 - \$59,999	10.1	6.8
\$60,000 - \$99,999	14.4	4.7
\$100,000 and more	19.1	2.5
<b>Preterm/Low Birth Weight</b>		
Preterm	9.2	10.6
Low Birth Weight	7.0	7.1



# Pre-Pregnancy Health by First 5 LA Community, 2010 & 2012

	Non-First 5 LA Community (N = 207,962) (%)	All First 5 LA Communities (N = 56,457) (%)	Broadway/Manchester (N = 3,222) (%)	Central Long Beach (N = 3,832) (%)	Compton (N = 5,137) (%)	East LA (N = 4,828) (%)	Lancaster (N = 5,369) (%)	Metro LA (N = 3,251) (%)	NE SFV/Pacoima (N = 4,231) (%)	Palmdale (N = 5,400) (%)	Panorama City (N = 5,124) (%)	SELA (N = 5,865) (%)	South El Monte/EI Monte (N = 3,235) (%)	Watts/Willowbrook (N = 3,428) (%)	West Athens (N = 1,427) (%)	Wilmington (N = 2,108) (%)
<b>Access to Health Care Before Pregnancy</b>																
Uninsured	31.2	44.5	39.8	42.7	42.1	50.2	30.3	56.7	54.1	29.5	49.5	51.9	49.0	40.9	40.7	52.0
On Medi-Cal	18.2	30.4	40.5	43.5	28.2	26.6	31.8	20.5	20.8	34.8	27.2	25.2	32.9	40.2	39.6	22.3
<b>Preconception Health Behaviors and Experiences</b>																
No preconception health counseling <sup>1</sup>	66.7	74.8	69.9	68.1	73.9	78.9	73.5	74.3	74.8	80.1	73.3	78.9	76.9	73.1	67.2	73.2
Not taking a multivitamin	46.3	57.7	61.9	54.0	61.4	53.7	52.6	53.9	57.8	59.8	56.0	59.9	57.4	68.1	52.7	55.2
Lack of folic acid knowledge	62.2	76.3	81.6	87.0	74.0	76.8	71.2	69.0	81.0	75.0	81.7	72.3	80.8	67.9	71.7	78.6
Did not have enough money for food	5.0	8.0	*9.5	*10.6	*9.8	*7.6	8.5	*9.3	*6.7	9.3	*5.0	*8.0	*7.7	*5.7	*6.3	*7.6
Smoked in the 6 months before pregnancy	9.4	9.1	10.3	*5.2	*7.0	*4.0	16.4	*8.3	*4.9	13.7	12.9	*6.7	*3.9	*11	16.5	*6.6
<b>Family Planning Practices</b>																
Unwanted pregnancy/mistimed by mother <sup>2</sup>	44.3	58.8	61.1	58.3	56.1	57.4	55.1	59.4	60.0	62.4	52.9	64.3	63.0	54.7	62.3	60.0
Unwanted pregnancy by partner <sup>3</sup>	28.7	35.0	30.7	31.7	34.6	34.8	37.4	33.9	38.2	38.1	34.7	34.5	36.6	32.7	34.5	34.7
Using birth control when they became pregnant <sup>4</sup>	26.6	33.5	40.6	30.8	30.2	33.7	30.2	31.6	35.0	31.3	33.7	39.2	36.7	27.9	31.8	38.0
Received fertility treatment	5.4	2.0	na	na	na	na	*2.0	*3.4	na	*1.7	*2.8	na	na	na	na	na
Ever used emergency contraception	19.6	16.6	12.9	18.8	17.0	19.3	14.0	14.2	20.7	10.9	15.1	24.2	18.0	*10.3	17.4	18.3
<b>Preconception Health Conditions</b>																
Overweight/Obese	43.4	54.4	57.7	53.6	52.4	50.3	50.6	51.8	55.1	55.8	55.9	53.8	47.6	62.2	65.2	61.9
Asthma	4.8	5.2	*7.2	*3.7	*4.3	*5.2	9.5	na	*6.3	7.1	*5.3	*1.8	*4.6	*6.3	na	*3.2
High blood pressure	3.5	5.1	*6.2	*6.7	*6.4	na	4.6	na	*5.8	6.2	*5.1	*6.3	na	*5.4	*7.6	na
Diabetes	2.3	3.4	*5.5	na	*4.0	na	*2.4	na	*5.0	*4.1	*3.2	*4.9	*5.2	na	na	na
Anemia	11.1	14.6	20.2	17.5	10.8	14.7	16.2	*9.9	13.3	15.6	11.2	18.1	*10.5	14.3	17.9	15.0
Depression	10.5	13.6	16.4	*12.9	16.8	18.3	10.7	*7.8	15.5	10.9	14.6	15.4	14.0	*10	14.4	*9.4
Periodontal disease	9.0	12.6	13.5	*7.4	*10.3	15.8	7.8	*12.6	16.6	9.3	14.3	15.0	14.8	*15.9	*11.3	*12.7
<b>Obstetric History</b>																
Previous preterm birth	6.8	9.2	*10.8	*9.6	*4.4	*7.9	10.2	na	*7.8	11.9	*12.2	*10.4	*6.1	*9.9	*14.4	*8.5
Previous low birth weight	5.3	7.7	*10.9	*4.8	*7.9	*8.4	8.8	*6.5	*5.4	11.3	*6.6	*7.5	na	*8.9	*11.4	*6.5
Stillbirth (pregnancy that did not result in a live birth)	1.4	1.7	na	na	na	na	*1.5	na	na	*3.6	na	na	na	na	na	na
Previous miscarriage	20.2	18.9	22.6	*14.0	14.8	15.7	24.6	*13.3	19.7	23.4	22.5	*14.2	*13.1	27.5	20.7	17.9
Previous abortion	16.5	13.2	15.5	*14.4	15.7	*8.2	19.9	*10.5	14.1	15.8	*11.1	*8.8	*12.8	*12.7	13.7	*10.5

N = Weighted total.

na = Too few respondents to be used for calculations (five or less).

\*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: When 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 when they got pregnant".

# Prenatal Care and Maternal Risk Factors During Pregnancy by First 5 LA Community, 2010 & 2012

	Non-First 5 LA Community (N = 207,962)	All First 5 LA Communities (N = 56,457)	Broadway/Manchester (N = 3,222)	Central Long Beach (N = 3,832)	Compton (N = 5,137)	East LA (N = 4,828)	Lancaster (N = 5,369)	Metro LA (N = 3,251)	NE SFV/Pacoima (N = 4,231)	Palmdale (N = 5,400)	Panorama City (N = 5,124)	SELA (N = 5,865)	South El Monte/EI Monte (N = 3,235)	Watts/Willowbrook (N = 3,428)	West Athens (N = 1,427)	Wilmington (N = 2,108)
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
<b>Prenatal Care</b>																
Entered prenatal care after 1st trimester	8.8	12.1	*11.3	*9.3	*10.3	15.6	19.4	*9.6	*11.5	18.7	*10.9	*8.6	*7.0	*6.2	15.6	*11.1
Did not get prenatal care as early as wanted	13.6	17.0	13.5	13.8	15.3	18.5	24.4	16.8	11.6	24.7	14.9	14.4	16.1	16.6	15.4	17.1
Traveled 15 miles or more for prenatal care	11.2	13.6	25.3	*4.3	18.0	*10.8	13.2	*8.4	*8.6	35.1	*7.1	*9.2	*7.2	*15	15.4	*4.8
Dissatisfied with amount of wait time at prenatal care	17.1	22.1	18.2	30.9	26.8	26.2	24.4	21.4	18.1	22.1	18.0	25.2	25.0	*10.3	26.0	*10.1
Dissatisfied with amount of time spent with doctor/nurse	9.6	12.6	14.4	*15.0	*12.9	18.8	12.0	*10.9	*10.7	13.9	*10.1	13.9	16.1	*3.3	*13.8	*9.3
Dissatisfied with advice given at prenatal care	6.7	8.6	*7.7	*10.3	*6.2	*7.1	8.4	*11.8	*5.5	9.4	14.5	*8.9	*12.3	*4.7	*5.3	*4.0
Dissatisfied with understanding/respect received	3.4	4.7	*4.1	*9.0	*3.0	*4.9	5.5	*4.7	*4.5	5.2	*6.7	*3.1	*4.5	*1.6	*6.5	na
Needed to see a dentist	21.4	26.6	27.2	28.9	30.1	24.9	23.3	26.4	28.5	21.7	31.5	27.6	24.2	25.1	28.2	26.0
Received dental care	37.0	27.6	29.5	14.9	18.8	28.2	22.8	39.3	30.6	21.3	36.6	31.9	38.0	28.0	24.3	23.1
Received a seasonal flu shot	37.1	28.3	32.8	22.8	25.6	39.8	26.7	32.3	34.8	25.9	29.7	26.2	25.8	*15.5	22.2	34.5
<b>Medical Conditions During Pregnancy</b>																
Labor pain 3 weeks before due date	14.5	17.8	24.3	21.7	14.9	15.4	19.9	*12.2	23.9	16.1	19.0	17.9	13.1	*15.8	14.2	18.7
High blood pressure	10.1	11.4	11.2	*10.3	14.4	*7.1	15.8	*9.7	12.1	14.9	*8.8	*9.9	*6.9	*11.6	18.7	*8.7
Gestational diabetes	12.0	11.9	*12.0	*12.3	*11.2	*8.7	12.1	*7.1	*10.9	14.9	12.2	14.7	14.6	*9.4	*9.6	13.5
Problems with the placenta <sup>5</sup>	4.5	4.7	na	*3.9	na	na	5.8	*7.6	*4.6	6.6	na	*9.0	*4.4	*4.8	na	na
Urinary tract infection	11.9	14.6	*12.1	*13.4	*13.3	13.4	15.5	*12.6	13.9	17.4	23.4	*10.6	*9.8	*12.9	15.5	19.9
Water broke more than 3 weeks early	4.5	4.6	*6.7	*7.4	*3.6	*5.9	6.2	na	*7.8	*3.0	*3.0	*4.5	*4.2	*2.7	*3.6	*5.2
Incompetent cervix	2.3	3.4	*7.9	*4.8	na	na	*2.6	*3.9	*3.3	*3.2	*5.0	na	na	na	na	na
Sexually transmitted disease	2.5	4.4	*6.9	*3.7	*2.9	na	4.3	*6.1	*4.9	4.1	na	*4.1	*4.1	*5.9	*8.2	*4.6
Bacterial vaginosis	12.1	14.4	19.5	*10.3	19.0	7.0	11.4	18.6	15.8	14.8	14.2	14.7	15.3	*14.5	8.9	18.0
Periodontal disease	16.2	19.2	20.4	18.5	18.7	17.1	18.7	18.5	21.1	17.1	25.7	16.6	17.2	17.8	25.5	21.8
<b>Risk Behaviors During Pregnancy</b>																
Smoking	2.1	3.5	*7.1	*4.6	*2.9	na	6.8	na	na	4.8	*5.9	na	na	*4.8	*5.6	na
Exposure to secondhand smoke <sup>6</sup>	3.9	5.6	*10.8	*9.4	*6.1	na	8.8	*4.7	*3.3	6.8	*4.0	*1.1	*6.3	*5.1	*9.5	*3.5
Using illegal drugs or drugs not prescribed by a doctor <sup>7</sup>	5.1	5.3	*3.6	*5.7	*7.9	*8.5	6.8	*5.0	*2.2	4.4	*4.0	*3.5	*4.3	*4.7	*12.0	na
Drinking alcohol	11.2	6.9	*7.7	*5.2	*5.2	*9.4	8.5	*8.7	*10.0	6.4	*8.0	*2.8	*7.5	*2.9	*5.2	*9.6
Did not exercise during pregnancy <sup>8</sup>	21.3	21.0	18.2	*18.0	20.8	26.5	25.7	24.9	20.2	25.2	19.4	14.5	21.7	19.1	22.1	17.2

N = Weighted total.

na = Too few respondents to be used for calculations (five or less).

\*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 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>6</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>7</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>8</sup>Question asked: How often did you exercise for 30 minutes or more in the last three months of pregnancy? Women who were told by a doctor, nurse or health care worker not to exercise were excluded from the denominator to calculate prevalence of exercise during last three months of pregnancy.

# Psychosocial and Behavioral Risk Factors During Pregnancy by First 5 LA Community, 2010 & 2012

	Non-First 5 LA Community (N = 207,962) (%)	All First 5 LA Communities (N = 56,457) (%)	Broadway/Manchester (N = 3,222) (%)	Central Long Beach (N = 3,832) (%)	Compton (N = 5,137) (%)	East LA (N = 4,828) (%)	Lancaster (N = 5,369) (%)	Metro LA (N = 3,251) (%)	NE SFV/Pacoima (N = 4,231) (%)	Palmdale (N = 5,400) (%)	Panorama City (N = 5,124) (%)	SELA (N = 5,865) (%)	South El Monte/EI Monte (N = 3,235) (%)	Watts/Willowbrook (N = 3,428) (%)	West Athens (N = 1,427) (%)	Wilmington (N = 2,108) (%)
<b>Mental Health During Pregnancy</b>																
Self reported depression <sup>9</sup>	15.1	21.5	17.8	22.7	25.5	24.5	21.7	18.4	23.5	19.5	23.7	27.1	17.0	*13.5	14.8	18.6
Low maternal resiliency <sup>10</sup>	8.0	10.5	*8.0	*10.4	*10.7	11.7	9.7	*11.4	12.9	8.9	*6.1	*12.6	*11.2	*10.2	*9.2	14.5
<b>Social Support</b>																
Dissatisfied with support given by the baby's father <sup>11</sup>	8.4	11.5	*9.5	*13.1	13.1	16.2	14.2	*4.6	11.4	11.9	12.9	*8.3	12.2	*7.3	12.5	*10.7
Experienced domestic violence/intimate partner abuse <sup>12</sup>	2.1	3.0	na	*6.0	na	na	4.3	na	na	*2.7	na	na	na	na	na	na
Would have someone to loan money if needed <sup>13</sup>	84.0	77.0	77.8	66.2	80.0	72.6	83.6	77.2	78.4	80.5	72.0	76.7	80.6	76.7	75.2	75.7
Would have someone to help if sick <sup>13</sup>	88.0	83.7	81.9	80.7	89.0	75.5	86.4	83.9	85.2	86.9	79.4	83.9	84.5	85.0	85.0	82.9
Would have someone to listen to problems <sup>13</sup>	87.2	80.0	80.8	68.1	82.9	70.7	86.8	82.7	78.6	84.8	77.3	77.5	84.7	83.3	83.5	78.6
<b>Social Environment</b>																
Perceived neighborhood as unsafe <sup>14</sup>	12.1	23.4	36.4	28.4	26.2	25.7	13.3	23.3	20.6	14.9	17.0	23.7	18.3	42.3	34.5	22.8
<b>Stressful Life Events During Pregnancy</b>																
Family member had to go into the hospital	15.4	16.2	20.8	*12.8	19.2	20.0	21.1	*8.2	16.2	18.3	*9.1	15.4	16.1	*14.5	*12.8	18.5
Divorced/separated from husband/partner	6.6	9.2	*7.7	*5.5	*8.0	*12.0	11.0	*6.8	*8.8	11.2	*8.7	*8.8	*12.2	*6.6	13.3	*9.6
Moved to a new address	26.9	28.3	26.2	26.0	33.1	29.3	36.1	22.1	30.0	36.6	26.8	22.0	21.5	21.2	31.6	28.5
Were homeless	3.7	6.3	*11.1	*7.6	*6.4	*4.8	5.6	na	*2.6	7.0	*6.7	*5.5	*7.0	*10.2	*8.8	na
Husband/partner lost his/her job	13.9	17.4	19.8	*18.1	15.3	15.3	16.8	*12.9	17.3	19.6	15.9	20.1	22.9	*16.3	16.4	14.7
Lost job but wanted to continue working	9.7	13.4	14.7	20.5	*12.5	*8.8	12.2	*11.9	15.3	9.0	18.6	15.5	*11.3	*6.8	22.6	14.4
Argued more than usual with husband/partner	26.1	29.1	29.6	23.0	32.6	28.3	35.2	23.0	29.4	29.1	29.9	32.3	24.7	25.6	34.8	23.5
Had a lot of bills that could not be paid	19.6	26.1	32.9	24.2	31.0	26.9	29.2	*13.6	27.2	29.5	24.9	25.9	18.3	24.3	25.5	23.5
Were in a physical fight	2.7	4.2	*7.5	*3.0	*7.1	na	7.2	*3.8	*2.9	3.5	*3.9	na	*4.5	*3.1	na	na
Husband/partner or self went to jail	3.0	5.0	*8.1	*3.5	*7.7	*4.6	7.3	na	*5.1	6.7	*4.2	na	*4.1	*4.7	*8.5	na
Someone close had drinking or drug problems	8.1	9.3	17.2	*6.4	*6.5	*11.4	11.7	*7.7	*7.6	13.1	*8.4	*4.5	*8.8	*10.5	*8.9	*9.9
Someone close and important died	11.5	15.4	20.1	17.9	16.6	*10.7	16.7	*14.6	18.8	16.0	13.3	13.5	*11.1	16.1	16.9	16.0
<b>Reported Ever Experiencing Discrimination</b>																
Any discrimination	42.6	42.4	43.6	41.4	36.0	38.8	47.0	32.1	40.5	43.9	42.9	52.9	34.9	46.6	45.6	42.8
At work	19.0	17.0	17.7	*13.1	17.0	16.5	19.0	*15.5	13.7	16.8	20.0	18.4	15.2	*16.3	17.9	19.8
When getting medical care	7.9	10.8	11.9	*13.4	*7.2	*10.7	11.6	*8.1	*10.1	12.2	*10.9	12.6	*10.1	*12.3	*7.2	10.5
When getting housing	8.5	11.7	14.2	*13.5	11.8	*8.8	12.5	*10.0	*5.6	12.1	12.1	13.6	*9.7	*15.7	14.2	*10.5
Because of race/color	20.2	19.7	22.8	18.9	19.1	12.6	26.5	19.1	16.7	22.1	21.4	19.1	*11.7	22.8	20.3	21.0
Because of gender	12.9	9.3	12.3	*12.3	*3.8	*7.3	11.5	*11.6	*5.5	11.3	*8.5	*8.0	*4.8	*15.2	*10.8	12.8
Because of pregnancy	15.1	15.9	18.5	14.2	15.2	13.2	18.8	15.4	14.2	16.7	14.4	21.5	15.4	*10.5	13.3	17.4

N = Weighted total.

na = Too few respondents to be used for calculations (five or less).

\*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>9</sup>Question asked: Two-part question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? and For 2 weeks or longer during your most recent pregnancy did you lose interest in most things like work, hobbies, and other things you usually enjoyed? Respondents who answered "Yes" to either response were coded as having "self reported depression."

<sup>10</sup>Question asked: Low maternal resiliency combined the responses of seven LAMB 2010/2012 questions that asked mothers how strongly they agreed with statements about their self-esteem and perception that that they could achieve their goals, complete tasks, and control the events affecting them.

<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, help you if you were sick or listen to your problems if you had needed it?

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



## Postpartum Health by First 5 LA Community, 2010 & 2012

	Non-First 5 LA Community (N = 207,962)	All First 5 LA Communities (N = 56,457)	Broadway/Manchester (N = 3,222)	Central Long Beach (N = 3,832)	Compton (N = 5,137)	East LA (N = 4,828)	Lancaster (N = 5,369)	Metro LA (N = 3,251)	NE SFV/Pacoima (N = 4,231)	Palmdale (N = 5,400)	Panorama City (N = 5,124)	SELA (N = 5,865)	South El Monte/EI Monte (N = 3,235)	Watts/Willowbrook (N = 3,428)	West Athens (N = 1,427)	Wilmington (N = 2,108)
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
<b>Maternal Postpartum Health</b>																
Had a postpartum check-up	91.7	88.3	87.3	84.9	91.9	86.9	83.1	91.6	90.1	82.3	92.1	90.8	92.7	88.6	86.5	87.2
Family planning discussed during check-up	91.6	91.9	95.6	93.9	92.5	90.9	93.0	95.7	96.4	92.0	88.9	86.1	89.2	93.2	94.3	89.4
<b>Self-reported Postpartum Depression</b>																
Not at all depressed	50.2	49.6	52.8	56.4	46.2	49.6	47.3	57.0	42.2	47.3	48.2	46.8	48.4	60.7	52.8	49.4
A little depressed	36.4	36.0	32.2	28.9	42.3	31.6	33.8	29.9	40.0	37.4	36.2	42.3	37.5	34.2	34.9	36.3
Moderately depressed	10.1	9.4	9.7	8.6	6.7	15.5	13.4	7.9	9.0	9.9	8.6	7.9	10.0	3.2	9.4	10.3
Very depressed	3.4	5.0	*5.4	*6.2	*4.9	*3.3	5.5	*5.3	*8.9	5.4	*7.0	*3.1	na	na	na	*4.0
<b>Infant Health</b>																
Currently reading to baby	75.5	69.8	66.7	64.7	60.1	72.5	70.5	74.0	65.8	72.3	78.0	73.2	62.1	63.6	82.6	76.2
Had a well-baby check-up	98.1	96.7	96.2	94.6	97.5	95.9	95.7	97.4	97.1	96.4	96.8	97.6	98.7	94.9	96.9	99.1
Enrolled in health coverage before leaving hospital	70.4	75.1	73.1	80.7	75.6	76.4	70.9	79.6	69.3	70.9	73.9	73.5	80.9	78.1	83.4	79.3
<b>Breastfeeding Practice</b>																
Any breastfeeding	91.0	87.4	84.8	85.8	79.4	86.0	86.7	92.0	93.4	87.2	94.1	88.6	88.8	80.1	91.5	85.8
<b>Baby's Sleep Environment</b>																
Sleeps on his/her side	17.1	24.1	31.8	24.0	30.6	22.5	16.0	20.1	33.9	15.3	21.8	28.0	25.8	32.0	19.9	16.5
Sleeps on his/her back	77.8	71.4	58.5	73.8	64.3	75.6	75.9	78.2	61.9	78.2	74.9	70.7	70.9	60.8	70.0	81.5
Sleeps on his/her stomach	5.2	4.5	*9.8	*2.2	*5.1	na	8.1	na	*4.2	6.5	*3.3	na	na	*7.2	*10.1	na
Ever slept with another person <sup>15</sup>	75.4	78.7	79.5	74.3	79.3	76.8	75.5	86.1	74.6	77.9	76.6	84.6	86.1	80.4	80.8	69.2

N = Weighted total.

na = Too few respondents to be used for calculations (five or less).

\*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>Question asks: 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."

## Technical Notes

### I. Methods

LAMB Project data collection follows the Centers for Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS) methodology<sup>1</sup>. Women were selected from birth records. Selected mothers are first contacted by mail. If there is no response to repeated mailings, women are contacted and interviewed by telephone. The survey can be administered in English, Spanish, and Chinese, with translators available for other languages. In addition, an informational packet with resources and information about the Los Angeles County Hot-line 211 is sent along with the survey.

For more information about the LAMB survey project please go to: <http://www.lalamb.org>.

The finding presented in this report is based on the LAMB respondents from 2010 and 2012 project year to ensure statistically stable and reliable estimates.

### II. Data Weighting

To get a representative picture of the mothers who gave birth in Los Angeles County in 2010 and 2012, a weight was created by post-stratifying on selected maternal and infant characteristics to minimize selection and response bias due to different sampling frames in 2010 and 2012. Specific factors selected in post-stratification include community level (14 communities and other), mother's race/ethnicity, mother's age, mother's education and infant's birth outcome status (low birth weight). The designation of survey respondents to each of the 14 communities were based on census tract correspondence tables (2000 census tract for 2007 data and 2010) provided by F5 LA.

### III. Response Rate

The adjusted response rates for 2010 and 2012 were 57% and 62% respectively. Based on calculations proposed by the American Association for Public Opinion Research (AAPOR)<sup>2</sup>.

The 2010 and 2012 combined project data total is 10,163 weighted to represent 207,962 live births in 2010 and 2012. The total number of respondents in the 14 Best Start Communities is 3,273 weighted to represent 56,457 live births in 2010 and 2012.

### IV. Statistical Methods

Point estimates and their variances were calculated using the SAS, PROC SURVEYFREQ procedures, (Release 9.2, North Carolina) to account for the complex sample design. In this report, relative standard error (RSE) more than 25% is used as the criterion for determining that the estimate is statistically unstable and therefore may not be appropriate to use for planning or policy purposes.

RSE is calculated by "dividing the standard error of the estimate by the estimate itself, then multiplying that result by 100". For example, if the estimate of cigarette smokers is 20 percent and the standard error of the estimate is 3 percent, the RSE of the estimate =  $(3/20) * 100$ , or 15 percent<sup>3,4</sup>.

All missing and unknown response values were excluded from individual calculations where applicable.

## V. Strengths and Limitations

**Strengths:** The combined project 2010 and 2012 LAMB Project data allow a more robust post-stratification procedure and therefore more reliable and stable prevalence estimates as compared to individual year data.

**Limitations:** The combined data can only generate estimates apply to 2010 and 2012 combined population. Therefore, the prevalence estimates should be interpreted as such. Individual year estimates for the 14 communities cannot be derived based on this method. Even though combined data provide more stable estimates, it may still be too small for some communities.

If so, these are indicated by an asterisk. Although efforts are made to minimize potential biases, non-response, recall, and non-coverage may still be present.

## VI. Glossary

**Unintended/mistimed pregnancy:** just before becoming pregnant, wanting to be pregnant later (i.e. mistimed) or not wanting to be pregnant then or at any time in the future (i.e. unwanted).

**Preterm Birth:** an infant born before 37 weeks gestation.

**Overweight/Obese:** respondents were considered to be overweight if their Body Mass Index (BMI) was 25.0-29.9, and obese if their BMI was  $\geq 30.0$ . Respondents' BMI was calculated on the basis of their self-reported pre-pregnancy height and weight. BMI categories were based on published BMI categories for adults from Center for Disease Control and Prevention (CDC).

**Low Birth Weight:** an infant weighing less than 2500 grams or 5 pounds 8 ounces at birth.

**Meeting the PHS prenatal care guidelines:** meeting all the recommendations of the Public Health Service Expert Panel on the Content of Prenatal Care (1989), including having blood pressure measured, urine and blood samples taken, height and weight measured, a pelvic exam, and a health history taken.

**Depressed during pregnancy:** feeling depressed for most of the day for two weeks or longer during pregnancy.

## VII. References

1. Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS)  
<http://www.cdc.gov/prams/methodology.htm>
2. American Association for Public Opinion Research (AAPOR)  
[http://www.aapor.org/Standard\\_Definitions/2852.htm](http://www.aapor.org/Standard_Definitions/2852.htm)
3. Behavioral Risk Factor Survey Relative Standard Error  
<http://www.dhs.wisconsin.gov/wish/main/BRFS/rse.htm>
4. National Center for Health Statistics Reference  
<http://www.cdc.gov/nchs/data/statnt/statnt24.pdf>

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