



Los Angeles

Health Overview of a Pregnancy Event Project

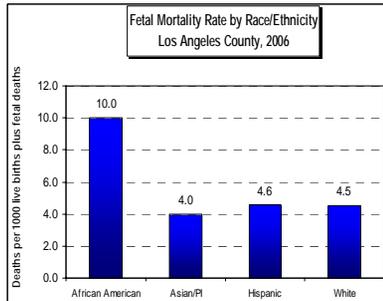
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CHALLENGES

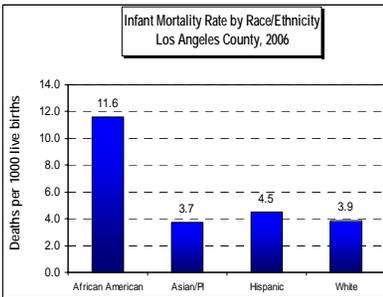
Los Angeles County (LAC) in 2006:

- 738 Infant deaths and 759 fetal deaths
- High fetal infant mortality rates among African American women and in Service Planning Areas (SPA) 1 & 6



Traditional FIMR Challenges

- Requires a tremendous amount of time to extract medical information at clinics or hospitals
- Information related to maternal risk taking behaviors during pregnancy and health system-related issues are often not well documented



OBJECTIVES

- Applying an epidemiological approach to identify risk factors related to fetal and infant loss
- Establishing a surveillance system in LAC to monitor maternal/infant health indicators related to fetal/infant loss.

METHOD

Step 1: Contacted LA County moms 7 to 9 months following an infant or fetal loss; random sample stratified by SPA; oversampled African American mothers

Step 2: Mailed surveys with telephone follow-up administered in English and Spanish with translation available

Step 3: Provided grief and bereavement resources and \$20 gift certificate with mailed survey regardless of whether moms chose to respond

Step 4: Combined results with information from birth/death records

RESULTS

L.A. HOPE Demographics

- Of 667 moms contacted, 272 responded to the survey.
- Average age of mother at delivery 32 ± 9 Yrs
- Race/ethnicity distribution: African American 9%, Latina 65%, White 21%, Others 5%

Table 1. Preconception Health Conditions

- Uninsured 38%
- Unintended pregnancy 38%
- Did not take multi vitamin 77%
- Smoking 6 months before becoming pregnant 11%
- **Prior Obstetrical History**
 - Prior miscarriage 28%
 - Preterm birth 18%
 - Low birth weight birth 17%
 - Still birth 13%
 - Infant death 6%
- **Maternal Medical Conditions Prior to Pregnancy**
 - Overweight 42%
 - Anemia 8%
 - Periodontal disease 7%
 - High blood pressure 4%
 - Diabetes 4%

Table 2. Psychosocial and Risky Behavior Issues During Pregnancy

- Depressed 37%
- Lost interest in hobbies that they normally enjoyed 36%
- Somewhat unsafe or not safe neighborhood 25%
- Smoking 5%
- Exposed to second hand smoke 11%
- Drank alcohol 11%
- Used drugs 2%
- The top five stressful life events experienced:
 - Argued more than usual with their partner 28%
 - Moved 21%
 - Had financial problems 18%
 - Someone close died 11%
 - Divorced or separated 7%

Maternal Medical Conditions During Pregnancy

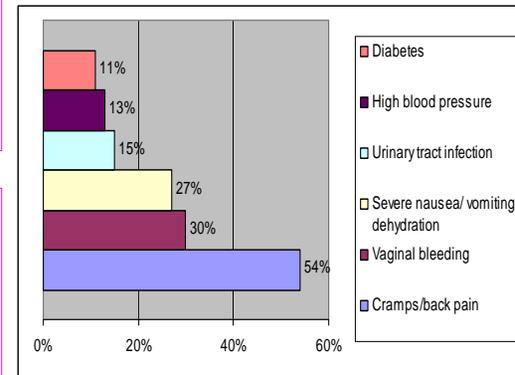


Table 3. Prenatal Care

- Lack of adequate prenatal care 35%
- Late onset of prenatal care 7%

Table 4. Grief and Bereavement

- Offered bereavement material 76%
- Given information on burial arrangement 81%
- Offered information on support group 73%
- Received individual consulting 16%
- Felt religion provided the best support 42%



"Spoke to doctor about cramps back pain during 4th to 7th month of pregnancy, but doctor gave no treatment and said it was normal."

"My main reason for going to that clinic was for my blood pressure, and I didn't get treated for it."

- LA HOPE moms



"I was very impressed with all the help that the hospital gave."

"I felt neglected at the hospital when I had my baby."

"I need advice for my next pregnancy."

-LA HOPE Moms

FROM DATA TO ACTION

Findings will be shared with community stakeholders, including faith-based org. Several recommendations for action steps include:

- Focus on preconception health, so women can prepare for healthy births before becoming pregnant.
- Create a system to identify high-risk women, both to themselves and their doctors, so that additional prenatal care services can be provided.
- Focus on assessing the mental health of pregnant women and providing support to those in need of services.
- Expand grief and bereavement resources; increase awareness of these resources through community referral systems.

"I felt sad, empty and depressed during my pregnancy, because I was sick and could not function."

"I went through a lot of things during my pregnancy that I don't understand and I don't know why my baby died."

- LA HOPE Moms