



The Los Angeles Mommy and Baby Project
Healthy Mommies and Healthy Babies

Maternal Mental Health in Communities of Color Los Angeles County

Findings from the Los Angeles Mommy and Baby (LAMB) &
Follow Up Projects

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Objectives



- Describe two population based surveillance projects used to collect perinatal data in Los Angeles County.
- Review trends in maternal mental health in Los Angeles County 2010 - 2016.
- Describe current racial and ethnic inequities in maternal mental health among Los Angeles County mothers.



Survey Methods



Data Source:

- The Los Angeles Mommy and Baby (LAMB) Project
 - Population based survey of women who have recently delivered a live birth
 - Collects information about factors and events that may influence a woman's pregnancy and birth outcomes
- The Los Angeles Mommy and Baby (LAMB) Follow Up Project
 - Mothers who responded to the LAMB survey are re-contacted two years later
 - Collects information about factors that may influence a woman's or infant's health



Available Perinatal Mental Health Data

LAMB



In the 6 months before pregnancy:

- Visited a health care worker to be checked/treated for depression/anxiety
- Had depression
- Had anxiety

During pregnancy:

- PNC visit asked if felt anxious/depressed
- Filled out a short questionnaire about being anxious/depressed
- ≥ 2 weeks felt sad, empty depressed OR lost interest in things

After pregnancy:

- Postpartum check talked about anxiety or depression
- ≥ 2 weeks felt sad, empty depressed OR lost interest in things



Available Perinatal Mental Health Data LAMB Follow Up 2016



Since your two year old was born:

- Had depression
- Had anxiety

In the last 12 months:

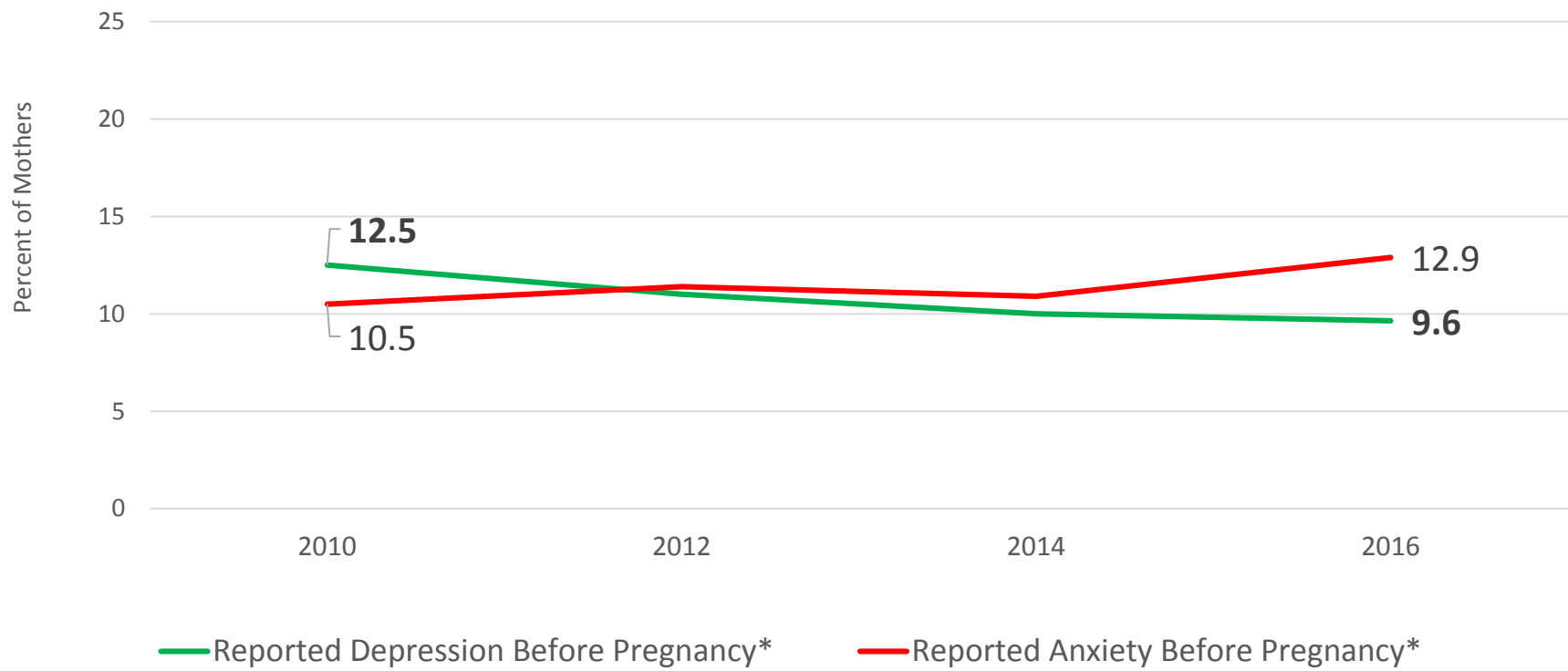
- ≥ 2 weeks felt sad, empty depressed OR lost interest in things
- Provider talked to you about depression or how you felt emotionally



Pre-Pregnancy Depression and Anxiety LAMB 2010-2016



Pre-pregnancy Depression and Anxiety In Los Angeles County, 2010 - 2016



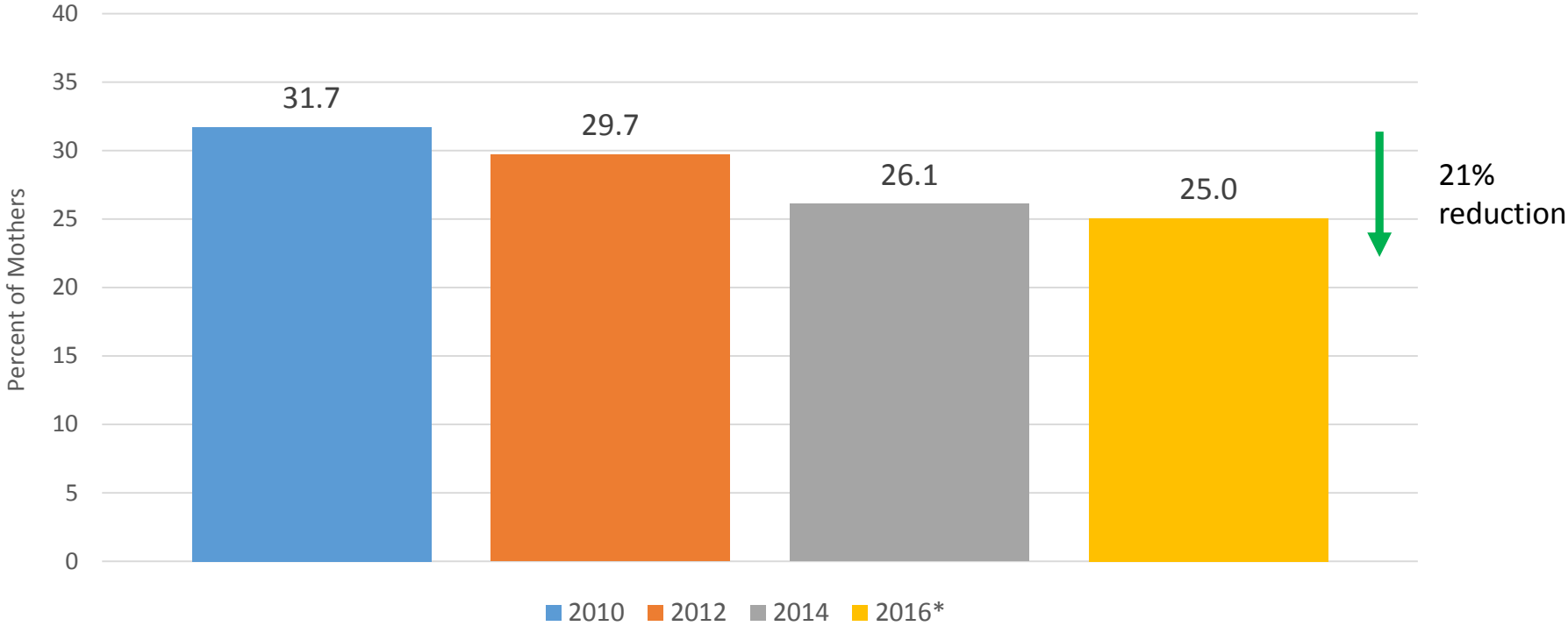
*Statistically significant difference $p < 0.05$



Depressive Symptoms During Pregnancy LAMB 2010-2016



Depressive Symptoms During Pregnancy in Los Angeles County, 2010 - 2016



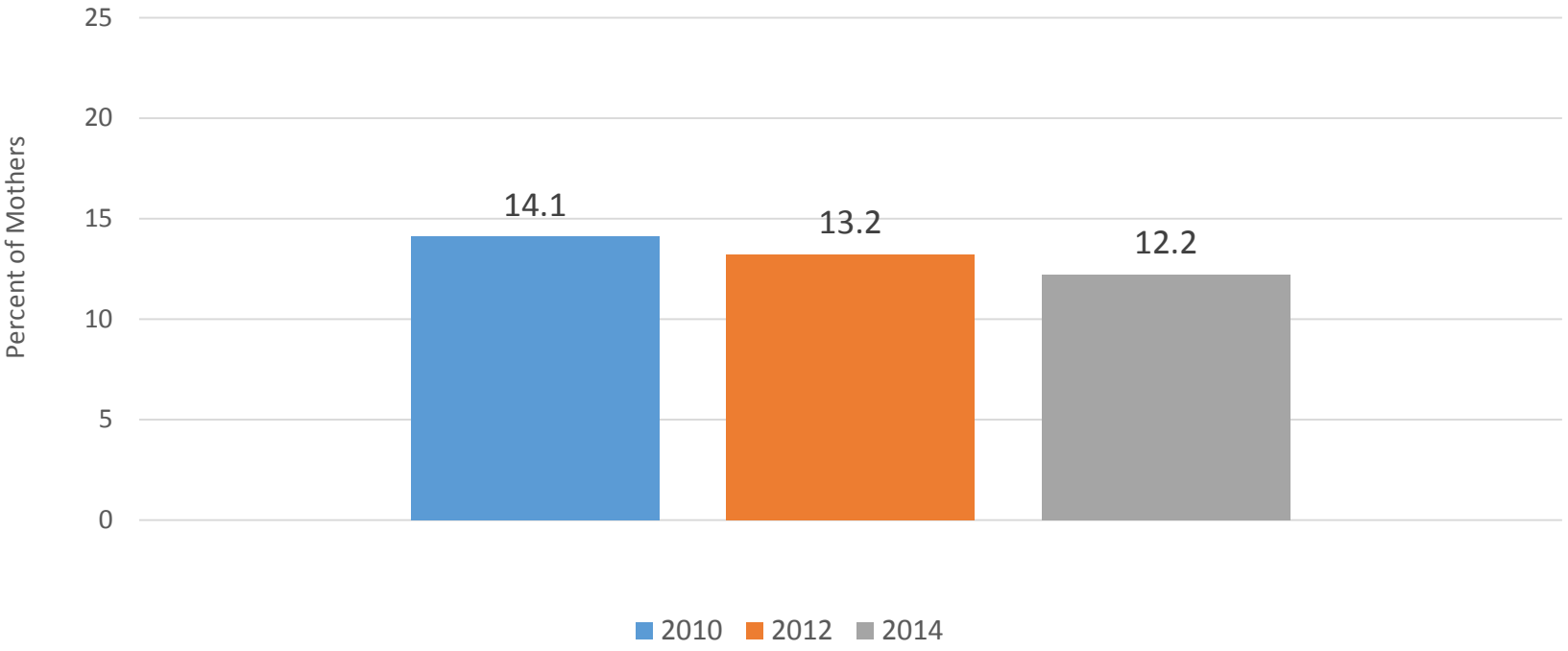
*Statistically significant difference $p < 0.05$



Postpartum Depressive Symptoms LAMB 2010 -2014



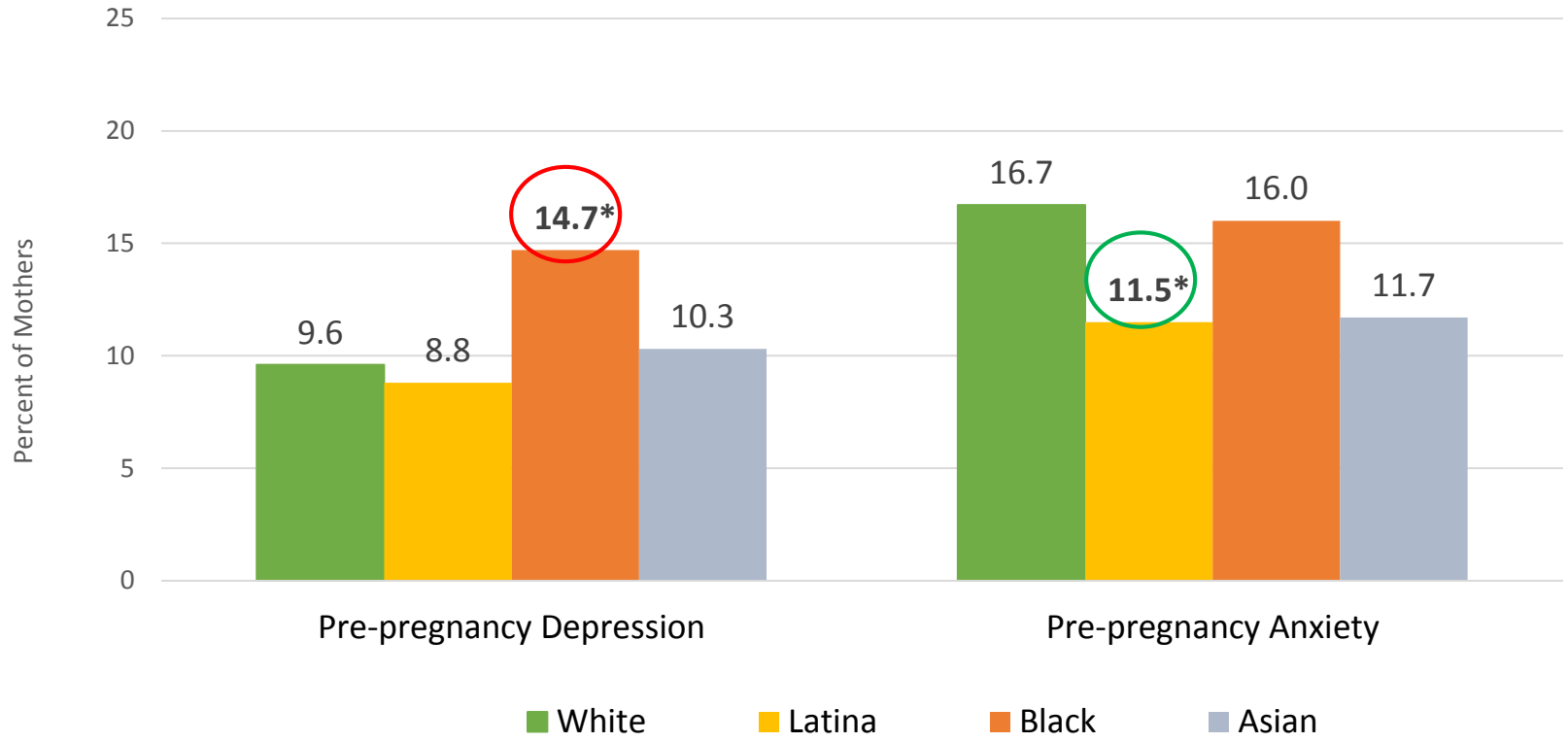
Moderate/Severe Depressive Symptoms After Pregnancy, Los Angeles County, 2010 -2014



Pre-pregnancy Depression and Anxiety in Communities of Color LAMB 2016



Pre-pregnancy Depression and Anxiety by Mother's Race/Ethnicity, Los Angeles County, 2016



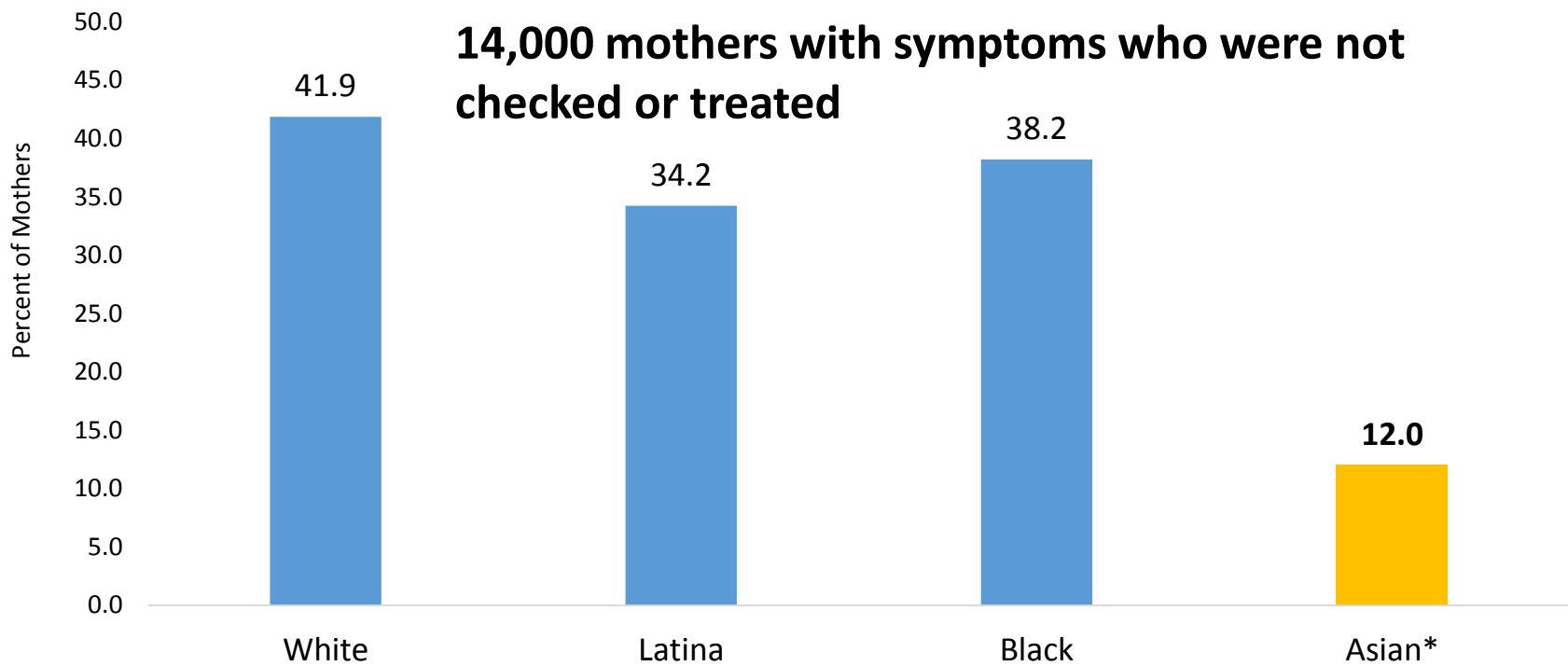
*Statistically significant difference p<0.05



Pre-pregnancy Depression and Anxiety in Communities of Color LAMB 2016



Checked or Treated for Depression/Anxiety+ Before Pregnancy by Mother's Race Ethnicity, Los Angeles County, 2016



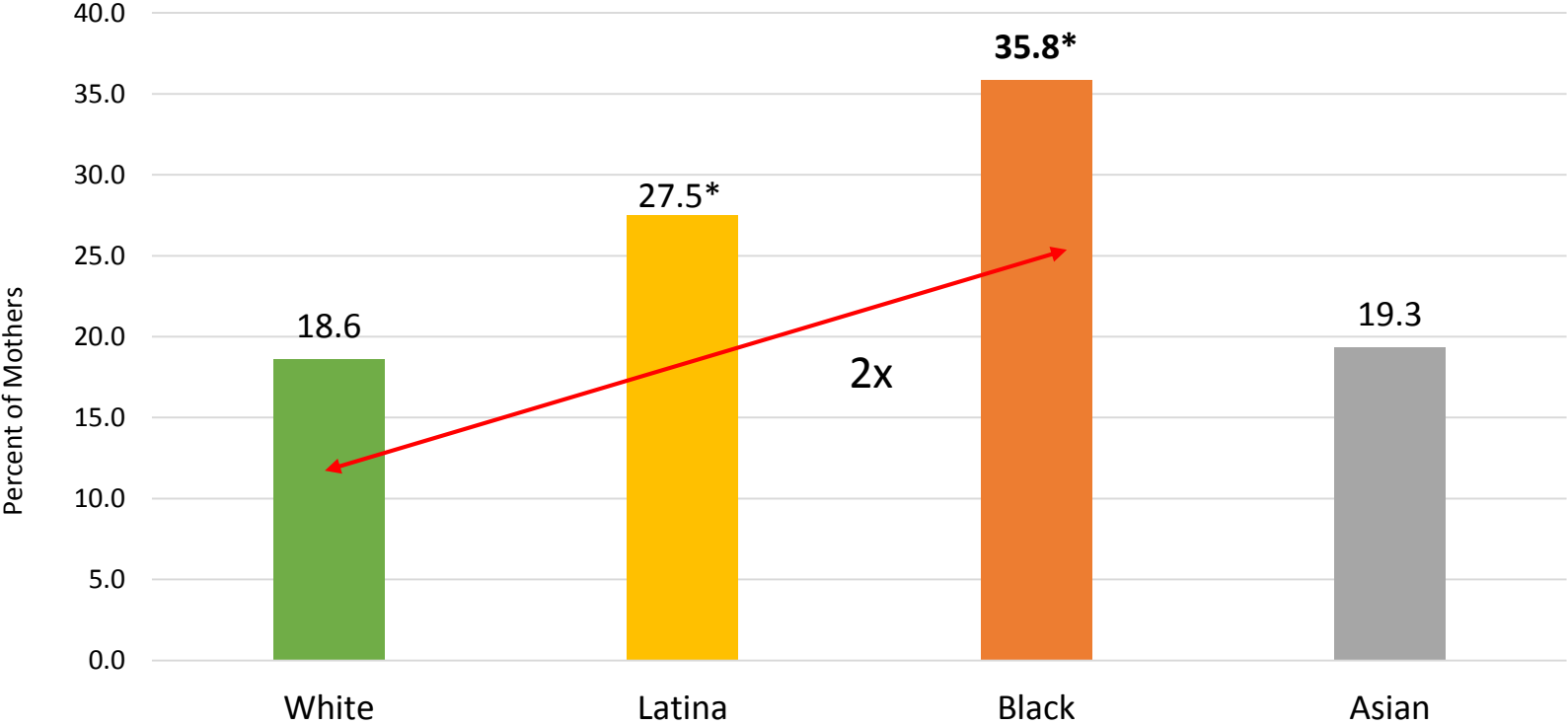
+Among mothers with pre-pregnancy depression or anxiety
*Statistically significant difference $p < 0.05$



Depressive Symptoms During Pregnancy in Communities of Color LAMB 2016



Depressive Symptoms During Pregnancy by Mother's Race/Ethnicity, Los Angeles County, 2016



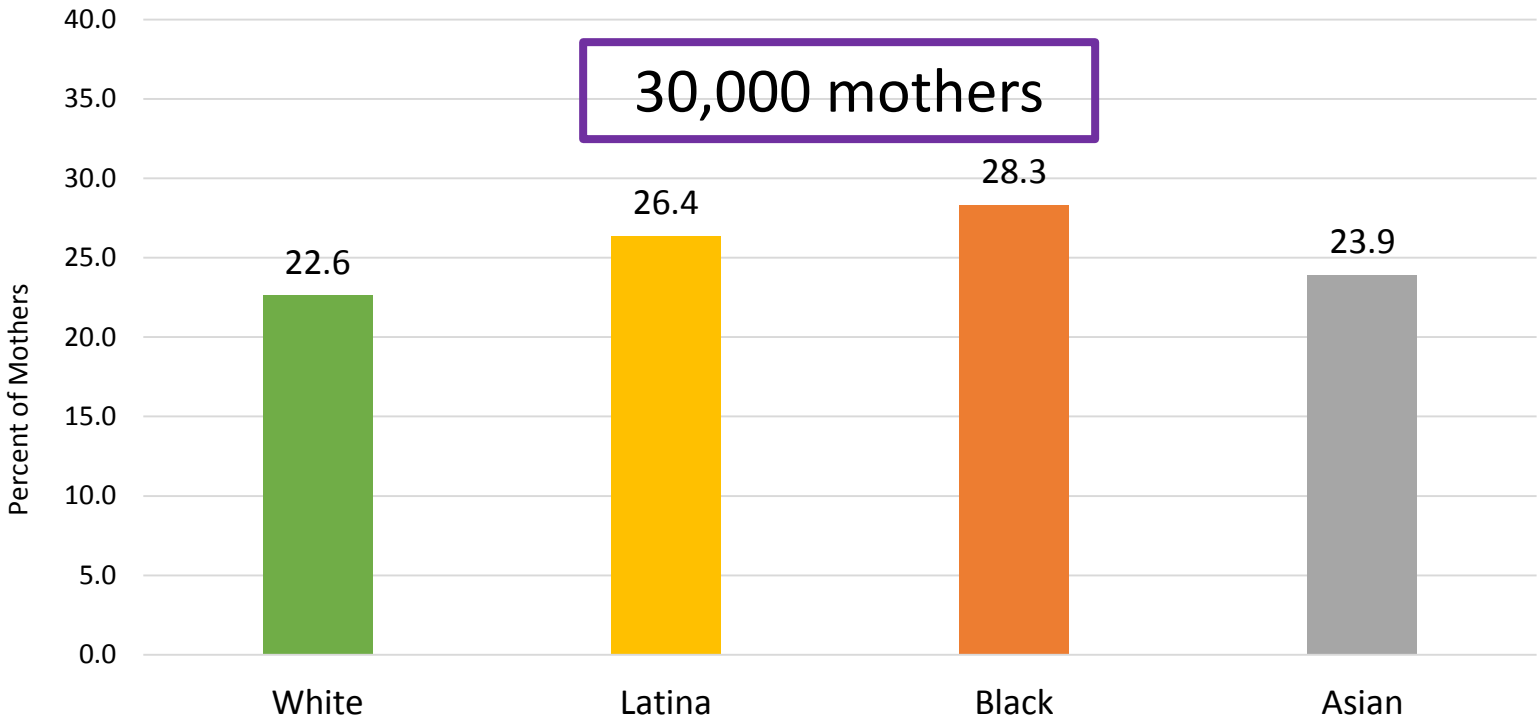
*Statistically significant difference $p < 0.05$



Postpartum Depressive Symptoms in Communities of Color LAMB 2016



Postpartum Depressive Symptoms by Mother's Race/Ethnicity, Los Angeles County, 2016



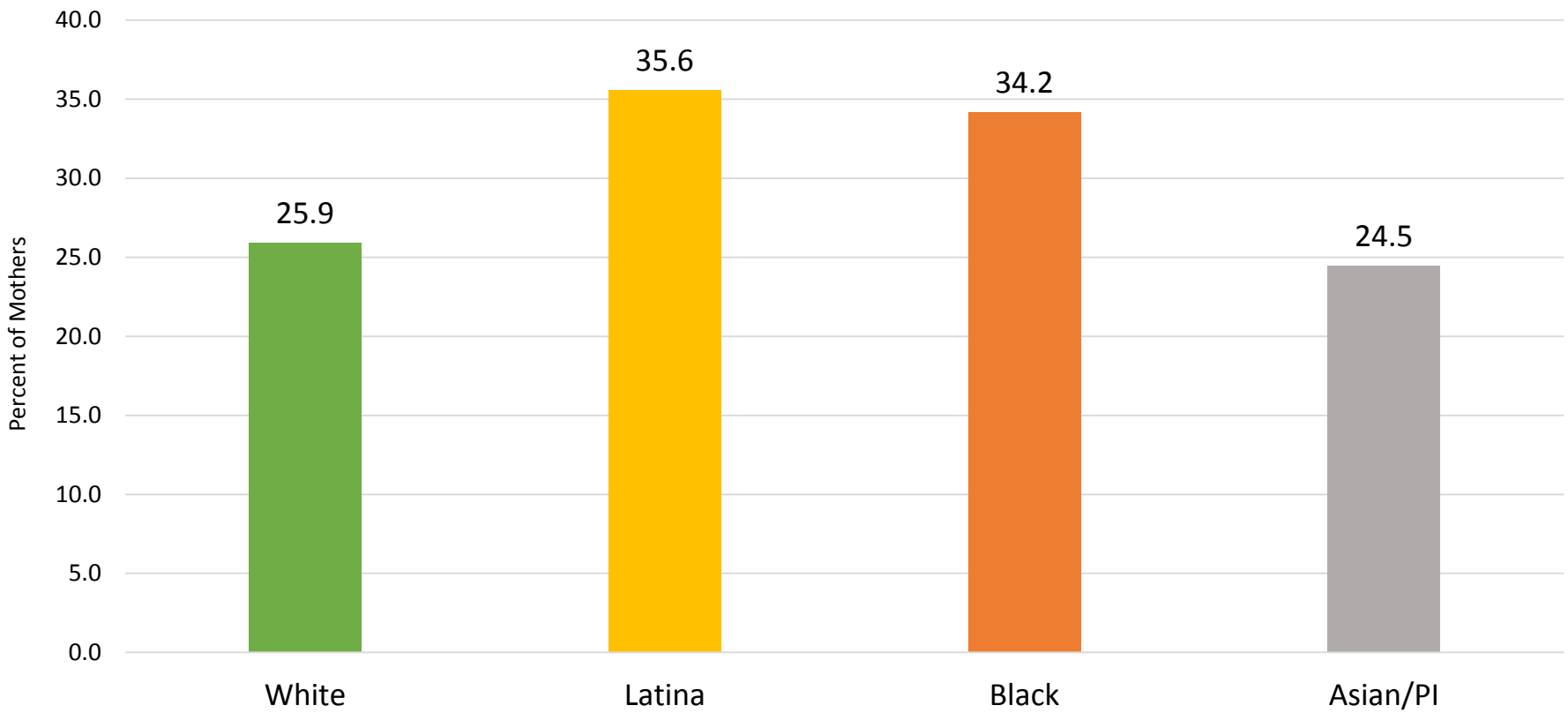
Source: Los Angeles Mommy and Baby (LAMB) Project 2016



Depressive Symptoms 12-24 Months Postpartum 2016 LAMB Follow Up



Depressive Symptoms in the Last 12 Months by Mother's Race/Ethnicity, Los Angeles County

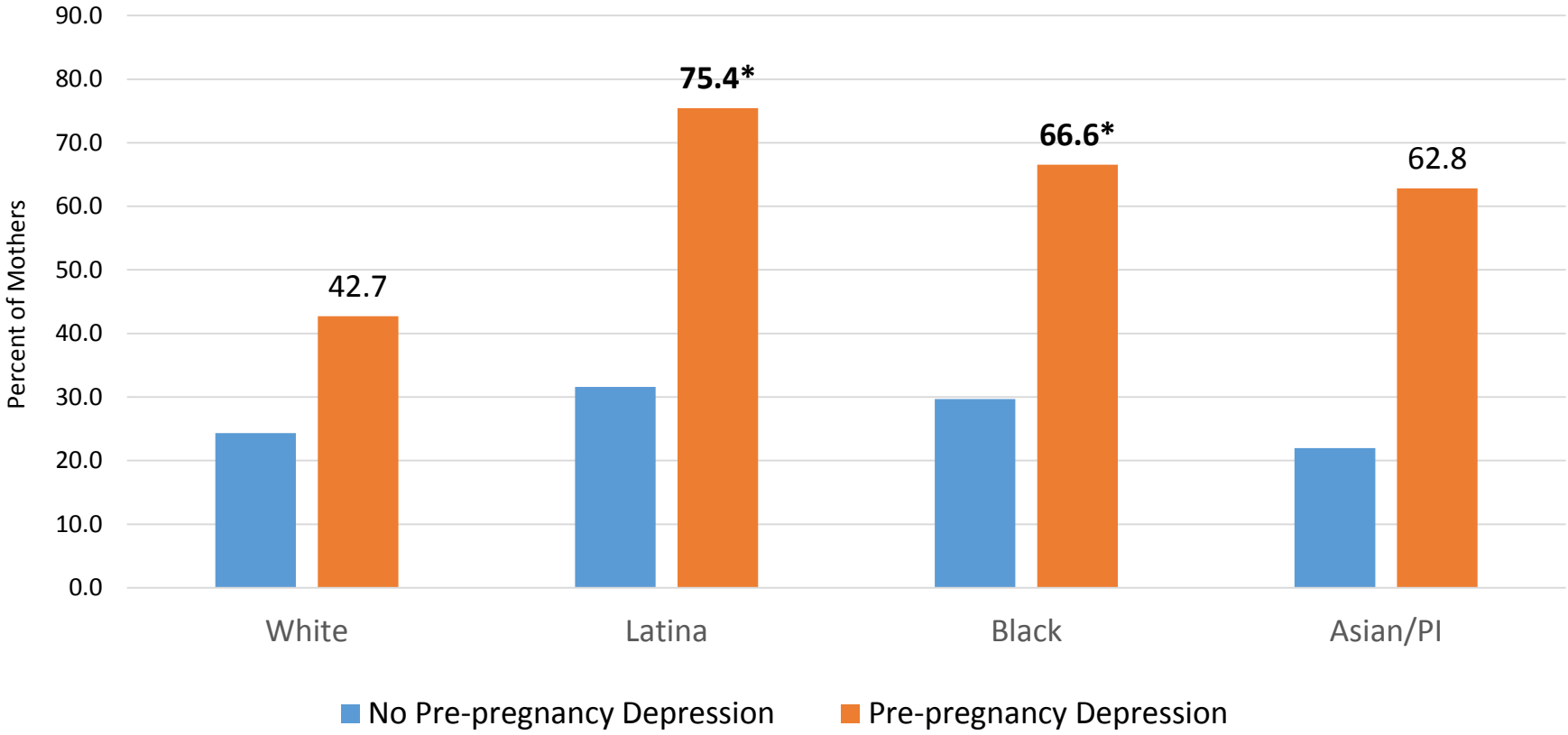


Source: Los Angeles Mommy and Baby (LAMB) Follow Up Project 2016

Depressive Symptoms 12-24 Months Postpartum 2016 LAMB Follow Up



Depressive Symptoms in the Last 12 Months by Mother's Race/Ethnicity & Pre-pregnancy Depression, Los Angeles County



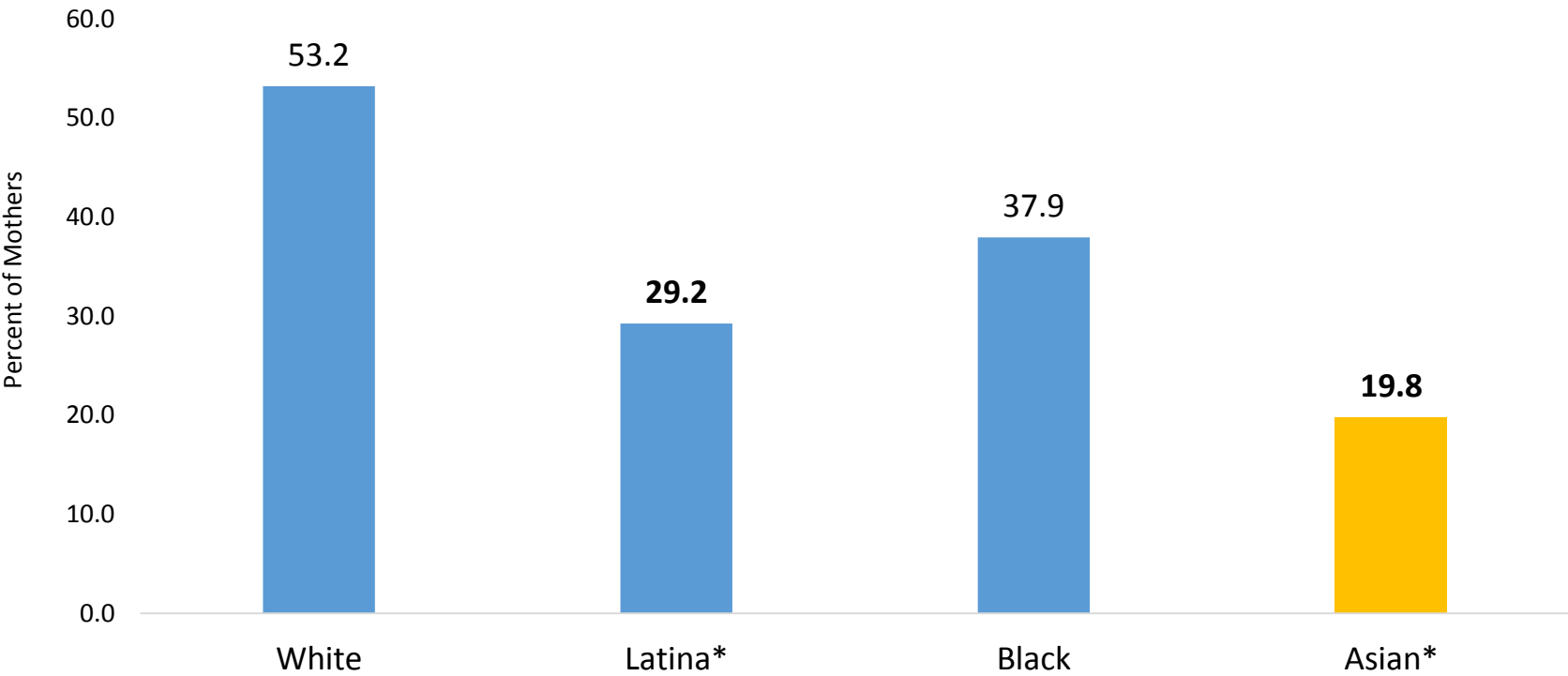
Source: Los Angeles Mommy and Baby (LAMB) Follow Up Project 2016



Depressive Symptoms 12-24 Months Postpartum 2016 LAMB Follow Up



Health Care Professional Discussed Depressive Symptoms[†] by Mother's Race Ethnicity, Los Angeles County



[†]Among mothers with depressive symptoms
*Statistically significant difference p<0.05



Conclusions



- There have been significant reductions in the prevalence of pre-pregnancy depression and depressive symptoms during pregnancy in Los Angeles County since 2010.
- African American mothers are significantly more likely to experience pre-pregnancy depression and depressive symptoms during pregnancy. Rates for African American mothers in 2016 were still higher than the overall county rates in 2010.
- Latina mothers also have significantly higher rates of depressive symptoms during pregnancy and $\frac{3}{4}$ of Latina mothers with pre-pregnancy depression reported depressive symptoms 2 years postpartum.
- Asian mothers have rates of depressive symptoms similar to White mothers but are dramatically less likely to have discussion with a health care professional.



Strengths and Limitations



■ Limitations

- All information is based on self report and asked 3-7 months and 2 years after delivery. Recall bias may present an issue and could vary based on a mothers experiences during and after her pregnancy.
- Assessment of depressive symptoms is based on a modified version of the PHQ-2 rather than the validated tool.

■ Strengths

- Results are generalizable to women delivering an infant in Los Angeles County.
- Sample size is large enough to allow subgroup analyses.
- High quality data
 - High response rates
 - Surveys printed in English, Spanish, and Chinese
 - Data is very complete with most variables having <1% missing



Funding and Acknowledgement

- We would like to thank:
 - All the mothers who participated in the LAMB Survey
 - The dedicated LAMB project team
 - Our funders First 5 LA, L.A. Care, and MCAH general grants.





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