Perceived Barriers to Preconception Care: Findings from the Los Angeles Mommy and Baby (LAMB) Survey


School of Public Health Department of Community Health Sciences, University of California Los Angeles, Los Angeles, CA

Department of Population, Family & Reproductive Health, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

Maternal, Child, and Adolescent Health, Los Angeles County Department of Public Health, Los Angeles, CA

Significance

Increasing recognition that prenatal care is too late to prevent adverse pregnancy outcomes.

Growing interest in preconception care.

Previous studies have shown low rates of preconception care utilization, yet few studies have examined barriers to preconception care utilization.

Less than one-third of LAMB respondents indicated they utilized preconception care.

Purpose and Hypothesis

The purpose of this study was to identify perceived barriers among mothers who did not receive preconception care based on a population-based survey of women with a recent live birth in Los Angeles County.

Research Questions

Do barriers to preconception care utilization vary by insurance status?

Do barriers to preconception care utilization vary by race/ethnicity?

It was hypothesized that barriers to preconception care utilization would vary by insurance status and race/ethnicity.

Methods

Study Design

Data collection

Mailed questionnaire with multiple follow-up attempts and by telephone

Multistage clustered design

Cross-sectional, population-based survey of a stratified random sample of mothers who recently delivered a liveborn infant in Los Angeles County

Data collected for the 2007 birth cohort (N=1258)

Population

Barriers to preconception care utilization

Variables

Health Insurance Status

“Just before your last pregnancy, did you have health insurance?”

“What kind of health insurance did you have before your last pregnancy?”

Preconception care utilization

“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 pregnancy and baby?”

Barriers to preconception care utilization

“Tell us why you did not see a health professional to prepare for this baby. Check all that apply.”

Data Analysis

Pearson’s chi square tests used to determine if:

- Barriers to preconception care utilization varied by insurance status.
- Barriers to preconception care utilization varied by race/ethnicity.

Results

The most often cited barriers to preconception care utilization were:

- Pregnancy intendedness
- Knew how to prepare
- Regular health care practitioner
- Too many things going
- Money or insurance

Public Health Implications

Additional research on the barriers to preconception care utilization.

Additional research on mothers who do not utilize preconception care.

Address the most often cited barriers to preconception care utilization.

Pregnancy intendedness

Knew how to prepare

Regular health care practitioner

Too many things going

Money or insurance

Address lack of health insurance.

Add policies ensuring access to care throughout the life course.

Address racial/ethnic disparities.

Increase public awareness on the importance and increase feasibility of preconception care utilization.

Literature Cited

Additional research on the barriers to preconception care utilization.

Additional research on mothers who do not utilize preconception care.

Address the most often cited barriers to preconception care utilization.

Pregnancy intendedness

Knew how to prepare

Regular health care practitioner

Too many things going

Money or insurance

Address lack of health insurance.

Add policies ensuring access to care throughout the life course.

Address racial/ethnic disparities.

Increase public awareness on the importance and increase feasibility of preconception care utilization.

Acknowledgements

We would like to thank the LAMB team: Diana Liu, Marian Eldahaby, Cathleen Bemis, Carmen Gutierrez, Yvomnia Horton, Martha Martinez, and Karen M Collier for making the project possible.

For further information, please visit www.LALamb.org