Key Findings from the *Health Indicators for Women in Los Angeles County* report

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Los Angeles County Department of Public Health

Using Data to Make a Difference in Women’s Health
Tuesday, July 9, 2013
Health Indicators for Women Report

• 3rd Edition of this report:
  – 100+ standard health indicators
    • Demographics, Determinants of Health, Health Status, Access, Health Behaviors and Outcomes
  – By race/ethnicity and federal poverty level

• Data Sources – 2009 to 2011
  – LA County Department of Public Health
    • Population based surveys – LACHS, LAMB
    • Public Health Disease Reporting Systems and Registries
    • CA State Birth, Death, ER and Hospital Discharge Data, Pop Projections
  – California Health Interview Survey, UCLA
  – LA County Cancer Surveillance Program, USC
Diversity of Women in LA County

- 3.5 m adult women in LAC
- 68% are women of color
  - 43% Latina, 32% White, 15% API, 10% Black, <1% AI/NA
- About 46% of women are foreign-born
  - 73% of API women, 67% of Latinas
- 39% mostly speak a language other than English at home

Women by Race/Ethnicity

- AI/NA: 0.4%
- API: 14.8%
- Black: 9.9%
- Latina: 43.1%
- White: 31.7%
Population Projections for Adult Women in Los Angeles County by Race/Ethnicity, 2010-2060

- **Asian/Pacific Islander**
  - 2010: 9.0%
  - 2020: 8.1%
  - 2030: 7.4%
  - 2040: 7.0%
  - 2050: 6.5%
  - 2060: 6.1%

- **Black**
  - 2010: 42.6%
  - 2020: 47.5%
  - 2030: 50.5%
  - 2040: 52.7%
  - 2050: 54.8%
  - 2060: 56.5%

- **Latina**
  - 2010: 30.6%
  - 2020: 25.9%
  - 2030: 22.9%
  - 2040: 20.7%
  - 2050: 18.9%
  - 2060: 17.7%

- **White**
  - 2010: 15.9%
  - 2020: 16.4%
  - 2030: 16.7%
  - 2040: 16.8%
  - 2050: 16.6%
  - 2060: 16.3%
Diversity of Women in LA County

About 84% of LA County women are 18-64 years – Predominantly women of color

16% are 65+ years – Compared to 12.5% of men – 52% of women 65+ years are white women

Women by Age Group

- About 84% of LA County women are 18-64 years
  - Predominantly women of color
- 16% are 65+ years
  - Compared to 12.5% of men
  - 52% of women 65+ years are white women
Women in Los Angeles County by Age and Race/Ethnicity, 2011

18-39 Year Olds
- American Indian/Alaskan Native: 22.4%
- Asian/Pacific Islander: 12.7%
- Black: 9.4%
- Latina: 55.3%

40-64 Year Olds
- American Indian/Alaskan Native: 0.5%
- Asian/Pacific Islander: 33.4%
- Black: 10.5%
- Latina: 39.1%
- White: 16.5%

65 Years and Older
- American Indian/Alaskan Native: 0.8%
- Asian/Pacific Islander: 15.6%
- Black: 9.9%
- Latina: 52.2%
- White: 21.5%

* Estimate is statistically unstable
** Cell sizes less than 5 - data not reported due to confidentiality

2011 Los Angeles County Health Survey
Population Projections for Adult Women in Los Angeles County by Age, 2010-2060

Percent of Women

Year

18-39 Years
40-64 Years
65+ Years

2010: 42.2
2020: 38.8
2030: 34.1
2040: 31.6
2050: 32.3
2060: 31.6

2010: 41.7
2020: 40.9
2030: 39.9
2040: 38.7
2050: 36.0
2060: 35.0

2010: 18.2
2020: 20.2
2030: 25.9
2040: 29.7
2050: 31.6
2060: 30.7

State of California, Department of Finance
Poverty and Women

- Over half of women have household incomes <200% FPL
- 27% of women living in poverty (<100% FPL)
  - Compared to 20% men
- Disparities by R/E
  - 75% Latinas with incomes <200% FPL

2011 Los Angeles County Health Survey
Federal Poverty Level (FPL) Among Women in Los Angeles County By Race/Ethnicity, 2011

2011 Los Angeles County Health Survey
Education Level Among Women

- **Less than High School Education**
  - 1 in 4 women in LA County
  - Compared to 21% of men
  - 54% of women <100% FPL
  - 49% of Latinas, 13% of API, 11% black, 5% white

- **College/Postgraduate degree**
  - 26% women, 28% men

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**Women by Education Level**

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than HS</td>
<td>25.4%</td>
</tr>
<tr>
<td>HS completed</td>
<td>20.5%</td>
</tr>
<tr>
<td>Some college</td>
<td>28.5%</td>
</tr>
<tr>
<td>College degree</td>
<td>15.8%</td>
</tr>
<tr>
<td>PG degree</td>
<td>9.8%</td>
</tr>
</tbody>
</table>

2011 Los Angeles County Health Survey
Other Determinants of Health

• Unemployed looking for work
  – 13% of women, 14% of men
  – 22% of women <100% FPL

• Difficulty paying rent/mortgage in past 2 years
  – 18% of women, 17% of men
  – 27% of women <100% FPL, 23% of women 100-199% FPL

• Food insecurity and receiving food stamps (<300% FPL)
  – 32% of women food insecure and 21% receiving food stamps
  – Among women <100% FPL – 42% food insecure and 38% receiving food stamps
Determinants of Health Among Women in Los Angeles County by Race/Ethnicity, 2011

<table>
<thead>
<tr>
<th>Condition</th>
<th>Asian/Pacific Islander</th>
<th>Black</th>
<th>Latina</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than high school education</td>
<td>13</td>
<td>11</td>
<td>49</td>
<td>5</td>
</tr>
<tr>
<td>Unemployed (and looking for work)</td>
<td>8</td>
<td>17</td>
<td>17</td>
<td>8</td>
</tr>
<tr>
<td>Late or unable to pay rent/mortgage in past 2 years</td>
<td>15</td>
<td>25</td>
<td>22</td>
<td>11</td>
</tr>
<tr>
<td>Food insecure</td>
<td>24</td>
<td>42</td>
<td>34</td>
<td>23</td>
</tr>
</tbody>
</table>

Source: 2011 Los Angeles County Health Survey
Social Environment & Health

• Ever experienced Intimate Partner Violence - More women than men - 17% vs. 9%
  – 24% black women, 20% white women, 16% Latinas, 6% API

• Social and emotional support when needed – 65% of women, 63% of men
  – 55% of Latinas, 56% of API women, 68% of black women, 80% of white women
  – 53% of women <100% FPL, 52% of women 100-199% FPL compared to 83% of women ≥300% FPL
Life Expectancy

• Life expectancy longer for women than men
  – 84.3 years for women
  – 79.1 years for men
• 9 years difference in life expectancy between API women and black women

Life Expectancy among Women by Race/Ethnicity

- API: 87.9 years
- Black: 79.1 years
- Latina: 85.3 years
- White: 83.8 years

2009 CA DPH Death Statistical Master File and 2009 Population Estimates, OHAE, DPH
Self-Reported Health Status

- Fair/Poor Health Status
  - 23% of women; 18% of men
  - 31% Latinas, 25% black
  - 39% of women <100% FPL, 28% of women 100-199% FPL

- Health-Related Quality of Life
  - Women <100% FPL and black women report more poor mental health days, physical health days and days of activity limitation
Percent of Women who Report Fair or Poor Health Status and Difficulty Accessing Care in Los Angeles County, 2011

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Fair/Poor Health</th>
<th>Difficulty Accessing Medical Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian/Pacific Islander</td>
<td>20/25</td>
<td>32/26</td>
</tr>
<tr>
<td>Black</td>
<td>25/26</td>
<td>31/26</td>
</tr>
<tr>
<td>Latina</td>
<td>31/44</td>
<td>44/13</td>
</tr>
<tr>
<td>White</td>
<td>13/14</td>
<td>39/39</td>
</tr>
<tr>
<td>&lt;100% FPL</td>
<td>39</td>
<td>51</td>
</tr>
<tr>
<td>100-199% FPL</td>
<td>28</td>
<td>39</td>
</tr>
<tr>
<td>200-299% FPL</td>
<td>21</td>
<td>26</td>
</tr>
<tr>
<td>≥300% FPL</td>
<td>9</td>
<td>12</td>
</tr>
</tbody>
</table>
Health Care Access

- **Access to Care**
  - 26% are uninsured, 41% Latinas
  - 17% report no RSC
  - 31% difficulty accessing care
  - 52% no dental insurance

- **Pregnancy and Birth**
  - 83% prenatal care in 1st tri
  - 91% postpartum checkup
  - Only 31% preconception counseling

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1. 2011 Los Angeles County Health Survey
2. 2010 Los Angeles Mommy and Baby Survey and 2010 Perinatal Health Indicators, MCAH, DPH
Access to Care Among Women in Los Angeles County by Federal Poverty Level (FPL), 2011

Percent of Women

- < 100% FPL
- 100-199% FPL
- 200-299% FPL
- ≥ 300% FPL

<table>
<thead>
<tr>
<th>Condition</th>
<th>&lt; 100% FPL</th>
<th>100-199% FPL</th>
<th>200-299% FPL</th>
<th>≥ 300% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uninsured (18-64 years)</td>
<td>44</td>
<td>35</td>
<td>21</td>
<td>8</td>
</tr>
<tr>
<td>Unable to afford dental care in past year</td>
<td>52</td>
<td>43</td>
<td>36</td>
<td>15</td>
</tr>
<tr>
<td>Unable to afford to see a doctor when needed</td>
<td>26</td>
<td>25</td>
<td>25</td>
<td>13</td>
</tr>
<tr>
<td>Unable to afford prescription medication</td>
<td>26</td>
<td>25</td>
<td>23</td>
<td>14</td>
</tr>
</tbody>
</table>

2011 Los Angeles County Health Survey
Clinical Preventive Services

• Immunizations
  – Flu shot - 30% of women 18-64 yrs, 63% of women 65+
  – Pneumococcal shot - 64% of women 65+ vaccinated
  – HPV vaccine series - 20% girls 13-17 yrs
  – Rates lower for Latinas and black women

• Cancer Screenings
  – Pap test in past 3 yrs - 86% of women 21-65 yrs
  – Mammogram in past 2 yrs - 80% of women 50-74 yrs
  – Rates lower for Asian/Pacific Islander women
Receipt of Clinical Preventive Services Among Women in Los Angeles County by Federal Poverty Level (FPL), 2011

<table>
<thead>
<tr>
<th>Service</th>
<th>&lt; 100% FPL</th>
<th>100-199% FPL</th>
<th>200-299% FPL</th>
<th>≥ 300% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu Shot (18-64 yrs)</td>
<td>23</td>
<td>26</td>
<td>32</td>
<td>37</td>
</tr>
<tr>
<td>Pap test</td>
<td>86</td>
<td>83</td>
<td>86</td>
<td>87</td>
</tr>
<tr>
<td>Mammogram</td>
<td>75</td>
<td>77</td>
<td>78</td>
<td>84</td>
</tr>
<tr>
<td>CRC Screening</td>
<td>46</td>
<td>60</td>
<td>69</td>
<td>75</td>
</tr>
</tbody>
</table>

2011 Los Angeles County Health Survey and 2009 CA Health Interview Survey
Uninsured Women (18-64 yrs) and Health

- Health Status
  - 27% report fair/poor health

- Health Care Access
  - 42% with no regular source of care
  - 75% report difficulty accessing care

- Clinical Preventive Services
  - 78% report a Pap test in past 3 years
  - 58% report a mammogram in past 2 years
Health Behaviors

• Smoking – 10% of women
  – 16% black women and 14% white women
  – 11% of black women smoked during pregnancy (2010 LAMB Survey)

• Physical Activity – only 24% meet recommendations
  – 18% among women <100% FPL; 20% API and 22% Latinas

• Nutrition – 34% eat fast food once/wk and 27% drink soda/sweetened drink per/day
  – About 40% for Latinas on both indicators

• Breastfeeding - 87% initiation and 45% breastfeed for 6 mo
  – Among black women - 68% initiation and 25% breastfeed for 6 mo
  – Among women <100% FPL – 84% initiation and 34% breastfeed for 6 months
Percent of Women in Los Angeles County who are Physically Inactive and Eat Fast Food Once or More per Week by Service Planning Area (SPA), 2011

- Inactive (no aerobic activity)
- Eat fast food once or more per week

Antelope Valley SPA 1: 19%
San Fernando SPA 2: 15%
San Gabriel SPA 3: 15%
Metro SPA 4: 10%
West SPA 5: 9% *
South SPA 6: 14%
East SPA 7: 46%
South Bay SPA 8: 35%

* Estimate is statistically unstable

2011 Los Angeles County Health Survey
Percent of Women in Los Angeles County who are Obese and At Risk for Heart Disease by Service Planning Area (SPA), 2011

<table>
<thead>
<tr>
<th>Service Planning Area (SPA)</th>
<th>Percent of Women Obese</th>
<th>Percent of Women At Risk (≥ 2 out of 6 risk factors) for Heart Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antelope Valley SPA 1</td>
<td>37</td>
<td>42</td>
</tr>
<tr>
<td>San Fernando SPA 2</td>
<td>20</td>
<td>29</td>
</tr>
<tr>
<td>San Gabriel SPA 3</td>
<td>23</td>
<td>30</td>
</tr>
<tr>
<td>Metro SPA 4</td>
<td>23</td>
<td>26</td>
</tr>
<tr>
<td>West SPA 5</td>
<td>10</td>
<td>16</td>
</tr>
<tr>
<td>South SPA 6</td>
<td>40</td>
<td>37</td>
</tr>
<tr>
<td>East SPA 7</td>
<td>30</td>
<td>33</td>
</tr>
<tr>
<td>South Bay SPA 8</td>
<td>30</td>
<td>31</td>
</tr>
</tbody>
</table>

2011 Los Angeles County Health Survey
Health Conditions

• At Risk for Heart Disease (≥ 2 out of 6 risk factors)
  – 30% of women; 45% of black women

• Obesity
  – Increased from 15% in 1997 to 24% of women in 2011
  – 36% of black women and 33% of Latinas

• Ever Diagnosed with Diabetes
  – Increased from 6% in 1997 to 9% of women in 2011
  – 12% of black women, 10% Latinas and API women

• Current Depression – 10% women, 6% men
  – 15% white women, 14% black women
  – 51% of women with live birth – postpartum depressive symptoms *(2010 LAMB Survey)*
Health Conditions Among Women in Los Angeles County by Federal Poverty Level (FPL), 2011

At risk (≥ 2 out of 6 risk factors) for heart disease

- < 100% FPL: 35%
- 100-199% FPL: 33%
- 200-299% FPL: 30%
- 300% FPL: 26%

Obese

- < 100% FPL: 26%
- 100-199% FPL: 27%
- 200-299% FPL: 24%
- 300% FPL: 14%

Diabetes

- < 100% FPL: 12%
- 100-199% FPL: 11%
- 200-299% FPL: 8%
- 300% FPL: 7%

Current depression

- < 100% FPL: 12%
- 100-199% FPL: 11%
- 200-299% FPL: 11%
- 300% FPL: 8%

2011 Los Angeles County Health Survey
Health Conditions

• Maternal and Infant Health\(^1\)
  – Of live births, 7% low birthweight, 10% preterm
    • Higher among black women – 13% low birthweight and 14% preterm
  – 48% of live births from unintended pregnancies
    • 60% among black women; 57% among Latinas
  – Maternal Mortality
    • Four times higher among black women
  – Infant Mortality
    • Two time higher among black women

• Communicable Diseases\(^2\)
  – Chlamydia
    • ↑ from 570/100,000 in 2006 to 664/100,000 in 2011
    • 2010/100,000 – black women; 733/100,000 – Latinas

\(^1\)2010 Los Angeles Mommy and Baby Survey and 2010 Perinatal Health Indicators, MCAH, DPH  \(^2\)2011 Sexually Transmitted Disease Casewatch System
<table>
<thead>
<tr>
<th>Rank</th>
<th>Death</th>
<th>Premature Death</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Coronary Heart Disease</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Stroke</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Emphysema/COPD</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>Alzheimer’s Disease</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>Lung Cancer</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>Breast Cancer</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>Pneumonia/Influenza</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>Diabetes</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>Colorectal Cancer</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td>Hypertension</td>
<td>10</td>
</tr>
</tbody>
</table>

2009 Los Angeles County Annual Mortality report, OHAE
Selected Leading Causes of Death Among Women in Los Angeles County by Race/Ethnicity, 2009

age-adjusted rate per 100,000 population

- Stroke (#2)
- Alzheimer's (#4)
- Lung cancer (#5)
- Breast cancer (#6)
- Diabetes (#8)

2009 Los Angeles County Annual Mortality report, OHAE
Conclusions

• Diverse population with unique health needs
  – Projected to become more diverse

• Significant disparities in health
  – Multitude of social, physical and economic factors

• Dramatic influence of poverty
  – Significant effect of poverty on all domains of health
Looking to the Future

• Health Care Reform
  – Opportunity to gain coverage for uninsured women
  – Ensure access for those remaining uninsured or ineligible

• Aging Population
  – Preparing for the increase in resources needed to support longevity and wellness for women

• Reducing Health Inequities
  – Collaborative efforts and culturally-appropriate programs and policies
Thank You!

- Health Assessment Unit, OHAE
  - Amy Lightstone
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  - Yan Cui  – Jerome Blake
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  - Alan Albert
- Office of Women’s Health
  - Wendy Lee  – Elizabeth Stillwell
  - Ellen Eidem  – Jessica St. John
  – Fred Dominguez
- Other LAC DPH programs that provided data and expertise

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