



# The Los Angeles Mommy and Baby Project

**September, 2014**

Shin Margaret Chao, PhD MPH; Chandra Higgins, MPH,  
Diana Liu, MPH, Suzanne Bostwick

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



# What is the LAMB Project?

- ❖ A survey to identify factors associated with poor birth outcomes (low birth weight or preterm births)
- ❖ Estimate the prevalence of certain maternal experiences before, during, and after pregnancy



# Why Do We Need the LAMB Project ?

- ❖ Lack of timely local data
- ❖ The Maternal Infant Health Assessment (MIHA) project only surveys around 600 mothers in LAC
- ❖ LA County is not a CDC Pregnancy Risk Assessment system (PRAM) site
- ❖ Need local data to help local health department and community partners identify at-risk groups and develop programs/policies



# How Do We Implement the LAMB Project?

## Inclusion Criteria

- ❖ LA resident mothers 0-7 months after a live birth

## Procedures

- ❖ Population data obtained from birth certificate data
- ❖ Stratified random sampling scheme
- ❖ Mailed self-administered survey (English, Spanish, and Chinese), phone interview
- ❖ Strategies used to improve response rate: introduction letter, first mailing, postcard reminder, second mailing, incentive, etc.



# Survey Topics

- ❖ Preconception Health
- ❖ Prenatal Care
- ❖ Maternal Medical Conditions During Pregnancy
- ❖ Risk-taking Behaviors
- ❖ Psychosocial Factors (stress, social support, domestic violence, etc.).
- ❖ Neighborhood Conditions
- ❖ Postpartum Care (breastfeeding, well-baby check ups, baby sleeping position)



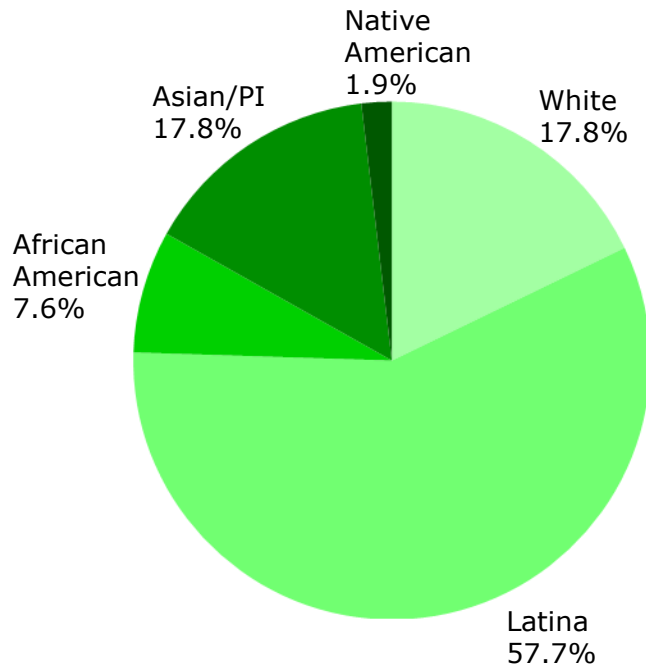
# Let's take a look at the 2012 LAMB data!



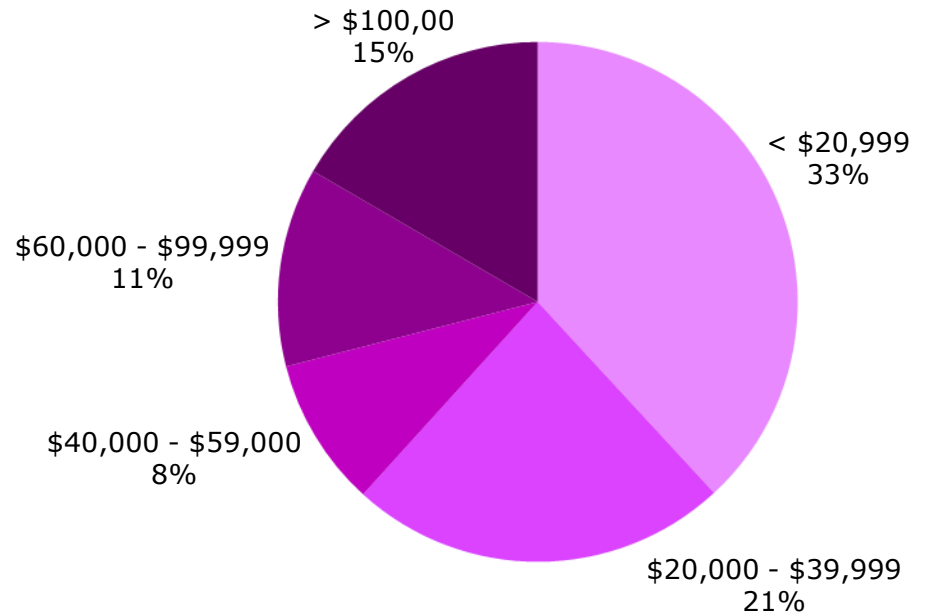
# LAMB Demographics

- Over 6,800 mothers responded to the survey (adjusted response rate 62%)
- Average age of mothers at delivery: 29 yrs

## Distribution of Race/Ethnicity



## Family Income



# Preconception Health Conditions

❖ Uninsured	35.8%
❖ Unintended pregnancy/mistimed by mom*	<b>46.6%</b>
❖ No preconception health counseling**	<b>68.6%</b>
❖ Smoking 6 months before becoming pregnant	<b>8.7%</b>
❖ Maternal Medical Conditions Prior to Pregnancy	
• Overweight or Obese	<b>44.9%</b>
• Anemia	<b>11.8%</b>
• Periodontal disease	<b>9.5%</b>
• High blood pressure	3.6%
• Diabetes	2.8%

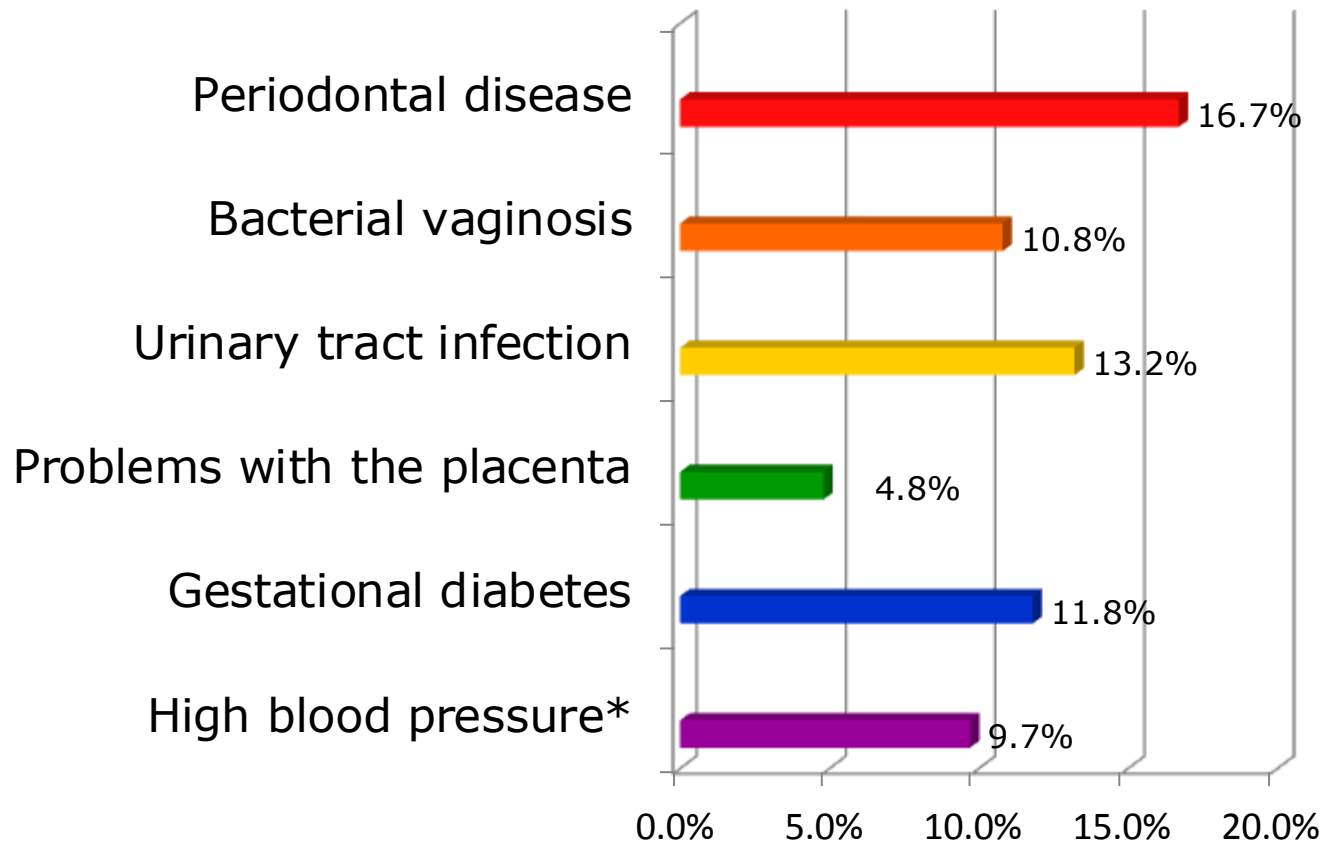


\* Mistimed includes: "wanted to be pregnant later", or "did not want to be pregnant then , or any time in the future"

\*\* 6 months before your got pregnant with your new baby , did you take to a doctor , nurse, or other health care worker about how to prepare for a healthy pregnancy and baby?



# Maternal Medical Conditions during Pregnancy



\*High blood pressure caused by pregnancy, preeclampsia or toxemia



# Psychosocial Conditions during Pregnancy



- ❖ Somewhat unsafe neighborhood 14.2%
  
- ❖ The top five stressful life events experienced:
  - Argued more than usual with their partner 26.3%
  - Moved **25.6%**
  - Had lots of bills could not be paid 18.5%
  - Family member had to go into hospital 16.1%
  - Someone close and important died 11.1%
  
- ❖ Ever experienced discrimination\* **39.1%**

\* have you even experienced discrimination in any of the following situations (school, work, getting job, ...in stores) because you are a woman, your race/color, income, immigration status,.....

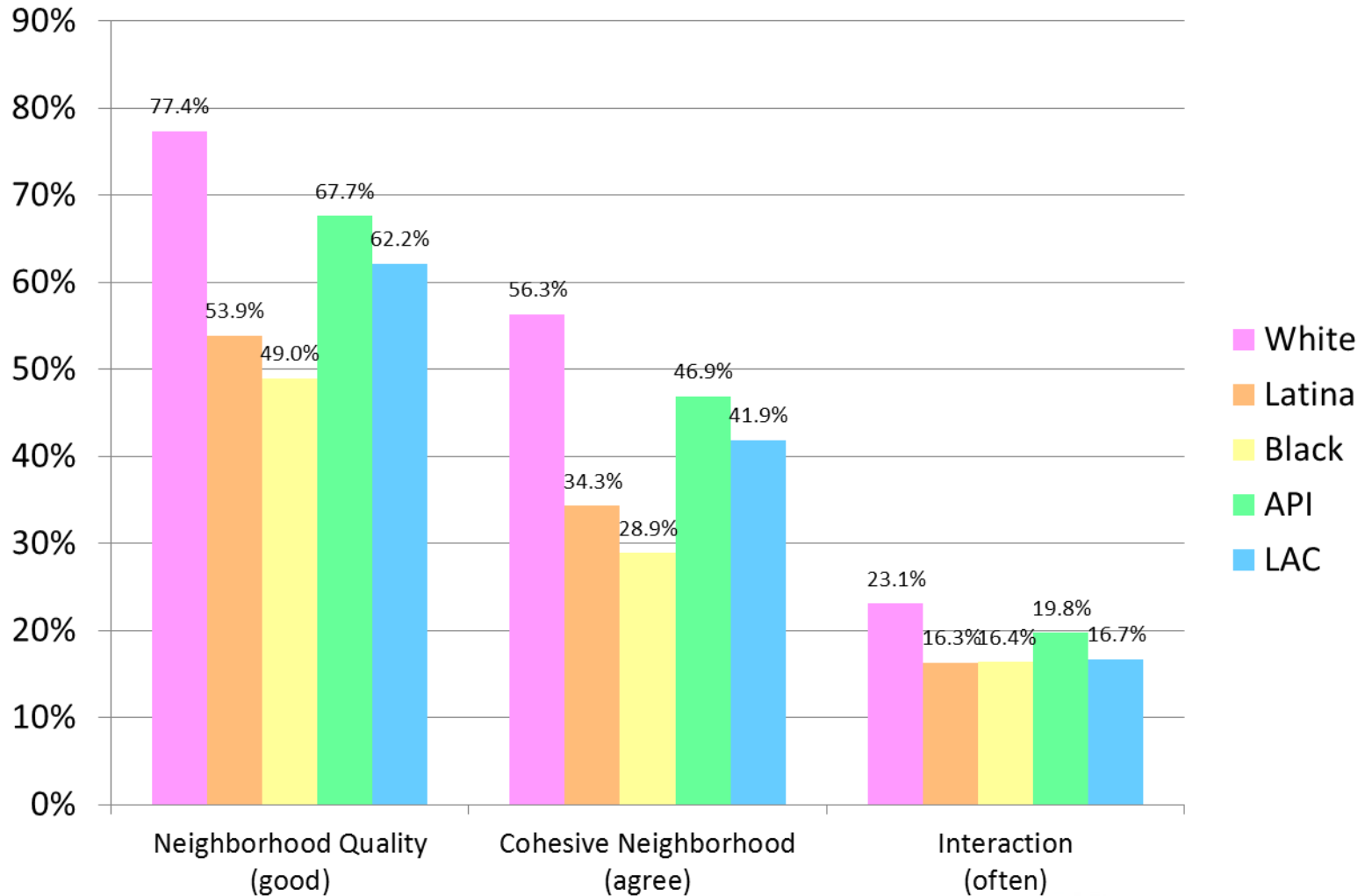


# Prenatal Care

- ❖ More than 90% of moms entered PNC before 1<sup>st</sup> trimester
- ❖ Quality of PNC:
  - Dissatisfied with amount of waiting time at PNC: **18.0%**
  - Dissatisfied with amount of time spent with provider: 9.8%
  - Dissatisfied with advice given at PNC: 6.5%

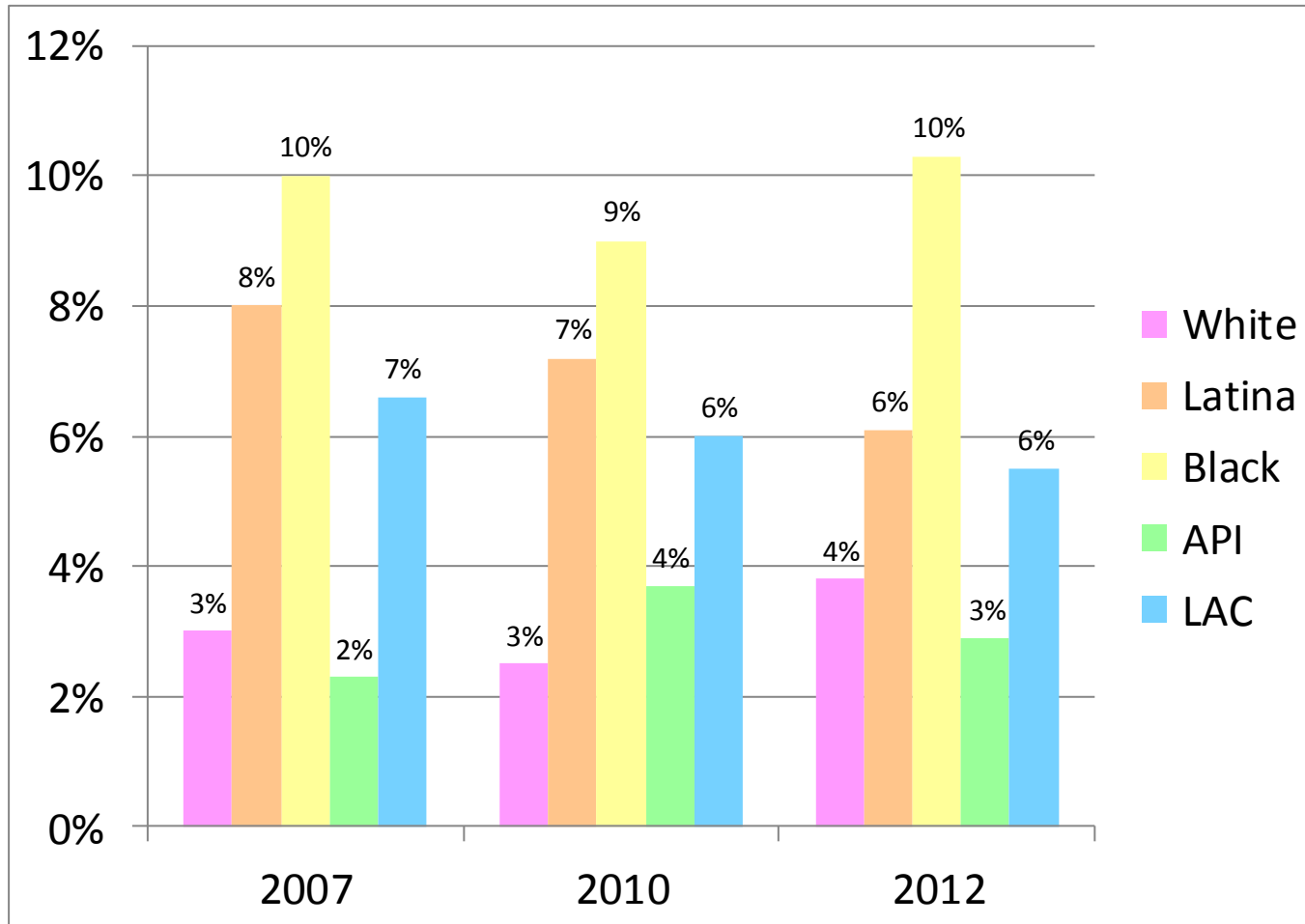


# Neighborhood Conditions

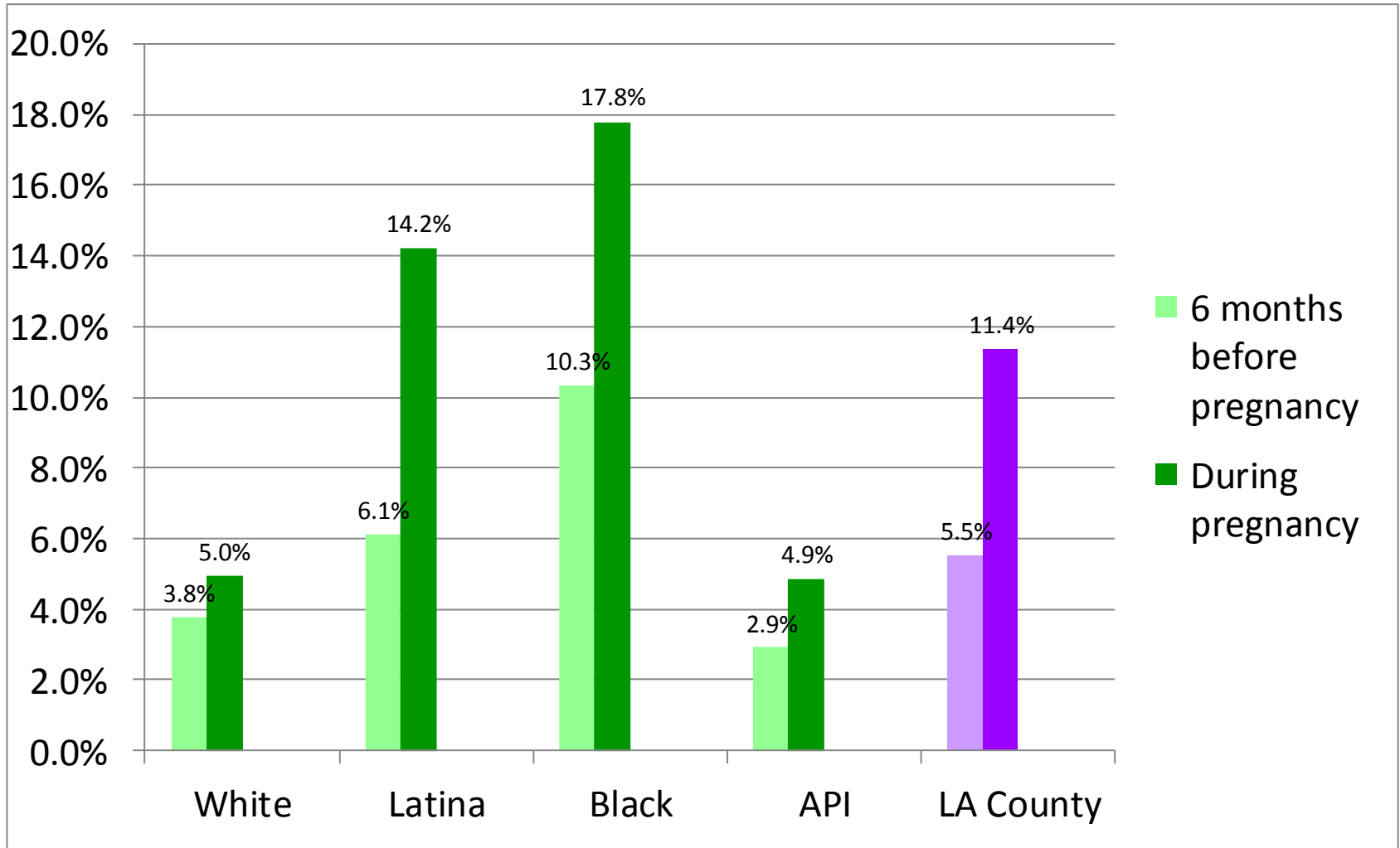


# Percentage of Women who did Not have Enough Money for Food Before Pregnancy

## 2007 vs. 2010 vs. 2012



# Percentage of Women who did Not have Enough Money for Food



# Postpartum and Infant Health

- ❖ Self-reported postpartum depression(Any): 47.3%
- ❖ Breastfeeding (Initiation): 91.2%
- ❖ Baby sleeps on stomach: 4.6%
- ❖ Baby sleeps on side: 20.0%
- ❖ Baby slept with another person: 75.3%

*More support and information needs to be out there regarding depression. Mothers-to-be, fathers, and family members need to be educated prior to the delivery of the baby on what symptoms to look for.*



*"I had a wonderful experience during my hospital stay when I gave birth. I am glad to have taken classes on breastfeeding. I was encouraged to keep trying even though my son was having difficulty latching. It is difficult to do, but extremely worth it. The support I received from my partner and hospital was amazing."*



# Where Do We Intervene?



# From Data to Action!

- ❖ **Los Angeles County Preconception Health Collaborative** was developed to promote preconception health.



# From Data to Action - continued

- ❖ **Los Angeles Perinatal Mental Health Task Force** to improve the mental health of women during the perinatal period.

(Board of Supervisors proclaimed the month of May, each year, as the Perinatal Depression Awareness Month in CA)

- ❖ **Los Angeles County Partnership to Eliminate Disparities in Infant Mortality Action Learning Collaborative** to address racial disparities in infant mortality in LAC.



# County LAMB 2014

- ❖ Collecting the 2014 LAMB survey data.
- ❖ 2014 LAMB report will be available summer 2016.



# MCAH Data Collection Efforts



- Los Angeles Mommy and Baby Survey (LAMB) (2005, 2007, 2010, 2012 LAMB datasets are available)

- Los Angeles Health Overview of a Pregnancy Event (LA HOPE) (2006-2012 data sets are available)



- Los Angeles Mommy and Baby Follow Up Project Piloting began April, 2014



# We Need Your Help

- ❖ Promoting LAMB:
  - Health fairs or meetings
  - Staff trainings
  - Clients
  - Creative ways to promote LAMB
  
- ❖ Using LAMB data:
  - Request LAMB data that may be useful for your agency
  - Suggestions for survey improvement



# How To Contact Us

- ❖ Toll-free number: 1-866-706-LAMB
- ❖ Website:  
<http://lapublichealth.org/mch/LAMB/LAMB.html>
- ❖ Margaret Chao [schao@ph.lacounty.gov](mailto:schao@ph.lacounty.gov)  
1-213-639-6470
- ❖ Chandra Higgins [chiggins@ph.lacounty.gov](mailto:chiggins@ph.lacounty.gov)





## *Special Thanks to:*

- ❖ First 5 LA
- ❖ LAMB PI: Shin Margaret Chao, MPH PhD
- ❖ LAMB team: Diana Liu, Chandra Higgins, Marian Marshall, Carmen Gutierrez, Alex Chen, Rozana Ceballos, Suvas Patel, Yvornia Horton, Judith Zarate, Josh Nazinyan, Glenda Moore
- ❖ Our community partners

And, of course, all the Mothers who completed the survey!!!

This project is made possible by the First 5 LA grant and MCAH General Funds

