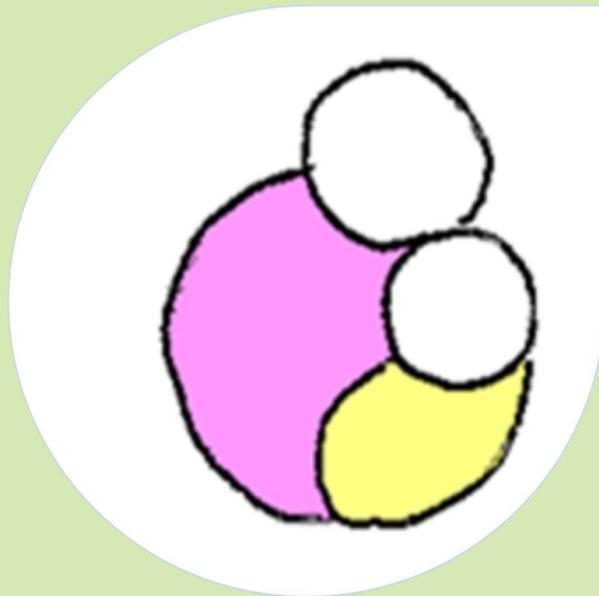




COUNTY OF LOS ANGELES

**Public Health**

# LA MOMs



**ADVISORY MEETING  
JUNE 4, 2013**

**EXECUTIVE SUMMARY**

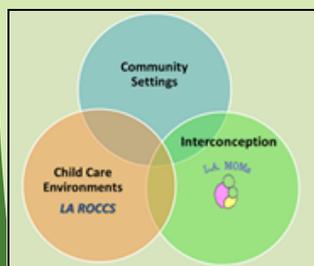
## BACKGROUND

Obesity is a national epidemic with multiple consequences and costs to America's health (Figure 1). In Los Angeles County, 1 in 3 women of reproductive age is overweight or obese, with a disproportionately higher number of Hispanic and African American women affected. Being overweight or obese before pregnancy increases the likelihood of retaining at least 11 pounds postpartum (Figure 2). Of the more than 132,400 births in Los Angeles County during 2010, 45% of the delivering mothers were overweight or obese before they became pregnant. Fifty percent of these overweight/obese women identified themselves as African American or Latina (Figure 3).

Maternal overweight and obesity are linked to poor birth outcomes, lower breastfeeding rates and a multitude of chronic diseases. Preventive obesity measures and nutritional care should begin at preconception and interconception to mitigate problems from overweight and other obesity-related pregnancy consequences.

As the first teachers in a child's life, parents play a critical role in teaching healthy behaviors. The likelihood that a child will grow up to be obese increases from 50% when one parent is obese, to 80% when both parents are obese. Empowering postpartum moms to obtain a healthy weight will not only impact and improve her health, but her children's health as well. Little is known about weight management during the postpartum period.

LA MOMs (Los Angeles Managing Obesity in Moms) looks to close this knowledge gap by developing an evidence-based web based postpartum weight reduction program, taking into special consideration mothers who had a surgical or complicated vaginal delivery. Education and guidance on nutrition, physical activity, breastfeeding, and stress reduction will be areas of focus for LA MOMs.



LA MOMs is one of three intersecting components of the Los Angeles County Department of Public Health Early Childhood Obesity Prevention Initiative, funded by First 5 LA over the next four years. These coordinated efforts address obesity in children ages 0-5 and their families.

# BACKGROUND

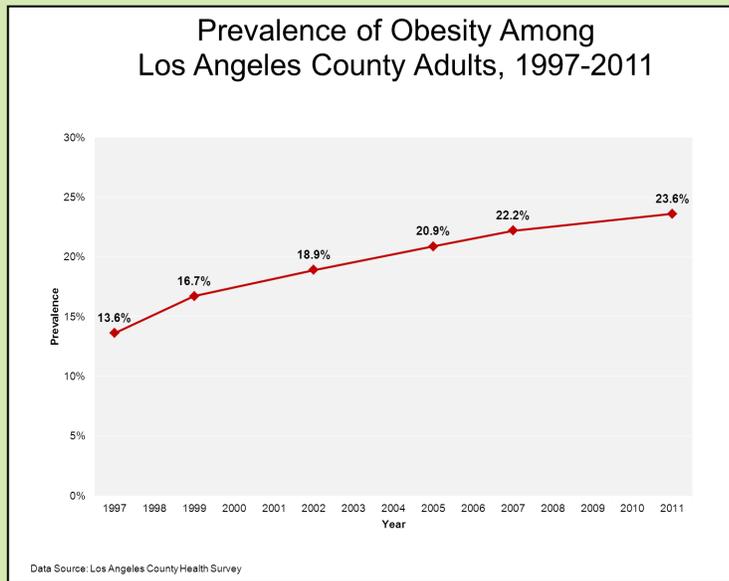


Figure 1

Figure 2

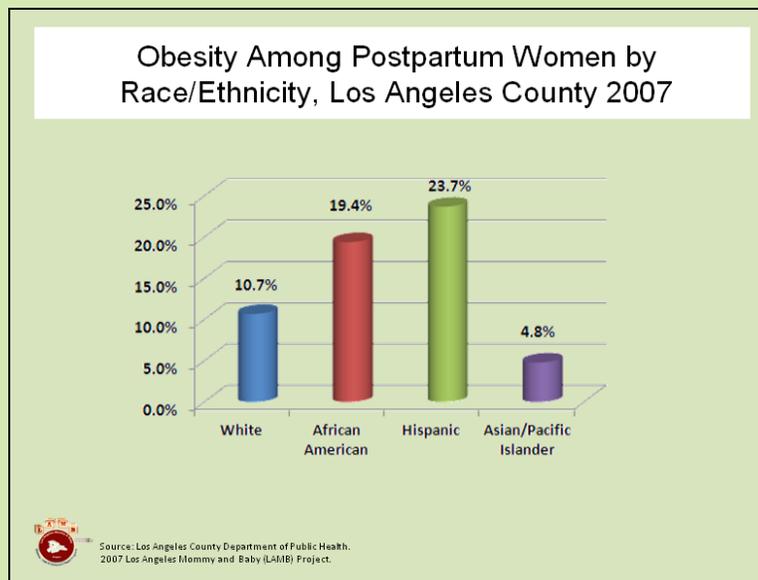
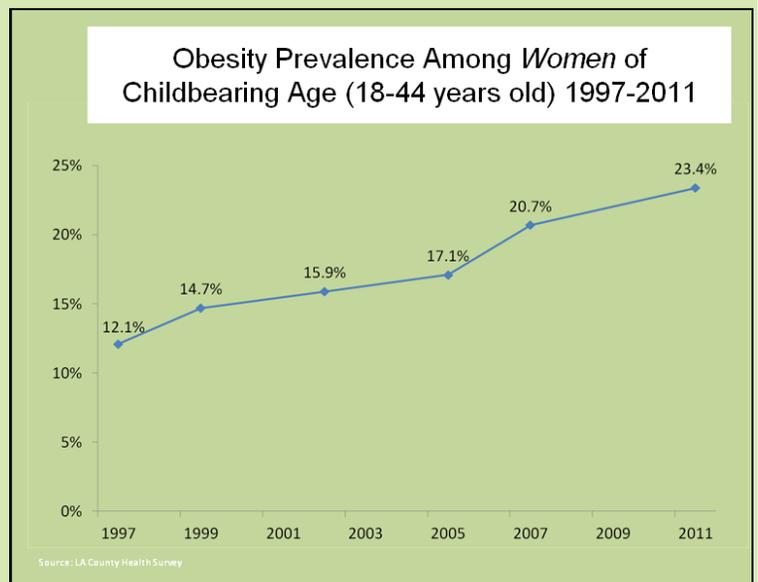


Figure 3

## LA MOMS DEFINED

The LA MOMs Program and curriculum components contain nutrition, breastfeeding, physical activity, wellness, mental health, stress management and contraception for postpartum obese women, with special consideration for mothers who had a surgical or complicated vaginal delivery. The complete program and curriculum will be offered online with interactive media, resources, text messages, and referrals (Figure 4).

Three core outcomes will be tracked: the number of steps taken toward a total of 10,000 per day; initiation, frequency and duration of breastfeeding; and increased consumption of water. Existing survey tools such as Los Angeles Mommy and Baby (LAMB) will be used to track and communicate improvement in postpartum overweight and obesity in Los Angeles County (Figure 5).

Soon after delivery, a baseline registration will direct participants in addressing their areas of need, while providing privacy, confidentiality, convenience and freedom of choice when selecting and utilizing education materials, resources and social media support.

Assessment tools and resources, education materials and participant support are currently being developed to incorporate key recommendations of the LA MOMs Advisory Group.



Figure 4



Figure 5: Implementation

## **LA MOMs Advisory Group**

On June 4, 2013, the LA MOMs Advisory Group convened (Appendix A). The advisory group represents a broad range of senior level representatives from Los Angeles public, private and community agencies.

Advisory group responsibilities include:

- Providing expert recommendations in the development and implementation of LA MOMs
- Contributing to planning and feedback on the evolution of LA MOMs
- Identifying leaders, organizations and projects in targeted communities that would benefit from collaborative partnership with LA MOMs
- Serving as a public advocate for LA MOMS among community members and policy leaders

Feedback was obtained in three categories:

1. Nutrition Assessment and Breastfeeding Assessment
2. Physical Indicators and Physical Activity Assessment
3. Wellness Assessment, Mental Health Assessment and Stress Assessment

The following are key baseline assessment recommendations made by the LA MOMs Advisory Group.

### Medical History

Assess:

- Age, height, waist circumference, pre & post pregnancy weight
- ethnicity, & marital status
- Occupation & education
- medications
- medical complications during pregnancy
- sleep habits
- baby's weight
- number of children and ages
- Mode of transportation

### Breastfeeding

Assess:

- Intention to breastfeed
- confidence to breastfeed
- obstacles to breastfeeding
- postpartum support
- knowledge about pumping
- knowledge of benefits of skin to skin contact
- knowledge of feeding cues
- knowledge of recommended age to introduce solid foods

### Nutrition

Assess:

- access to fruits and vegetables
- sodium & sugar intake
- fluid intake: water vs. sugary drinks
- eating environment (with other people, TV, etc.)
- familiarity with "My Plate"
- frequency of eating healthy foods and junk foods

### Physical Activity

Assess:

- Pre-pregnancy activity level
- Activity during pregnancy
- Physical activities most enjoyed
- Prefer to exercise alone or with others
- Neighborhood safety as a factor to being physically active
- Average daily hours of sleep
- Frequency and duration of naps (daily)

### Wellness, Mental Health, & Stress

Assess:

- Social supports
- History of mental health issues
- Primary concern: housing
- Biggest challenge
- History of substance abuse

## 2013 LA MOMS ADVISORY GROUP

APPENDIX A

**Denise Gee, RD**  
Senior Nutritionist, WIC  
LA Women, Infants and Children

**Michele Kiefer, MBA**  
Executive Director  
Antelope Valley Partners for Health

**Aldameda Kim, MPH, RD, CLE**  
Project Manager II, Moms Weigh-in  
Kaiser Permanente, Panorama City

**Irene Lewis**  
Executive Director, Salvation Army  
Red Shield Youth and Community  
Center  
Los Angeles

**Jim Banks**  
Director, Quality Improvement  
LA Care

**Vickie Lombardo, MSN, RN**  
Associate State Director  
Program Services  
March of Dimes  
Los Angeles

**Maribel Marin**  
Executive Director, 211  
Los Angeles

**Norma Mtume, MAHS, MA MFT**  
CFO, Shields for Families  
Los Angeles

**Faith Parducho**  
Special Assistant, to Chief Deputy  
Parks and Recreation

**Mercedes Perezchica**  
Program Officer  
First 5 LA

**Karen Peters**  
Executive Director  
Breastfeed LA

**Mary Saunders**  
Community Liaison, 211  
Los Angeles

**Mei Ling Schwartz**  
Director, Health & Physician Education  
Kaiser Permanente, Panorama City

**Aida Simonian, RN**  
Director, PAC/LAC  
Los Angeles

**Vergia Slade**  
Senior Public Health Programs Administrator  
Health Net

**Margaret Lynn Yonekura, MD**  
Director, Community Benefits  
California Hospital Medical Center

## NEXT STEPS...

- Develop baseline assessment tools incorporating advisory group recommendations
- Develop data tracking tools
- Develop community-based collaborative partnerships to promote and incorporate LA MOMS into their programs
- Develop collaborative partnerships with health plans, hospitals and healthcare providers to promote and incorporate LA MOMS
- Research and identify community resources
- Identify texting and media appropriate to LA MOMS
- Begin development of LA MOMS curriculum components
- Develop and distribute LA MOMS e-newsletter
- Develop LA MOMS listserv
- Next advisory group meeting October 10, 2013

LA MOMS  
Reproductive Health  
Maternal, Child and Adolescent Health Programs  
600 South Commonwealth, Suite 800  
Los Angeles, CA 90005  
Tel: (213) 639-6400

For additional information about the office of Reproductive Health,  
Please visit: <http://publichealth.lacounty.gov/mch/>