

2015 LACHS

Domain/Subdomain		<i>Nutrition & Physical Activity / Fruit and Vegetables Consumption</i>			<i>Nutrition & Physical Activity / Obesity & Overweight</i>			<i>Nutrition & Physical Activity / Exercise / Physical Activity</i>			<i>Mental Health / Anxiety and Depression</i>		
Indicator Description		Percentage of women aged 18-49 years who consume fruits and vegetables at least five times per day			Percentage of women aged 18-49 years who are obese based on body mass index (BMI)			Percentage of women aged 18-49 years who reported enough aerobic physical activity in a typical week to meet the recommended levels of aerobic physical activity			Percentage of women aged 18-49 years who reported having been currently diagnosed with depression		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
LA County		14.7	13.6	15.7	23.5	22.2	24.9	65.1	63.7	66.6	8.6	7.9	9.4
Race/Ethnicity	White	26.8	21.7	32.0	13.0	9.3	16.8	74.4	69.2	79.5	17.3	12.6	22.0
	Latina	13.6	10.9	16.4	30.7	26.7	34.8	66.5	62.7	70.3	5.5	4.0	7.1
	African-American	13.5	8.7	18.3	32.8	24.9	40.6	66.7	59.1	74.2	11.0	6.3	15.8
	Asian	9.3*	3.8	14.8	7.2*	2.8	11.7	60.1	51.8	68.4	3.9*	0.9	6.9
Service Planning Areas	SPA 1 Antelope Valley	16.7	10.7	22.8	31.7	24.0	39.5	55.2	45.7	64.6	12.5	7.2	17.9
	SPA 2 San Fernando	18.5	14.0	23.0	16.9	12.2	21.7	68.8	63.3	74.3	7.2	4.5	9.8
	SPA 3 San Gabriel	15.3	10.1	20.5	25.2	18.5	32.0	68.4	61.9	75.0	6.6	3.2	9.9
	SPA 4 Metro	15.1	9.5	20.7	21.2	12.4	30.1	67.2	58.4	75.9	10.4	5.4	15.4
	SPA 5 West	21.1	12.5	29.7	4.8*	0.8	8.8	75.8	66	85.7	15.2	6.4	24
	SPA 6 South	10.4	5.3	15.4	33.4	25.5	41.3	63.3	55.3	71.3	7.0	3.4	10.5
	SPA 7 East	13.5	7.8	19.1	25.2	17.9	32.5	68.1	60.2	76.1	6.3	2.6	9.9
	SPA 8 South Bay	15.1	8.8	21.4	29.9	22.2	37.6	64.7	56.8	72.5	7.7	3.8	11.5

For more information about Los Angeles County Health Survey (LACHS) please visit www.publichealth.lacounty.gov/ha/hasurveyintro.htm

*This estimate is statistically unstable (relative standard error greater than or equal to 23%) and therefore may not be appropriate to use for planning or policy purposes.