

# Healthy Births Learning Collaborative

## Service Planning Area 8

### South Bay



#### Our Mission

To promote and sustain a collaborative community of multidisciplinary services that supports and improves pregnancy outcomes and the health and well-being of women and young children.

#### Priorities of the SPA 8 HBLC

- Nutrition awareness and education
- Physical activity

#### Participants

LA DHS SPA 8, California State Newborn Screening Program, Curtis Tucker Health Center, Carolyn Kordich Family Resource Center, LA County CPSP, South Bay Counseling Center, Harbor UCLA-Women's Health Care Clinic, LBUSD/Early Start, Harbor-UCLA Medical Center, Samoan National Nurses Association, Excel's Parenting to Preschool Family Learning Center, LA County CHDP Program, Harbor Regional Center, South Bay Perinatal Access Project, Harbor-UCLA Medical Center, LA BioMed, LA County Office of Education Early Start, Miller Children's Hospital

#### SPA 8 HBLC Ground Rules

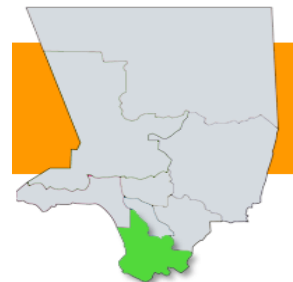
- Respect diversity and peoples' opinions
- Encourage members to share ideas
- We are all experts and we are all learners
- Keep a positive attitude – don't take comments personally
- Use common language
- Keep an open mind
- Celebrate successes



#### SPA 8 Perinatal Health Indicators

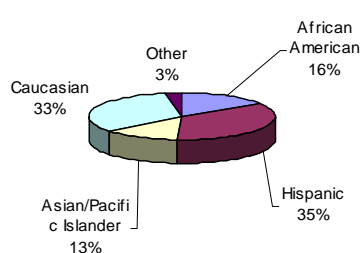
##### South Bay Facts-2002

Number of Live Births	22,885
Percentage of Medi-Cal Births	47.5 %
Infant Mortality Rate <sup>1</sup> (per 1,000 live births)	5.4
Low Birth Weight <sup>1</sup>	7.1 %
Preterm Birth <sup>1</sup>	10.0 %
1 <sup>st</sup> Trimester Prenatal Care	88.4 %
Teen Births <sup>1,2</sup>	36.4
Repeat Teen Births <sup>1</sup> (per 1,000 teen females age 15-19 yrs)	6.9



<sup>1</sup> Selected Perinatal Health Indicators Los Angeles County, 2002. LADHS MCAH  
<sup>2</sup> Teenagers in the United States: Sexual Activity, Contraceptive Use, and Childbearing, 2002. USDHS CDC Vital and Health Statistics. <http://www.cdc.gov/nchs/dhs>

#### SPA 8 HBLC Community



Total Population: 1,500,185

##### Age:

- 0 to 5 yrs – 9.6 %
- 6 to 9 yrs – 6.9 %
- 10 to 14 yrs – 7.6 %
- 15 to 17 yrs – 4.1 %
- 18 to 24 yrs – 9.4 %
- 25 to 34 yrs – 16.5 %
- 35 yrs and over – 46 %

#### SPA 8 HBLC Desired Results and Actions

##### Desired Results

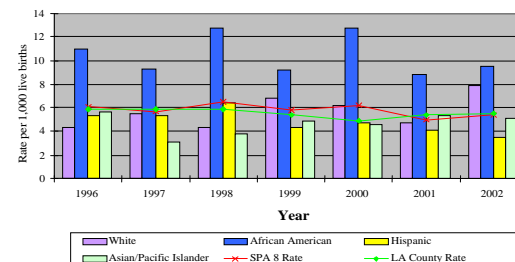
- Every woman will hear one message about the importance of healthy nutrition before, during and between pregnancies
- Improve pregnant women's ability to obtain healthy food
- To increase education awareness about the correlation between healthy eating and improved birth outcomes
- Improve access to safe options for physical activity

#### SPA 8 Perinatal Facts

##### Between 1996 and 2002:

- Infant mortality in SPA 8 declined by 11.5% between 1996 and 2002.
- Rates declined by 34% among Hispanic, 13.6% among African American, and 10.5% among Asian/Pacific Islander families. At the same time; rates among White families increased by nearly 80%.
- Infant mortality rates among Hispanic families in SPA 8 meet the Healthy People 2010 goal of 4.5 deaths per 1,000 live births.
- In SPA 8 the infant mortality rates among African Americans in is 20% higher than the rate among SPA 8 White families, 86% higher than Asian/Pacific Islander families and 2.7 times higher than Hispanic families.
- Infant mortality is 2.25 times higher among White families compared to Hispanic families and 1.5 times higher than rates among Asian/Pacific Islander families in SPA 8.

Infant Mortality per 1,000 Live Births by Race-Ethnicity, South Bay (SPA 8) 1996-2002



##### Actions

- Expand CPSP outreach efforts to reach more women
- Work with Healthy Start programs to provide nutrition information for teens
- Provide patient information to pediatricians so they can educate mothers about nutrition during the interconception period.
- Provide handouts with websites that have good nutritional information for families
- Develop computerized kiosks for grocery stores that have healthy menus and recipes that can be coordinated with culturally-specific foods.
- Create novellas and comic books to address low literacy issues
- Work with food manufacturers to put healthy eating messages on packages
- Organize food coops for healthy eating during pregnancy
- Develop and disseminate a culturally-specific food pyramid
- Teach women how to read food labels
- Organize community food preparation networks to cook together
- Provide nutrition workshops for pregnant and parenting families at libraries, churches, etc.