

PERINATAL MENTAL HEALTH IN LOS ANGELES COUNTY – FROM DATA TO POLICY ACTION

Cynthia Harding, MPH

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

Caron Post, Ph.D.

**Los Angeles County
Perinatal Mental Health Task Force**



Outline

- I. Perinatal Mental Health Data Landscape
- II. From Data to Policy Action
- III. Future



Los Angeles County Births

- ▣ Los Angeles Live Births =147,684*
 - 54% of births were paid for by Medi-Cal
 - 2/3 are to Latina women
 - More than 50% have 12 years or less of education
 - 40% are unintended pregnancies



*Source: 2008 County of Los Angeles, Family Health Outcomes Project



I. Data Sources for Measuring Maternal Depression in Los Angeles County

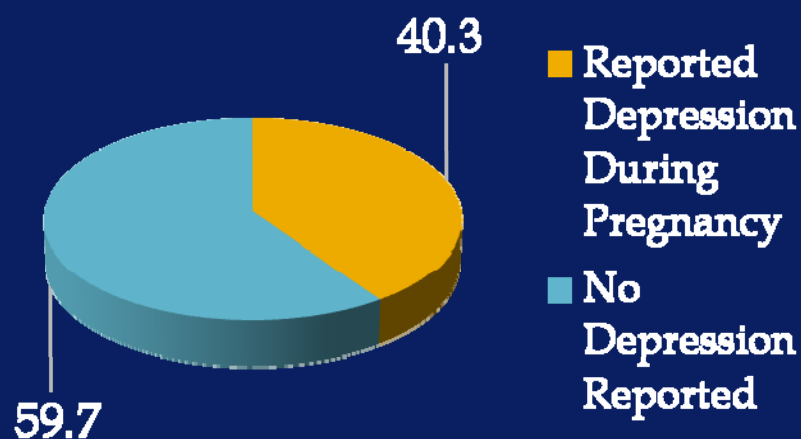
Local Data Sources

- LA Health Survey
 - Women Infants and Children (WIC)
 - Los Angeles Mommy and Baby (LAMB)
 - Los Angeles Health Overview of a Pregnancy Event (LAHOPE) projects
-
- All include screening questions about depressive symptoms of mothers.
 - All assess depressive symptoms, clinical significance cannot be drawn from survey methodology.

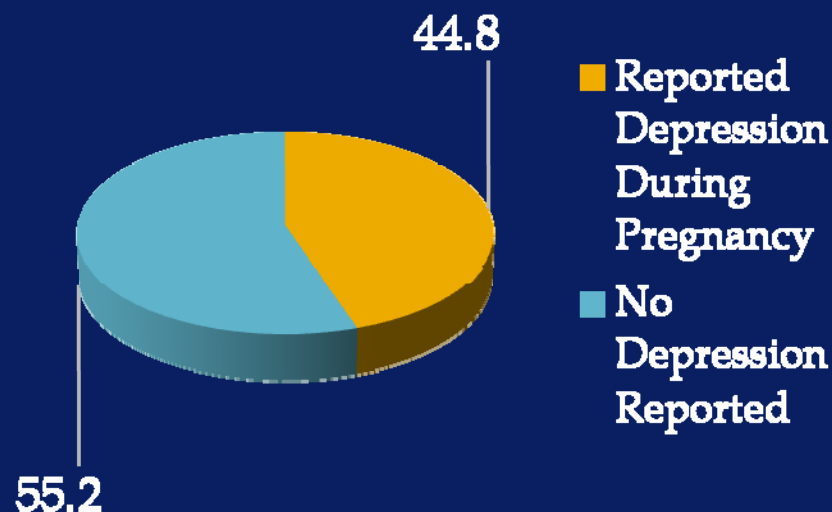


Depression During Pregnancy is a Common Condition

Reported Depression During Pregnancy, LAMB

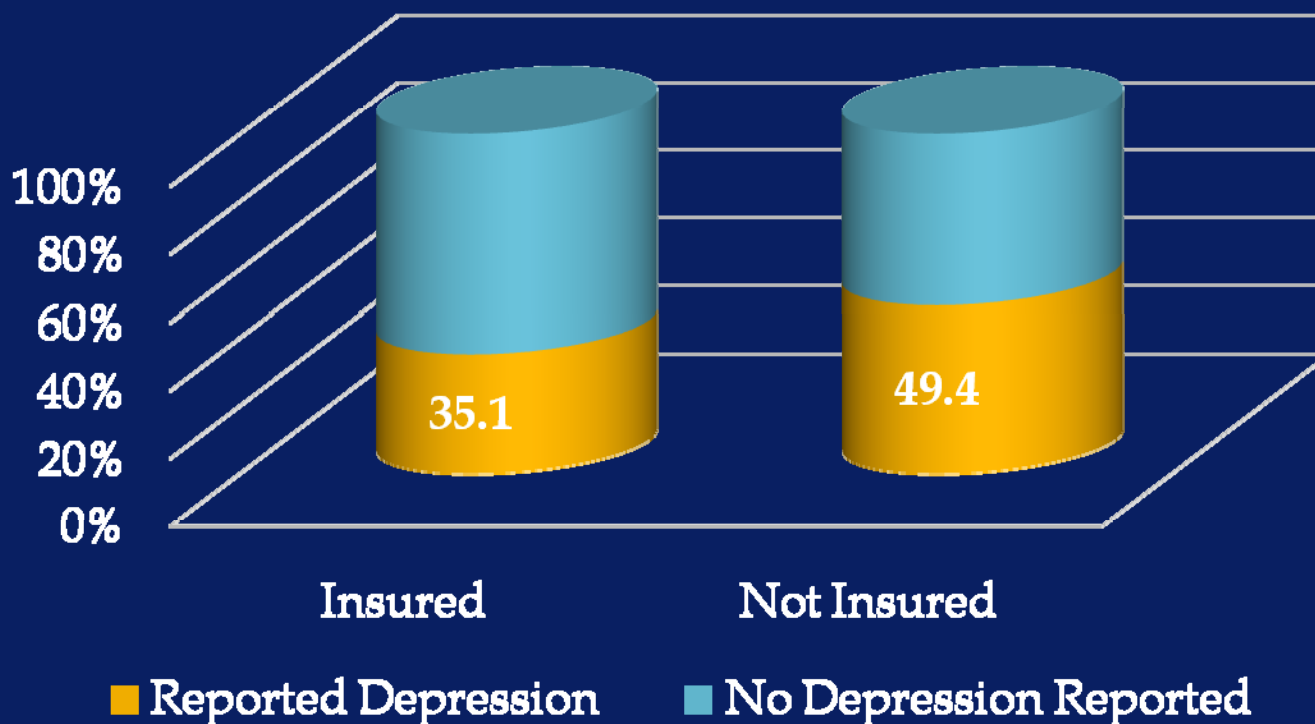


Reported Depression During Pregnancy, HOPE



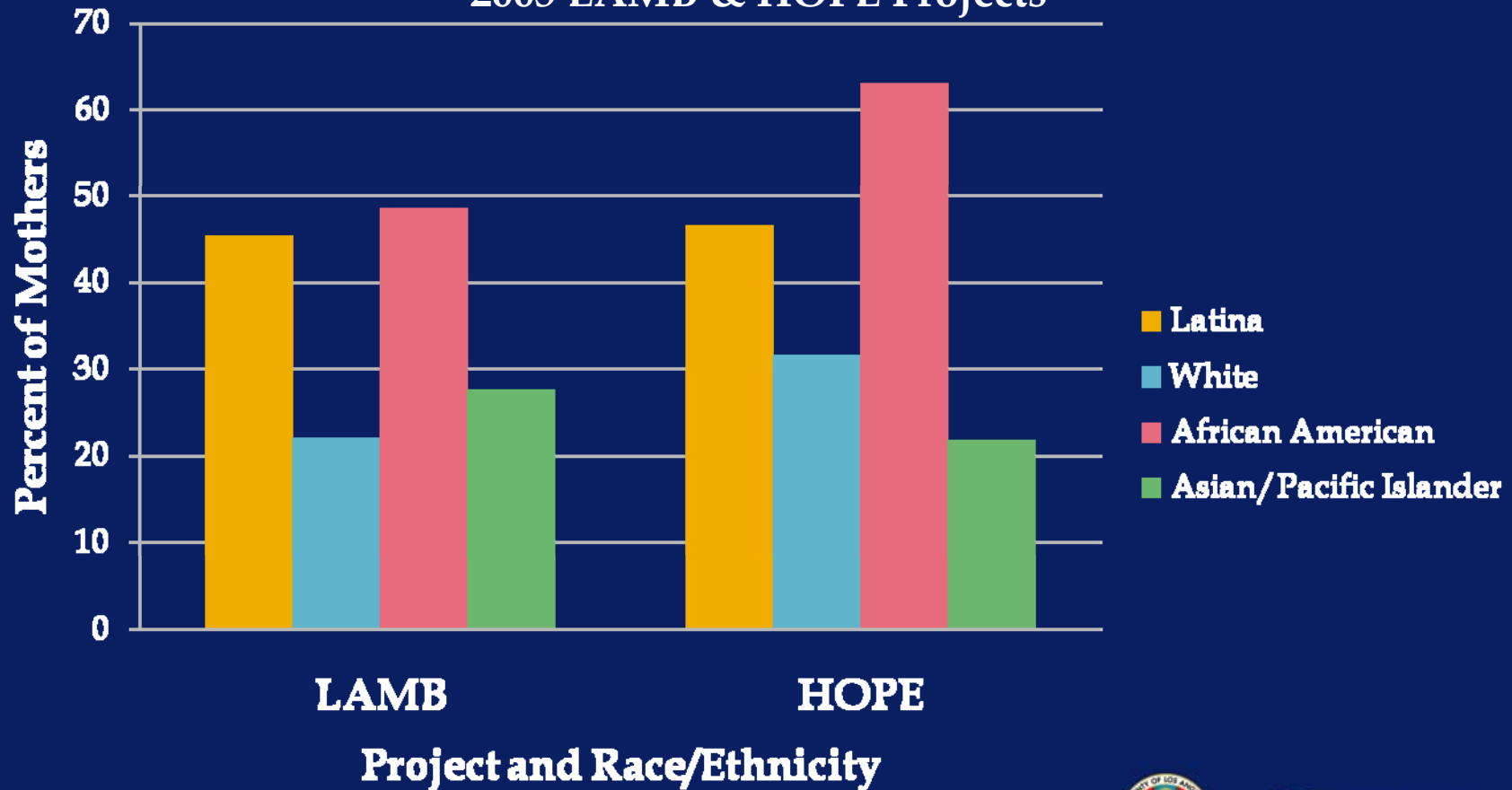
Maternal Depression High Risk Groups - Uninsured Women

Reported Depression by Pre-Pregnancy Insurance Status, 2005 LAMB



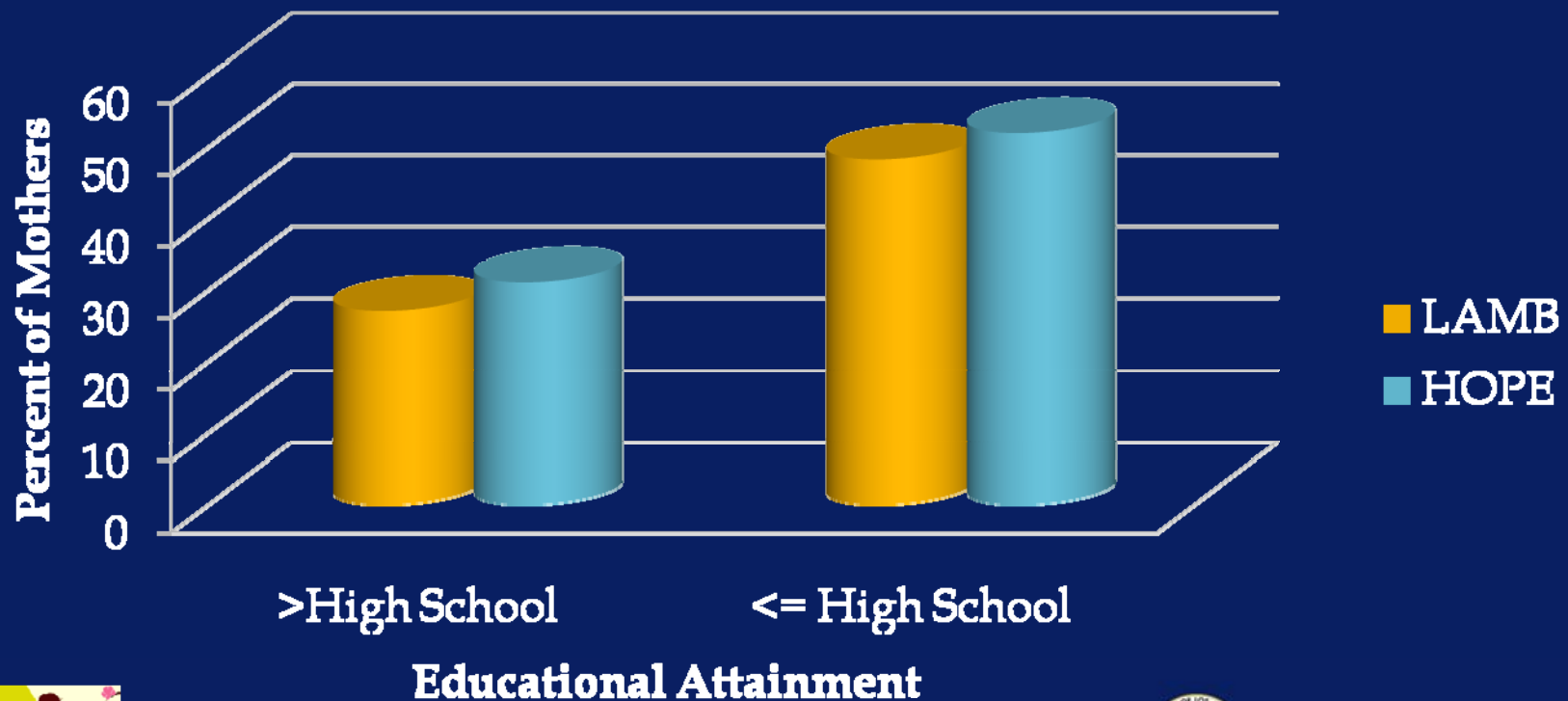
Maternal Depression High Risk Groups – Latina and African American Women

Self Reported Depression During Pregnancy by Race/Ethnicity, 2005 LAMB & HOPE Projects



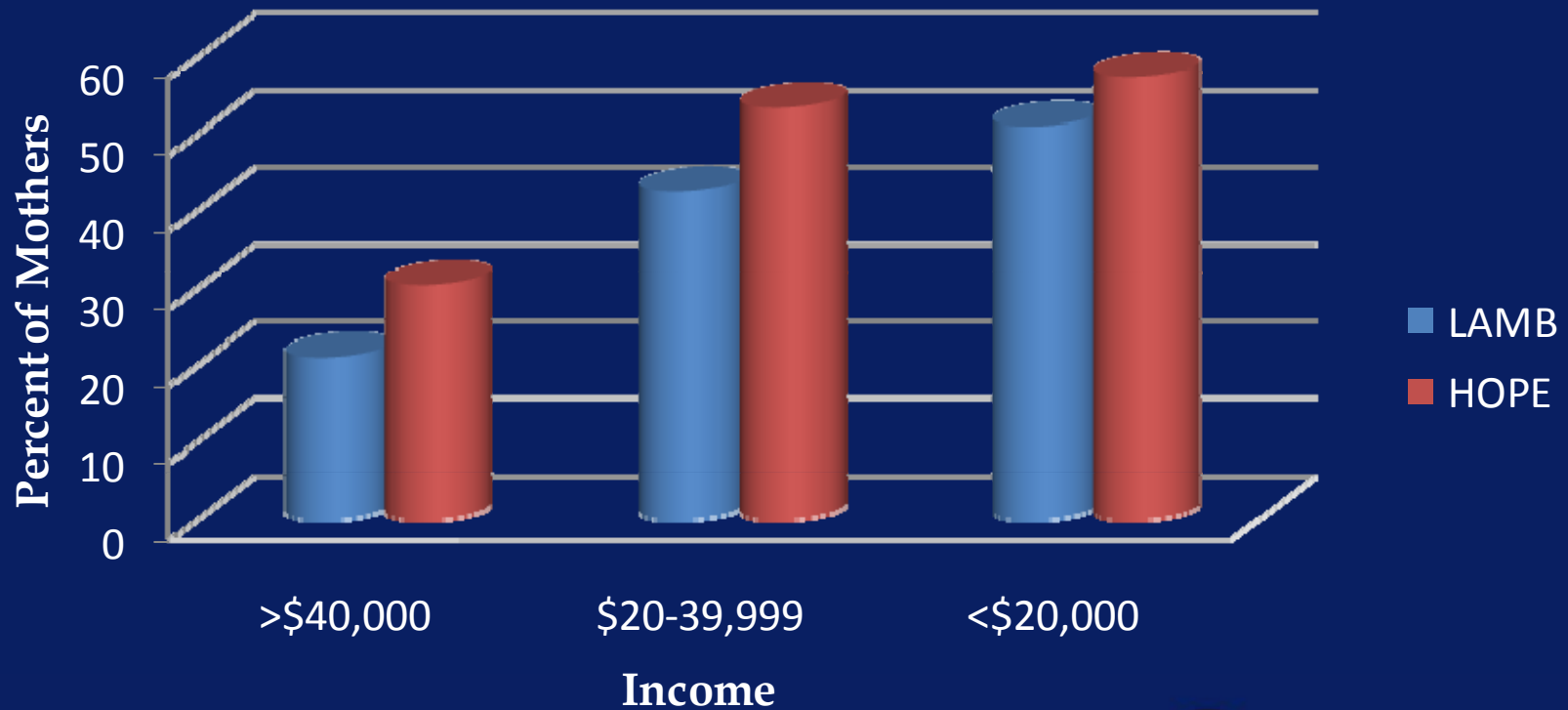
Maternal Depression High Risk Groups - Less Educated Women

Reported Depression During Pregnancy by Education, 2005 LAMB & HOPE



Maternal Depression High Risk Groups - Women Earning Less Income

Reported Depression During Pregnancy by Income, 2005
LAMB and HOPE Projects



From Data to Policy Action

The Los Angeles County Perinatal Mental Health Task Force



Increasing Awareness of Unmet Needs

Fact Sheet – Data highlights unmet needs

Development of Materials: Speak Up When You're Down Campaign

Partnership with Junior leagues –Done in a Day- Every birthing hospital in LA

Highlight disparities and need across all socioeconomic groups



Additional Funding

Data justified funding for grants

- First 5 LA Community Opportunities Fund for continued Policy Work
- Jenny's Light Foundation- Community Provider Mental Health Tool Kit
- Private foundation funds - for core operations, trainings and Public Awareness Campaign



CALIFORNIA PERINATAL DEPRESSION

“Sadly, in (my wife) Kelly’s case, her postpartum depression devolved into a vicious postpartum psychosis that took her life just before our daughter reached 3 months of age. Unfortunately, we were not aware of the risk factors for postpartum depression or that Kelly had many of these risk factors.

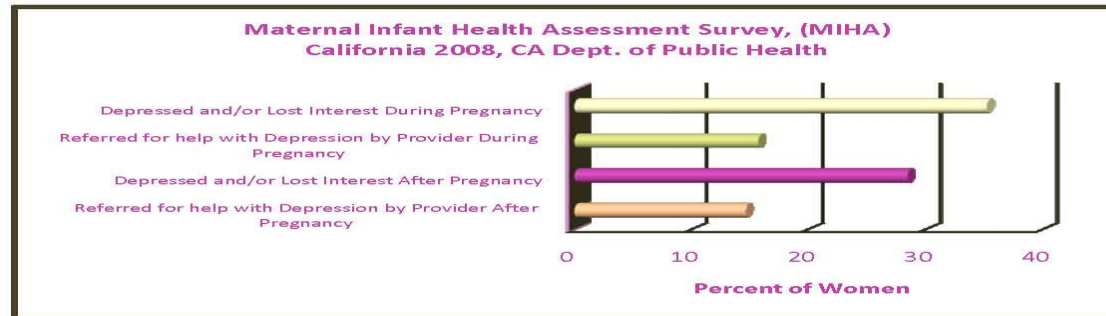
-Raul Martinez

“Maternal depression is a widespread public health issue that impacts the well-being and livelihood of mothers, their infants, and their families.”

-Los Angeles Best Babies Network

*For more information and references please visit our website

- **Untreated depression is the number one complication of pregnancy.**
- Untreated depression during pregnancy is the leading risk factor of postpartum depression.
- Other important risk factors include; income, age, education and a history of depression.
- Untreated depression during pregnancy has been associated with: inadequate prenatal care, poor birth outcomes, substance abuse, pre-eclampsia, reduced fetal growth and increased risk for preterm labor.
- Perinatal depression has far reaching harmful effects on the cognitive, social and emotional development of infants and children.



- 19% of women felt sad and lost interest during pregnancy.
- 16% of women felt sad and lost interest since giving birth.
- 42% of new mothers in California were not asked about feeling depressed during their pregnancy and 47% of mothers were not asked after the birth of their child.
- 19% of women rated their mental health as fair or poor during their pregnancy.
- 6.3% of new mothers in California reported that daily activities were often difficult to do because of their emotional problems.
- While 35% of women felt depressed and/or lost interest only 16% reported being referred to a counselor.

The Los Angeles County Perinatal Mental Health Task Force seeks to raise awareness and remove stigma(s) associated with perinatal depression, provide training for health professionals and all service and community providers who work with pregnant and postpartum women and their children to establish responsive and effective policies to address and integrate maternal mental health and healthy infant development into overall care provided to pregnant and postpartum women.

The State Public Affairs Committee of the Junior Leagues of CA is a non-partisan, volunteer organization representing 11,000 members throughout the state. Collectively, the Junior Leagues of CA contribute over one million dollars and thousands of volunteer hours to their local communities each year.



Los Angeles County Perinatal Mental Health Task Force

www.lacountyperinatalmentalhealth.org*



Policy Change: Legislation

Proclamations : LA City, LA County and California

Resolution ACR 105- 2010

Perinatal Depression Awareness Month
State and County Wide

Resolution ACR 53 - 2011

The Kelly Abraham Martinez Risk Factors and
Prevention Act-

Risk Factors and Prevention Resolution



Using Proclamations to Raise Awareness

May 2011 –

- Board of Supervisors Proclamation
- Trainings throughout the County
- Working with the LA County Women's Commission



Systems Change

Maternal Depression Systems

Improvement Project-working to align systems, population based data (WIC) in partnership with UCLA

Pilot project to deliver perinatal mental health services in family medicine practice setting-innovative strategy for delivering services and reimbursement



III. Future Directions

- ▣ Increase awareness of the unmet mental health needs of pregnant and postpartum women
- ▣ Gain support and funding from local organizations and foundations
- ▣ Support legislation that aims to address perinatal mood disorders
- ▣ Work to reduce the fragmentation of services, cultural stigma and fear associated with maternal depression



Contact us

- ▣ Cynthia Harding
 - charding@ph.lacounty.gov
 - (213) 639-6400

- ▣ Caron Post
 - cpost17@gmail.com
 - <http://laperinatalmentalhealth.com/>

