



# MIHA Data Snapshot, Kern County by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | <High School |             |       | High School Graduate or GED |             |       | Some College |             |       | College Graduate |             |       |
|--|-------------|-------------|--------|--------------|-------------|-------|-----------------------------|-------------|-------|--------------|-------------|-------|------------------|-------------|-------|
|  | %           | 95% CI      | N      | %            | 95% CI      | N     | %                           | 95% CI      | N     | %            | 95% CI      | N     | %                | 95% CI      | N     |
| <b>Total</b>   | 100         |             | 13,800 | 20.1         | 15.4 - 24.8 | 2,700 | 32.1                        | 26.7 - 37.5 | 4,400 | 32.7         | 27.7 - 37.7 | 4,400 | 15.0             | 11.7 - 18.4 | 2,000 |
| <b>Health Status before Pregnancy</b>                          |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| In good to excellent health                                    | 89.5        | 85.7 - 93.4 | 12,400 | 85.0*        | 75.4 - 94.5 | 2,300 | 82.6                        | 73.4 - 91.9 | 3,600 | 94.7*        | 91.3 - 98.2 | 4,200 | --               |             |       |
| Chronic conditions   |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Diabetes†  | 1.9*        | 0.4 - 3.3   | 300    | --           |             |       | --                          |             |       | --           |             |       | --               |             |       |
| Hypertension†  | 2.0*        | 0.7 - 3.4   | 300    | --           |             |       | --                          |             |       | 1.9*         | 0.1 - 3.7   | <100  | --               |             |       |
| Asthma†  | 7.1         | 4.0 - 10.2  | 1,000  | --           |             |       | 7.5*                        | 2.1 - 12.8  | 300   | 9.2*         | 3.0 - 15.4  | 400   | 2.4*             | 0.3 - 4.4   | <100  |
| <b>Nutrition and Weight</b>                                    |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Daily folic acid use, month before pregnancy                   | 29.7        | 24.6 - 34.9 | 4,100  | 34.3         | 20.8 - 47.7 | 900   | 25.0                        | 15.5 - 34.5 | 1,100 | 28.1         | 20.0 - 36.2 | 1,200 | 37.4             | 25.2 - 49.7 | 800   |
| Overweight before pregnancy                                    | 26.9        | 21.8 - 32.1 | 3,500  | 28.8         | 15.0 - 42.7 | 600   | 28.3                        | 18.1 - 38.5 | 1,200 | 27.0         | 19.0 - 34.9 | 1,200 | 23.3             | 13.1 - 33.4 | 500   |
| Obese before pregnancy   | 27.0        | 22.1 - 31.9 | 3,500  | 33.0         | 19.8 - 46.1 | 700   | 21.0                        | 12.7 - 29.2 | 900   | 30.2         | 21.6 - 38.7 | 1,300 | 25.2             | 14.7 - 35.8 | 500   |
| Inadequate weight gain during pregnancy                        | 18.5        | 13.2 - 23.7 | 2,000  | 17.5*        | 4.4 - 30.6  | 300   | 30.1                        | 18.1 - 42.0 | 1,000 | 14.8         | 7.5 - 22.1  | 500   | 6.9*             | 2.3 - 11.6  | 100   |
| Excessive weight gain during pregnancy                         | 47.3        | 41.2 - 53.5 | 5,200  | 46.6         | 30.2 - 63.1 | 900   | 35.2                        | 24.1 - 46.4 | 1,200 | 55.7         | 46.0 - 65.4 | 2,000 | 53.2             | 39.7 - 66.7 | 1,000 |
| Food insecurity during pregnancy                               | 20.1        | 15.3 - 25.0 | 2,800  | 31.8         | 18.7 - 44.9 | 900   | 23.3                        | 13.5 - 33.1 | 1,000 | 17.3         | 10.4 - 24.3 | 800   | --               |             |       |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Physical or psychological IPV during pregnancy                 | 7.8         | 4.9 - 10.6  | 1,100  | 9.2*         | 2.2 - 16.3  | 300   | 9.2                         | 4.0 - 14.5  | 400   | 8.1*         | 2.6 - 13.6  | 400   | --               |             |       |
| Prenatal depressive symptoms                                   | 15.6        | 11.5 - 19.8 | 2,100  | 22.7         | 10.9 - 34.5 | 600   | 17.5                        | 9.4 - 25.5  | 800   | 15.7         | 9.1 - 22.3  | 700   | 2.9*             | 0.4 - 5.4   | <100  |
| Postpartum depressive symptoms                                 | 15.3        | 11.0 - 19.6 | 2,100  | 22.1         | 9.7 - 34.5  | 600   | 12.6*                       | 5.0 - 20.1  | 500   | 17.8         | 10.7 - 24.8 | 800   | 7.1*             | 1.9 - 12.4  | 100   |
| <b>Hardships and Support during Pregnancy</b>                  |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Experienced two or more hardships during childhood             | 26.1        | 21.0 - 31.1 | 3,500  | 28.6         | 15.9 - 41.3 | 800   | 28.1                        | 18.1 - 38.2 | 1,200 | 24.7         | 16.9 - 32.4 | 1,100 | 17.8             | 9.5 - 26.1  | 300   |
| Homeless or did not have a regular place to sleep              | 3.4         | 1.4 - 5.4   | 500    | --           |             |       | --                          |             |       | 2.9*         | 0.8 - 5.0   | 100   | --               |             |       |
| Moved due to problems paying rent or mortgage                  | 5.6         | 3.5 - 7.8   | 800    | --           |             |       | 5.6*                        | 1.2 - 10.0  | 200   | 8.9          | 4.7 - 13.2  | 400   | --               |             |       |
| Woman or partner lost job                                      | 18.4        | 13.9 - 22.9 | 2,500  | 15.5*        | 5.7 - 25.2  | 400   | 17.5                        | 9.3 - 25.7  | 800   | 27.6         | 18.8 - 36.4 | 1,200 | --               |             |       |
| Woman or partner had pay or hours cut back                     | 14.5        | 10.5 - 18.6 | 2,000  | 15.1*        | 4.9 - 25.3  | 400   | 13.7                        | 6.3 - 21.1  | 600   | 16.8         | 10.0 - 23.7 | 700   | 10.6*            | 0.3 - 20.8  | 200   |
| Became separated or divorced                                   | 8.8         | 6.0 - 11.7  | 1,200  | 8.6*         | 2.0 - 15.3  | 200   | 12.1                        | 6.0 - 18.2  | 500   | 9.3          | 4.6 - 13.9  | 400   | --               |             |       |
| Had no practical or emotional support                          | 4.1         | 1.7 - 6.5   | 600    | --           |             |       | 4.6*                        | 0.6 - 8.6   | 200   | --           |             |       | --               |             |       |
| <b>Substance Use</b>   |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Any smoking, 3 months before pregnancy                         | 11.7        | 8.3 - 15.1  | 1,600  | 13.6*        | 5.0 - 22.2  | 400   | 6.2*                        | 2.2 - 10.2  | 300   | 18.2         | 11.1 - 25.3 | 800   | --               |             |       |
| Any smoking, 3rd trimester†                                    | 5.0         | 2.6 - 7.3   | 700    | 8.7*         | 1.3 - 16.2  | 200   | --                          |             |       | 6.2*         | 1.8 - 10.6  | 300   | --               |             |       |
| Any smoking, postpartum  | 8.9         | 5.7 - 12.0  | 1,200  | 17.2*        | 6.5 - 27.9  | 500   | 4.9*                        | 1.2 - 8.6   | 200   | 9.7          | 4.5 - 14.8  | 400   | --               |             |       |
| Any binge drinking, 3 months before pregnancy                  | 13.3        | 9.6 - 17.0  | 1,800  | 8.2*         | 2.3 - 14.1  | 200   | 10.0*                       | 3.8 - 16.2  | 400   | 17.0         | 9.5 - 24.6  | 800   | 21.0             | 11.5 - 30.6 | 400   |
| Any alcohol use, 3rd trimester†                                | 3.0         | 1.7 - 4.4   | 400    | --           |             |       | --                          |             |       | 4.4*         | 1.4 - 7.4   | 200   | 6.0*             | 2.1 - 9.9   | 100   |
| <b>Pregnancy Intention and Family Planning</b>                 |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Mistimed or unwanted pregnancy                                 | 38.2        | 32.7 - 43.6 | 5,200  | 35.7         | 22.6 - 48.7 | 1,000 | 43.0                        | 32.3 - 53.7 | 1,900 | 36.5         | 27.8 - 45.2 | 1,600 | 28.9             | 16.4 - 41.4 | 600   |
| Unsure of pregnancy intentions                                 | 13.4        | 9.6 - 17.1  | 1,800  | 20.0         | 10.0 - 29.9 | 500   | 13.6                        | 7.1 - 20.1  | 600   | 9.9          | 4.1 - 15.6  | 400   | 12.0*            | 1.8 - 22.2  | 200   |
| Postpartum birth control use†                                  | 83.3        | 79.2 - 87.4 | 11,200 | 86.6*        | 78.5 - 94.8 | 2,400 | 78.9                        | 69.7 - 88.0 | 3,300 | 84.9         | 78.8 - 91.1 | 3,700 | 83.0             | 73.8 - 92.3 | 1,700 |
| <b>Infant Sleep and Breastfeeding</b>                          |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Placed infant on back to sleep                                 | 73.1        | 68.1 - 78.2 | 9,900  | 71.5         | 59.1 - 83.9 | 1,900 | 78.3                        | 69.6 - 87.1 | 3,300 | 71.3         | 63.0 - 79.7 | 3,100 | 74.5             | 61.4 - 87.5 | 1,500 |
| Infant always or often shared bed                              | 31.7        | 26.4 - 37.0 | 4,300  | 46.7         | 32.9 - 60.6 | 1,200 | 23.1                        | 14.4 - 31.8 | 1,000 | 31.2         | 23.0 - 39.5 | 1,400 | 34.2             | 21.1 - 47.3 | 700   |
| Intended to breastfeed, before birth                           | 88.1        | 84.6 - 91.6 | 11,900 | 75.6         | 63.9 - 87.3 | 2,000 | 86.3                        | 79.5 - 93.0 | 3,600 | 94.5*        | 91.3 - 97.8 | 4,200 | 94.8*            | 89.8 - 99.8 | 1,900 |
| Intended to breastfeed exclusively, before birth               | 55.3        | 49.8 - 60.9 | 7,500  | 23.2         | 12.3 - 34.2 | 600   | 54.7                        | 44.0 - 65.4 | 2,300 | 72.0         | 64.0 - 80.1 | 3,200 | 66.9             | 54.2 - 79.7 | 1,400 |
| <b>Breastfeeding practices</b>                                 |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Any breastfeeding, 1 month after delivery                      | 71.9        | 66.8 - 77.0 | 9,700  | 65.9         | 52.5 - 79.2 | 1,700 | 64.6                        | 54.1 - 75.1 | 2,700 | 78.9         | 72.0 - 85.7 | 3,400 | 83.5             | 74.8 - 92.2 | 1,700 |
| Exclusive breastfeeding, 1 month after delivery                | 39.4        | 34.0 - 44.9 | 5,200  | 32.5         | 19.5 - 45.4 | 800   | 43.8                        | 32.9 - 54.7 | 1,800 | 42.9         | 34.0 - 51.8 | 1,900 | 32.9             | 22.1 - 43.7 | 600   |
| Any breastfeeding, 3 months after delivery                     | 53.3        | 47.0 - 59.7 | 5,600  | 51.4         | 36.3 - 66.5 | 1,100 | 39.6                        | 27.4 - 51.9 | 1,300 | 60.3         | 50.2 - 70.4 | 2,200 | 69.0             | 55.0 - 83.1 | 1,100 |
| Exclusive breastfeeding, 3 months after delivery               | 22.5        | 17.4 - 27.7 | 2,400  | 13.8*        | 2.9 - 24.6  | 300   | 18.1                        | 8.9 - 27.3  | 600   | 29.2         | 19.8 - 38.5 | 1,100 | 26.8             | 15.5 - 38.1 | 400   |



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Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | <High School |             |       | High School Graduate or GED |             |       | Some College |             |       | College Graduate |             |       |
|--|-------------|-------------|--------|--------------|-------------|-------|-----------------------------|-------------|-------|--------------|-------------|-------|------------------|-------------|-------|
|  | %           | 95% CI      | N      | %            | 95% CI      | N     | %                           | 95% CI      | N     | %            | 95% CI      | N     | %                | 95% CI      | N     |
| <b>Service Utilization and Health Insurance Coverage</b> |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Had a usual source of pre-pregnancy care                 | 62.7        | 57.2 - 68.2 | 8,600  | 54.9         | 41.4 - 68.3 | 1,500 | 63.2                        | 52.8 - 73.5 | 2,700 | 64.0         | 55.1 - 72.9 | 2,800 | 70.4             | 57.2 - 83.6 | 1,400 |
| Initiated prenatal care in 1st trimester                 | 81.7        | 77.2 - 86.1 | 11,100 | 67.0         | 54.1 - 79.9 | 1,700 | 80.5                        | 72.0 - 89.0 | 3,500 | 85.4         | 78.5 - 92.3 | 3,800 | --               |             |       |
| Mom or infant needed but couldn't afford care postpartum | 11.8        | 8.0 - 15.5  | 1,600  | 13.3*        | 3.4 - 23.1  | 300   | 13.9                        | 6.1 - 21.7  | 600   | 11.2         | 5.1 - 17.2  | 500   | 7.1*             | 1.0 - 13.1  | 100   |
| Participated in WIC during pregnancy†                    | 74.5        | 71.4 - 77.7 | 10,200 | --           |             |       | 87.5                        | 80.9 - 94.1 | 3,800 | 67.4         | 60.3 - 74.5 | 3,000 | 28.2             | 14.9 - 41.6 | 600   |
| Received CalFresh (food stamps) during pregnancy         | 38.3        | 33.0 - 43.6 | 5,300  | 50.5         | 36.8 - 64.2 | 1,400 | 47.7                        | 37.1 - 58.4 | 2,100 | 31.8         | 23.4 - 40.2 | 1,400 | 13.6*            | 2.8 - 24.4  | 300   |
| Pre-pregnancy insurance                                  |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Medi-Cal   | 41.6        | 36.3 - 46.9 | 5,700  | 59.3         | 45.6 - 73.0 | 1,600 | 55.6                        | 44.9 - 66.3 | 2,400 | 31.7         | 23.1 - 40.2 | 1,400 | --               |             |       |
| Uninsured  | 22.5        | 17.5 - 27.6 | 3,100  | 39.5         | 25.8 - 53.1 | 1,100 | 24.1                        | 14.2 - 34.1 | 1,000 | 13.6         | 7.5 - 19.7  | 600   | 16.7*            | 4.0 - 29.5  | 300   |
| Private  | 33.1        | 28.8 - 37.4 | 4,500  | --           |             |       | 17.6                        | 10.3 - 24.8 | 800   | 50.7         | 42.0 - 59.4 | 2,200 | 73.6             | 60.5 - 86.8 | 1,500 |
| Prenatal insurance                                       |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Medi-Cal   | 63.8        | 59.5 - 68.2 | 8,700  | 80.3         | 69.2 - 91.5 | 2,100 | 83.7                        | 77.4 - 90.0 | 3,700 | 55.0         | 46.6 - 63.3 | 2,400 | 17.0*            | 5.7 - 28.3  | 300   |
| Uninsured  | 4.0         | 1.7 - 6.3   | 500    | 14.3*        | 4.3 - 24.2  | 400   | --                          |             |       | --           |             |       | --               |             |       |
| Private  | 29.3        | 25.5 - 33.0 | 4,000  | --           |             |       | 13.1                        | 7.3 - 18.9  | 600   | 42.4         | 34.2 - 50.6 | 1,900 | 71.5             | 58.4 - 84.6 | 1,500 |
| Maternal postpartum insurance                            |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Medi-Cal   | 51.4        | 46.2 - 56.6 | 7,000  | 62.4         | 48.6 - 76.2 | 1,600 | 66.5                        | 56.5 - 76.5 | 2,900 | 45.2         | 36.4 - 54.0 | 2,000 | 15.1*            | 4.0 - 26.2  | 300   |
| Uninsured  | 14.2        | 9.9 - 18.6  | 2,000  | 32.9         | 19.6 - 46.2 | 900   | 15.9                        | 7.0 - 24.8  | 700   | 4.0*         | 0.4 - 7.6   | 200   | 10.8*            | 0.6 - 21.0  | 200   |
| Private  | 31.9        | 27.7 - 36.1 | 4,400  | --           |             |       | 15.7                        | 9.2 - 22.2  | 700   | 47.0         | 38.3 - 55.6 | 2,100 | 70.4             | 57.3 - 83.5 | 1,400 |
| Infant health insurance                                  |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Medi-Cal   | 66.7        | 62.3 - 71.1 | 8,900  | --           |             |       | 82.9                        | 75.4 - 90.5 | 3,400 | 53.4         | 44.7 - 62.1 | 2,400 | 20.5             | 8.9 - 32.2  | 400   |
| Uninsured  | 2.0*        | 0.3 - 3.6   | 300    | --           |             |       | --                          |             |       | --           |             |       | --               |             |       |
| Private  | 28.3        | 24.4 - 32.2 | 3,800  | --           |             |       | 15.4                        | 8.0 - 22.8  | 600   | 37.9         | 29.8 - 46.0 | 1,700 | 70.3             | 57.2 - 83.4 | 1,400 |
| <b>Maternal Demographics</b>                             |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| Unmarried  | 50.9        | 45.5 - 56.2 | 7,000  | 57.4         | 43.7 - 71.1 | 1,600 | 60.9                        | 50.4 - 71.3 | 2,600 | 49.7         | 40.9 - 58.5 | 2,200 | 22.0             | 10.4 - 33.6 | 400   |
| Race/Ethnicity   |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| White  | 28.2        | 23.6 - 32.8 | 3,900  | 14.7*        | 3.8 - 25.6  | 400   | 13.4                        | 6.2 - 20.5  | 600   | 44.4         | 35.7 - 53.1 | 2,000 | 41.8             | 30.0 - 53.7 | 800   |
| Hispanic   | 62.0        | 57.2 - 66.8 | 8,500  | 81.4*        | 70.3 - 92.5 | 2,200 | 79.3                        | 71.8 - 86.8 | 3,500 | 46.1         | 37.2 - 54.9 | 2,000 | 35.2             | 22.7 - 47.7 | 700   |
| Asian/Pacific Islander                                   | 3.6*        | 1.2 - 5.9   | 500    | --           |             |       | --                          |             |       | --           |             |       | 20.3*            | 7.0 - 33.5  | 400   |
| Black  | 5.8         | 5.0 - 6.7   | 800    | 2.6*         | 0.9 - 4.2   | <100  | 6.9                         | 4.2 - 9.6   | 300   | 7.8          | 5.2 - 10.4  | 300   | 2.4*             | 0.9 - 4.0   | <100  |
| Born outside the U.S.                                    | 27.2        | 21.9 - 32.5 | 3,800  | 58.2         | 45.0 - 71.5 | 1,600 | 28.4                        | 18.3 - 38.4 | 1,200 | 7.7*         | 2.8 - 12.7  | 300   | 27.2             | 14.1 - 40.3 | 600   |
| Speaks non-English language at home                      | 26.4        | 21.1 - 31.6 | 3,600  | 59.7         | 46.5 - 72.8 | 1,600 | 29.2                        | 18.9 - 39.5 | 1,300 | 7.4*         | 2.7 - 12.1  | 300   | 19.9             | 8.6 - 31.1  | 400   |
| Lives in a high poverty neighborhood                     | 61.3        | 56.0 - 66.5 | 8,100  | 84.0*        | 73.0 - 95.0 | 2,200 | 70.7                        | 61.0 - 80.4 | 2,900 | 52.3         | 43.3 - 61.3 | 2,300 | 32.6             | 19.6 - 45.6 | 600   |
| Income as a percent of the Federal Poverty Guideline     |             |             |        |              |             |       |                             |             |       |              |             |       |                  |             |       |
| 0-100%   | 54.7        | 49.4 - 60.0 | 7,000  | 75.9         | 62.1 - 89.8 | 1,800 | 68.1                        | 58.3 - 77.9 | 2,700 | 48.9         | 40.0 - 57.8 | 2,100 | 12.7*            | 2.1 - 23.2  | 300   |
| 101-200%   | 23.1        | 18.2 - 28.0 | 3,000  | 21.5*        | 7.7 - 35.3  | 500   | 22.5                        | 13.6 - 31.4 | 900   | 28.0         | 20.0 - 35.9 | 1,200 | 17.8*            | 6.1 - 29.5  | 400   |
| > 200%   | 22.2        | 18.9 - 25.5 | 2,800  | --           |             |       | 9.4                         | 3.9 - 14.9  | 400   | 23.1         | 16.4 - 29.8 | 1,000 | 69.5             | 56.2 - 82.9 | 1,400 |

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Kern County was 552. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2015. Population estimate (N) is a three-year average. See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).

Table Citation: Maternal and Infant Health Assessment (MIHA) Survey County and Regional Data Snapshots for Subgroups, 2013-2015. California Department of Public Health; 2018.



# MIHA Data Snapshot, Kern County by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | Urban |             |       | Rural/Frontier |             |       |
|--|-------------|-------------|--------|-------|-------------|-------|----------------|-------------|-------|
|  | %           | 95% CI      | N      | %     | 95% CI      | N     | %              | 95% CI      | N     |
| <b>Total</b>   | 100         |             | 13,800 | 70.6  | 65.3 - 75.8 | 9,300 | 29.4           | 24.2 - 34.7 | 3,900 |
| <b>Health Status before Pregnancy</b>                          |             |             |        |       |             |       |                |             |       |
| In good to excellent health                                    | 89.5        | 85.7 - 93.4 | 12,400 | 88.1  | 83.2 - 93.1 | 8,200 | 92.4 *         | 86.1 - 98.8 | 3,600 |
| Chronic conditions   |             |             |        |       |             |       |                |             |       |
| Diabetes†  | 1.9 *       | 0.4 - 3.3   | 300    | 2.5 * | 0.5 - 4.6   | 200   | --             |             |       |
| Hypertension†  | 2.0 *       | 0.7 - 3.4   | 300    | 2.5 * | 0.6 - 4.5   | 200   | --             |             |       |
| Asthma†  | 7.1         | 4.0 - 10.2  | 1,000  | 5.9   | 2.6 - 9.1   | 500   | 9.0 *          | 2.3 - 15.6  | 300   |
| <b>Nutrition and Weight</b>                                    |             |             |        |       |             |       |                |             |       |
| Daily folic acid use, month before pregnancy                   | 29.7        | 24.6 - 34.9 | 4,100  | 29.7  | 23.5 - 36.0 | 2,800 | 27.2           | 17.6 - 36.8 | 1,100 |
| Overweight before pregnancy                                    | 26.9        | 21.8 - 32.1 | 3,500  | 28.0  | 21.7 - 34.3 | 2,500 | 23.2           | 14.6 - 31.9 | 800   |
| Obese before pregnancy   | 27.0        | 22.1 - 31.9 | 3,500  | 31.2  | 25.0 - 37.4 | 2,800 | 20.2           | 12.1 - 28.3 | 700   |
| Inadequate weight gain during pregnancy                        | 18.5        | 13.2 - 23.7 | 2,000  | 15.0  | 9.2 - 20.8  | 1,100 | 27.0           | 15.4 - 38.6 | 800   |
| Excessive weight gain during pregnancy                         | 47.3        | 41.2 - 53.5 | 5,200  | 49.0  | 41.6 - 56.5 | 3,800 | 44.4           | 32.3 - 56.5 | 1,300 |
| Food insecurity during pregnancy                               | 20.1        | 15.3 - 25.0 | 2,800  | 21.3  | 15.4 - 27.2 | 2,000 | 17.6           | 8.8 - 26.4  | 700   |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |             |             |        |       |             |       |                |             |       |
| Physical or psychological IPV during pregnancy                 | 7.8         | 4.9 - 10.6  | 1,100  | 9.1   | 5.3 - 12.9  | 800   | 5.3 *          | 1.1 - 9.4   | 200   |
| Prenatal depressive symptoms                                   | 15.6        | 11.5 - 19.8 | 2,100  | 19.4  | 13.9 - 25.0 | 1,800 | 8.5 *          | 3.1 - 13.9  | 300   |
| Postpartum depressive symptoms                                 | 15.3        | 11.0 - 19.6 | 2,100  | 17.0  | 11.5 - 22.4 | 1,600 | 13.4           | 5.9 - 20.9  | 500   |
| <b>Hardships and Support during Pregnancy</b>                  |             |             |        |       |             |       |                |             |       |
| Experienced two or more hardships during childhood             | 26.1        | 21.0 - 31.1 | 3,500  | 28.5  | 22.3 - 34.6 | 2,600 | 23.3           | 13.4 - 33.1 | 900   |
| Homeless or did not have a regular place to sleep              | 3.4         | 1.4 - 5.4   | 500    | 3.7 * | 1.1 - 6.4   | 300   | --             |             |       |
| Moved due to problems paying rent or mortgage                  | 5.6         | 3.5 - 7.8   | 800    | 6.4   | 3.6 - 9.3   | 600   | 2.6 *          | 0.1 - 5.0   | <100  |
| Woman or partner lost job                                      | 18.4        | 13.9 - 22.9 | 2,500  | 21.7  | 15.9 - 27.6 | 2,000 | 11.9           | 5.1 - 18.6  | 500   |
| Woman or partner had pay or hours cut back                     | 14.5        | 10.5 - 18.6 | 2,000  | 12.9  | 8.5 - 17.2  | 1,200 | 15.6           | 7.0 - 24.1  | 600   |
| Became separated or divorced                                   | 8.8         | 6.0 - 11.7  | 1,200  | 7.9   | 5.0 - 10.8  | 700   | 11.6 *         | 4.6 - 18.5  | 400   |
| Had no practical or emotional support                          | 4.1         | 1.7 - 6.5   | 600    | 4.5 * | 1.3 - 7.7   | 400   | 3.7 *          | 0.2 - 7.3   | 100   |
| <b>Substance Use</b>   |             |             |        |       |             |       |                |             |       |
| Any smoking, 3 months before pregnancy                         | 11.7        | 8.3 - 15.1  | 1,600  | 11.8  | 7.6 - 16.1  | 1,100 | 12.9           | 6.6 - 19.2  | 500   |
| Any smoking, 3rd trimester†                                    | 5.0         | 2.6 - 7.3   | 700    | 5.0   | 2.1 - 7.9   | 500   | 5.3 *          | 0.7 - 9.9   | 200   |
| Any smoking, postpartum  | 8.9         | 5.7 - 12.0  | 1,200  | 7.9   | 4.5 - 11.3  | 700   | 12.3 *         | 4.8 - 19.7  | 500   |
| Any binge drinking, 3 months before pregnancy                  | 13.3        | 9.6 - 17.0  | 1,800  | 14.7  | 10.0 - 19.4 | 1,300 | 11.7           | 5.4 - 18.1  | 500   |
| Any alcohol use, 3rd trimester†                                | 3.0         | 1.7 - 4.4   | 400    | 3.2   | 1.6 - 4.8   | 300   | 2.8 *          | 0.1 - 5.5   | 100   |
| <b>Pregnancy Intention and Family Planning</b>                 |             |             |        |       |             |       |                |             |       |
| Mistimed or unwanted pregnancy                                 | 38.2        | 32.7 - 43.6 | 5,200  | 40.1  | 33.4 - 46.7 | 3,700 | 33.4           | 23.3 - 43.6 | 1,300 |
| Unsure of pregnancy intentions                                 | 13.4        | 9.6 - 17.1  | 1,800  | 15.2  | 10.3 - 20.1 | 1,400 | 10.6           | 4.9 - 16.3  | 400   |
| Postpartum birth control use†                                  | 83.3        | 79.2 - 87.4 | 11,200 | 83.6  | 78.7 - 88.4 | 7,600 | 82.0           | 73.7 - 90.2 | 3,200 |
| <b>Infant Sleep and Breastfeeding</b>                          |             |             |        |       |             |       |                |             |       |
| Placed infant on back to sleep                                 | 73.1        | 68.1 - 78.2 | 9,900  | 71.1  | 64.7 - 77.5 | 6,400 | 77.6           | 69.3 - 85.9 | 3,000 |
| Infant always or often shared bed                              | 31.7        | 26.4 - 37.0 | 4,300  | 31.2  | 25.0 - 37.4 | 2,800 | 31.8           | 21.5 - 42.1 | 1,200 |
| Intended to breastfeed, before birth                           | 88.1        | 84.6 - 91.6 | 11,900 | 87.5  | 83.2 - 91.8 | 7,900 | 91.5 *         | 85.9 - 97.1 | 3,600 |
| Intended to breastfeed exclusively, before birth               | 55.3        | 49.8 - 60.9 | 7,500  | 55.3  | 48.7 - 62.0 | 5,000 | 57.0           | 46.2 - 67.8 | 2,200 |
| Breastfeeding practices  |             |             |        |       |             |       |                |             |       |
| Any breastfeeding, 1 month after delivery                      | 71.9        | 66.8 - 77.0 | 9,700  | 72.3  | 66.2 - 78.3 | 6,500 | 70.4           | 60.3 - 80.6 | 2,700 |
| Exclusive breastfeeding, 1 month after delivery                | 39.4        | 34.0 - 44.9 | 5,200  | 37.6  | 31.1 - 44.0 | 3,400 | 42.3           | 31.7 - 53.0 | 1,600 |
| Any breastfeeding, 3 months after delivery                     | 53.3        | 47.0 - 59.7 | 5,600  | 56.2  | 48.6 - 63.8 | 4,100 | 48.3           | 36.2 - 60.5 | 1,400 |
| Exclusive breastfeeding, 3 months after delivery               | 22.5        | 17.4 - 27.7 | 2,400  | 21.4  | 15.5 - 27.2 | 1,500 | 25.2           | 14.6 - 35.9 | 700   |



# MIHA Data Snapshot, Kern County by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |  |        | Urban |             |  |       | Rural/Frontier |             |  |       |
|--|-------------|-------------|--|--------|-------|-------------|--|-------|----------------|-------------|--|-------|
|  | %           | 95% CI      |  | N      | %     | 95% CI      |  | N     | %              | 95% CI      |  | N     |
| <b>Service Utilization and Health Insurance Coverage</b> |             |             |  |        |       |             |  |       |                |             |  |       |
| Had a usual source of pre-pregnancy care                 | 62.7        | 57.2 - 68.2 |  | 8,600  | 62.7  | 56.1 - 69.3 |  | 5,900 | 60.7           | 50.0 - 71.4 |  | 2,300 |
| Initiated prenatal care in 1st trimester                 | 81.7        | 77.2 - 86.1 |  | 11,100 | 82.6  | 77.5 - 87.7 |  | 7,600 | 79.5           | 69.9 - 89.0 |  | 3,100 |
| Mom or infant needed but couldn't afford care postpartum | 11.8        | 8.0 - 15.5  |  | 1,600  | 11.4  | 7.0 - 15.8  |  | 1,000 | 11.0 *         | 3.8 - 18.2  |  | 400   |
| Participated in WIC during pregnancy†                    | 74.5        | 71.4 - 77.7 |  | 10,200 | 73.8  | 69.8 - 77.8 |  | 6,900 | 74.4           | 66.0 - 82.8 |  | 2,800 |
| Received CalFresh (food stamps) during pregnancy         | 38.3        | 33.0 - 43.6 |  | 5,300  | 42.0  | 35.6 - 48.5 |  | 3,900 | 28.7           | 18.6 - 38.9 |  | 1,100 |
| Pre-pregnancy insurance                                  |             |             |  |        |       |             |  |       |                |             |  |       |
| Medi-Cal   | 41.6        | 36.3 - 46.9 |  | 5,700  | 41.4  | 35.1 - 47.8 |  | 3,900 | 38.6           | 28.0 - 49.2 |  | 1,500 |
| Uninsured  | 22.5        | 17.5 - 27.6 |  | 3,100  | 21.7  | 15.8 - 27.7 |  | 2,000 | 27.0           | 16.5 - 37.6 |  | 1,000 |
| Private  | 33.1        | 28.8 - 37.4 |  | 4,500  | 34.9  | 29.5 - 40.3 |  | 3,300 | 30.0           | 21.3 - 38.7 |  | 1,100 |
| Prenatal insurance                                       |             |             |  |        |       |             |  |       |                |             |  |       |
| Medi-Cal   | 63.8        | 59.5 - 68.2 |  | 8,700  | 64.6  | 59.3 - 70.0 |  | 6,000 | 61.5           | 51.8 - 71.1 |  | 2,400 |
| Uninsured  | 4.0         | 1.7 - 6.3   |  | 500    | 2.6 * | 0.4 - 4.8   |  | 200   | 5.8 *          | 0.9 - 10.8  |  | 200   |
| Private  | 29.3        | 25.5 - 33.0 |  | 4,000  | 30.1  | 25.2 - 34.9 |  | 2,800 | 30.3           | 21.6 - 38.9 |  | 1,200 |
| Maternal postpartum insurance                            |             |             |  |        |       |             |  |       |                |             |  |       |
| Medi-Cal   | 51.4        | 46.2 - 56.6 |  | 7,000  | 52.3  | 46.0 - 58.5 |  | 4,800 | 46.5           | 35.8 - 57.3 |  | 1,800 |
| Uninsured  | 14.2        | 9.9 - 18.6  |  | 2,000  | 12.5  | 7.5 - 17.5  |  | 1,200 | 18.0           | 8.6 - 27.4  |  | 700   |
| Private  | 31.9        | 27.7 - 36.1 |  | 4,400  | 33.3  | 28.0 - 38.6 |  | 3,100 | 32.0           | 22.8 - 41.1 |  | 1,200 |
| Infant health insurance                                  |             |             |  |        |       |             |  |       |                |             |  |       |
| Medi-Cal   | 66.7        | 62.3 - 71.1 |  | 8,900  | 65.9  | 60.4 - 71.4 |  | 5,900 | 66.7           | 57.3 - 76.0 |  | 2,600 |
| Uninsured  | 2.0 *       | 0.3 - 3.6   |  | 300    | --    |             |  |       | 2.4 *          | 0.2 - 4.6   |  | <100  |
| Private  | 28.3        | 24.4 - 32.2 |  | 3,800  | 29.5  | 24.6 - 34.3 |  | 2,600 | 28.0           | 19.1 - 36.9 |  | 1,100 |
| <b>Maternal Demographics</b>                             |             |             |  |        |       |             |  |       |                |             |  |       |
| Age  |             |             |  |        |       |             |  |       |                |             |  |       |
| 15-19  | 9.3         | 6.1 - 12.5  |  | 1,300  | 8.5   | 4.8 - 12.2  |  | 800   | 12.3           | 5.4 - 19.2  |  | 500   |
| 20-34  | 79.1        | 74.7 - 83.6 |  | 10,900 | 79.7  | 74.4 - 85.1 |  | 7,400 | 78.7           | 70.5 - 87.0 |  | 3,100 |
| 35+  | 11.6        | 8.1 - 15.0  |  | 1,600  | 11.8  | 7.5 - 16.0  |  | 1,100 | 9.0            | 3.9 - 14.1  |  | 300   |
| Did not complete high school (or GED)                    | 20.1        | 15.4 - 24.8 |  | 2,700  | 16.6  | 11.6 - 21.7 |  | 1,500 | 28.0           | 17.3 - 38.6 |  | 1,100 |
| Unmarried  | 50.9        | 45.5 - 56.2 |  | 7,000  | 50.5  | 44.0 - 56.9 |  | 4,700 | 51.8           | 41.2 - 62.5 |  | 2,000 |
| Race/Ethnicity   |             |             |  |        |       |             |  |       |                |             |  |       |
| White  | 28.2        | 23.6 - 32.8 |  | 3,900  | 24.1  | 19.0 - 29.1 |  | 2,200 | 39.9           | 29.5 - 50.4 |  | 1,600 |
| Hispanic   | 62.0        | 57.2 - 66.8 |  | 8,500  | 63.9  | 58.2 - 69.6 |  | 5,900 | 55.3           | 44.8 - 65.8 |  | 2,200 |
| Asian/Pacific Islander                                   | 3.6 *       | 1.2 - 5.9   |  | 500    | 4.8 * | 1.5 - 8.2   |  | 400   | --             |             |  |       |
| Black  | 5.8         | 5.0 - 6.7   |  | 800    | 6.8   | 5.5 - 8.1   |  | 600   | 3.5 *          | 1.2 - 5.8   |  | 100   |
| Born outside the U.S.                                    | 27.2        | 21.9 - 32.5 |  | 3,800  | 25.1  | 18.8 - 31.5 |  | 2,300 | 29.9           | 19.7 - 40.2 |  | 1,200 |
| Speaks non-English language at home                      | 26.4        | 21.1 - 31.6 |  | 3,600  | 24.5  | 18.2 - 30.7 |  | 2,300 | 29.4           | 19.2 - 39.5 |  | 1,100 |
| Lives in a high poverty neighborhood                     | 61.3        | 56.0 - 66.5 |  | 8,100  | 58.6  | 52.4 - 64.9 |  | 5,500 | 67.6           | 57.7 - 77.5 |  | 2,600 |
| Income as a percent of the Federal Poverty Guideline     |             |             |  |        |       |             |  |       |                |             |  |       |
| 0-100%   | 54.7        | 49.4 - 60.0 |  | 7,000  | 56.9  | 50.8 - 63.1 |  | 5,000 | 50.0           | 38.8 - 61.2 |  | 1,800 |
| 101-200%   | 23.1        | 18.2 - 28.0 |  | 3,000  | 18.4  | 13.2 - 23.6 |  | 1,600 | 34.1           | 23.1 - 45.0 |  | 1,200 |
| > 200%   | 22.2        | 18.9 - 25.5 |  | 2,800  | 24.7  | 20.4 - 28.9 |  | 2,200 | 15.9           | 9.1 - 22.8  |  | 600   |

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Kern County was 552. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2015. Population estimate (N) is a three-year average. Urban and Rural/Frontier designations are based on the population size or densities of Medical Service Study Areas. See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).



# MIHA Data Snapshot, Kern County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | 0-100% Federal Poverty Guideline |             |       | 101-200% Federal Poverty Guideline |             |       | > 200% Federal Poverty Guideline |             |       |
|--|-------------|-------------|--------|----------------------------------|-------------|-------|------------------------------------|-------------|-------|----------------------------------|-------------|-------|
|  | %           | 95% CI      | N      | %                                | 95% CI      | N     | %                                  | 95% CI      | N     | %                                | 95% CI      | N     |
| <b>Total</b>   | 100         |             | 13,800 | 54.7                             | 49.4 - 60.0 | 7,000 | 23.1                               | 18.2 - 28.0 | 3,000 | 22.2                             | 18.9 - 25.5 | 2,800 |
| <b>Health Status before Pregnancy</b>                          |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| In good to excellent health                                    | 89.5        | 85.7 - 93.4 | 12,400 | 87.1                             | 80.9 - 93.3 | 6,100 | 93.9 *                             | 89.1 - 98.8 | 2,800 | 95.2 *                           | 90.6 - 99.7 | 2,700 |
| Chronic conditions   |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Diabetes†  | 1.9 *       | 0.4 - 3.3   | 300    | 3.3 *                            | 0.5 - 6.1   | 200   | --                                 |             |       | --                               |             |       |
| Hypertension†  | 2.0 *       | 0.7 - 3.4   | 300    | 2.1 *                            | 0.2 - 4.0   | 100   | --                                 |             |       | --                               |             |       |
| Asthma†  | 7.1         | 4.0 - 10.2  | 1,000  | 9.4                              | 3.9 - 14.8  | 600   | 6.8 *                              | 1.1 - 12.6  | 200   | 4.5 *                            | 1.4 - 7.7   | 100   |
| <b>Nutrition and Weight</b>                                    |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Daily folic acid use, month before pregnancy                   | 29.7        | 24.6 - 34.9 | 4,100  | 29.0                             | 21.3 - 36.8 | 2,000 | 26.4                               | 14.8 - 37.9 | 800   | 38.4                             | 28.9 - 47.8 | 1,100 |
| Overweight before pregnancy                                    | 26.9        | 21.8 - 32.1 | 3,500  | 26.2                             | 18.5 - 33.9 | 1,700 | 34.3                               | 22.3 - 46.4 | 900   | 24.0                             | 16.3 - 31.8 | 700   |
| Obese before pregnancy   | 27.0        | 22.1 - 31.9 | 3,500  | 30.1                             | 22.5 - 37.6 | 2,000 | 25.2                               | 15.1 - 35.3 | 700   | 23.1                             | 14.9 - 31.3 | 700   |
| Inadequate weight gain during pregnancy                        | 18.5        | 13.2 - 23.7 | 2,000  | 21.4                             | 13.2 - 29.7 | 1,200 | 15.9 *                             | 4.7 - 27.2  | 300   | 12.4                             | 6.2 - 18.7  | 300   |
| Excessive weight gain during pregnancy                         | 47.3        | 41.2 - 53.5 | 5,200  | 45.4                             | 36.2 - 54.6 | 2,600 | 50.8                               | 36.9 - 64.6 | 1,100 | 46.9                             | 37.0 - 56.9 | 1,100 |
| Food insecurity during pregnancy                               | 20.1        | 15.3 - 25.0 | 2,800  | 30.5                             | 22.6 - 38.3 | 2,100 | 13.9 *                             | 4.4 - 23.4  | 400   | --                               |             |       |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Physical or psychological IPV during pregnancy                 | 7.8         | 4.9 - 10.6  | 1,100  | 10.7                             | 5.8 - 15.6  | 700   | 6.7 *                              | 1.8 - 11.6  | 200   | --                               |             |       |
| Prenatal depressive symptoms                                   | 15.6        | 11.5 - 19.8 | 2,100  | 21.0                             | 14.0 - 28.0 | 1,500 | 11.5                               | 4.9 - 18.2  | 300   | 8.1 *                            | 3.0 - 13.2  | 200   |
| Postpartum depressive symptoms                                 | 15.3        | 11.0 - 19.6 | 2,100  | 22.4                             | 15.0 - 29.8 | 1,600 | 7.3 *                              | 2.1 - 12.4  | 200   | 9.6                              | 4.3 - 15.0  | 300   |
| <b>Hardships and Support during Pregnancy</b>                  |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Experienced two or more hardships during childhood             | 26.1        | 21.0 - 31.1 | 3,500  | 30.3                             | 22.6 - 38.0 | 2,100 | 16.4                               | 7.4 - 25.5  | 500   | 19.2                             | 11.6 - 26.8 | 500   |
| Homeless or did not have a regular place to sleep              | 3.4         | 1.4 - 5.4   | 500    | 5.2 *                            | 1.7 - 8.7   | 400   | --                                 |             |       | --                               |             |       |
| Moved due to problems paying rent or mortgage                  | 5.6         | 3.5 - 7.8   | 800    | 9.4                              | 5.4 - 13.3  | 600   | --                                 |             |       | --                               |             |       |
| Woman or partner lost job                                      | 18.4        | 13.9 - 22.9 | 2,500  | 25.3                             | 17.9 - 32.8 | 1,700 | 12.9 *                             | 5.3 - 20.6  | 400   | 12.7 *                           | 4.7 - 20.8  | 400   |
| Woman or partner had pay or hours cut back                     | 14.5        | 10.5 - 18.6 | 2,000  | 18.1                             | 11.8 - 24.3 | 1,300 | 16.5 *                             | 6.6 - 26.4  | 500   | 8.5 *                            | 1.9 - 15.1  | 200   |
| Became separated or divorced                                   | 8.8         | 6.0 - 11.7  | 1,200  | 12.1                             | 7.4 - 16.8  | 800   | 6.0 *                              | 1.5 - 10.5  | 200   | --                               |             |       |
| Had no practical or emotional support                          | 4.1         | 1.7 - 6.5   | 600    | 4.9 *                            | 1.0 - 8.9   | 300   | --                                 |             |       | --                               |             |       |
| <b>Substance Use</b>   |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Any smoking, 3 months before pregnancy                         | 11.7        | 8.3 - 15.1  | 1,600  | 14.8                             | 9.3 - 20.3  | 1,000 | 7.2 *                              | 1.9 - 12.4  | 200   | 8.7 *                            | 3.4 - 14.0  | 200   |
| Any smoking, 3rd trimester†                                    | 5.0         | 2.6 - 7.3   | 700    | 8.2                              | 4.1 - 12.3  | 600   | --                                 |             |       | --                               |             |       |
| Any smoking, postpartum  | 8.9         | 5.7 - 12.0  | 1,200  | 13.0                             | 7.6 - 18.3  | 900   | 5.7 *                              | 0.6 - 10.8  | 200   | --                               |             |       |
| Any binge drinking, 3 months before pregnancy                  | 13.3        | 9.6 - 17.0  | 1,800  | 12.0                             | 6.6 - 17.5  | 800   | 16.0                               | 7.1 - 24.9  | 500   | 17.4                             | 10.2 - 24.6 | 500   |
| Any alcohol use, 3rd trimester†                                | 3.0         | 1.7 - 4.4   | 400    | 2.9 *                            | 0.9 - 4.9   | 200   | --                                 |             |       | 4.7 *                            | 1.8 - 7.6   | 100   |
| <b>Pregnancy Intention and Family Planning</b>                 |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Mistimed or unwanted pregnancy                                 | 38.2        | 32.7 - 43.6 | 5,200  | 49.9                             | 41.6 - 58.2 | 3,400 | 30.3                               | 19.8 - 40.7 | 900   | 15.8                             | 8.7 - 23.0  | 400   |
| Unsure of pregnancy intentions                                 | 13.4        | 9.6 - 17.1  | 1,800  | 14.5                             | 9.0 - 20.1  | 1,000 | 14.5 *                             | 5.7 - 23.2  | 400   | 6.6 *                            | 2.5 - 10.7  | 200   |
| Postpartum birth control use†                                  | 83.3        | 79.2 - 87.4 | 11,200 | 81.2                             | 74.8 - 87.7 | 5,500 | 85.1                               | 76.7 - 93.6 | 2,400 | 83.7                             | 76.5 - 90.9 | 2,400 |
| <b>Infant Sleep and Breastfeeding</b>                          |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Placed infant on back to sleep                                 | 73.1        | 68.1 - 78.2 | 9,900  | 68.8                             | 61.0 - 76.5 | 4,700 | 75.2                               | 64.1 - 86.3 | 2,200 | 80.4                             | 72.6 - 88.2 | 2,300 |
| Infant always or often shared bed                              | 31.7        | 26.4 - 37.0 | 4,300  | 32.1                             | 24.4 - 39.7 | 2,200 | 35.0                               | 22.7 - 47.2 | 1,000 | 30.4                             | 20.8 - 40.0 | 900   |
| Intended to breastfeed, before birth                           | 88.1        | 84.6 - 91.6 | 11,900 | 85.5                             | 80.2 - 90.8 | 5,800 | 91.3 *                             | 85.0 - 97.6 | 2,600 | 94.3 *                           | 89.6 - 99.1 | 2,700 |
| Intended to breastfeed exclusively, before birth               | 55.3        | 49.8 - 60.9 | 7,500  | 44.9                             | 36.6 - 53.3 | 3,000 | 56.7                               | 44.3 - 69.0 | 1,600 | 77.6                             | 69.1 - 86.2 | 2,200 |
| Breastfeeding practices  |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Any breastfeeding, 1 month after delivery                      | 71.9        | 66.8 - 77.0 | 9,700  | 66.7                             | 59.0 - 74.4 | 4,500 | 80.9                               | 71.5 - 90.2 | 2,300 | 83.7                             | 76.7 - 90.7 | 2,300 |
| Exclusive breastfeeding, 1 month after delivery                | 39.4        | 34.0 - 44.9 | 5,200  | 36.5                             | 28.3 - 44.8 | 2,500 | 50.6                               | 38.4 - 62.8 | 1,400 | 40.0                             | 31.0 - 49.1 | 1,100 |
| Any breastfeeding, 3 months after delivery                     | 53.3        | 47.0 - 59.7 | 5,600  | 43.9                             | 34.3 - 53.6 | 2,300 | 65.0                               | 52.1 - 77.9 | 1,500 | 71.1                             | 60.1 - 82.0 | 1,500 |
| Exclusive breastfeeding, 3 months after delivery               | 22.5        | 17.4 - 27.7 | 2,400  | 17.3                             | 9.6 - 25.1  | 900   | 29.1                               | 17.3 - 40.9 | 700   | 30.8                             | 21.5 - 40.2 | 600   |



# MIHA Data Snapshot, Kern County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | 0-100% Federal Poverty Guideline |             |       | 101-200% Federal Poverty Guideline |             |       | > 200% Federal Poverty Guideline |             |       |
|--|-------------|-------------|--------|----------------------------------|-------------|-------|------------------------------------|-------------|-------|----------------------------------|-------------|-------|
|  | %           | 95% CI      | N      | %                                | 95% CI      | N     | %                                  | 95% CI      | N     | %                                | 95% CI      | N     |
| <b>Service Utilization and Health Insurance Coverage</b> |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Had a usual source of pre-pregnancy care                 | 62.7        | 57.2 - 68.2 | 8,600  | 52.8                             | 44.5 - 61.0 | 3,700 | 65.4                               | 53.6 - 77.1 | 1,900 | 82.7                             | 75.8 - 89.6 | 2,300 |
| Initiated prenatal care in 1st trimester                 | 81.7        | 77.2 - 86.1 | 11,100 | 74.6                             | 67.7 - 81.5 | 5,200 | 88.8 *                             | 79.8 - 97.8 | 2,600 | --                               |             |       |
| Mom or infant needed but couldn't afford care postpartum | 11.8        | 8.0 - 15.5  | 1,600  | 12.4                             | 6.9 - 17.9  | 800   | 10.7 *                             | 2.9 - 18.5  | 300   | 8.9 *                            | 3.2 - 14.7  | 200   |
| Participated in WIC during pregnancy†                    | 74.5        | 71.4 - 77.7 | 10,200 | 94.8                             | 92.5 - 97.1 | 6,600 | 83.2                               | 75.2 - 91.3 | 2,500 | 12.4 *                           | 4.4 - 20.4  | 400   |
| Received CalFresh (food stamps) during pregnancy         | 38.3        | 33.0 - 43.6 | 5,300  | 62.7                             | 54.7 - 70.7 | 4,400 | 19.0                               | 10.1 - 27.9 | 600   | --                               |             |       |
| <b>Pre-pregnancy insurance</b>                           |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Medi-Cal   | 41.6        | 36.3 - 46.9 | 5,700  | 58.0                             | 49.7 - 66.3 | 4,100 | 40.9                               | 28.3 - 53.5 | 1,200 | --                               |             |       |
| Uninsured  | 22.5        | 17.5 - 27.6 | 3,100  | 27.1                             | 19.2 - 35.0 | 1,900 | 23.7                               | 12.8 - 34.6 | 700   | 3.2 *                            | 0.4 - 5.9   | <100  |
| Private  | 33.1        | 28.8 - 37.4 | 4,500  | 12.5                             | 7.1 - 17.8  | 900   | 32.9                               | 22.4 - 43.4 | 1,000 | 90.3                             | 85.2 - 95.5 | 2,600 |
| <b>Prenatal insurance</b>                                |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Medi-Cal   | 63.8        | 59.5 - 68.2 | 8,700  | 87.1                             | 82.0 - 92.3 | 6,000 | 65.4                               | 54.5 - 76.3 | 1,900 | 3.1 *                            | 0.3 - 6.0   | <100  |
| Uninsured  | 4.0         | 1.7 - 6.3   | 500    | 4.4 *                            | 1.1 - 7.7   | 300   | --                                 |             |       | --                               |             |       |
| Private  | 29.3        | 25.5 - 33.0 | 4,000  | 8.4                              | 4.2 - 12.5  | 600   | 26.8                               | 17.5 - 36.1 | 800   | 88.9                             | 83.2 - 94.6 | 2,500 |
| <b>Maternal postpartum insurance</b>                     |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Medi-Cal   | 51.4        | 46.2 - 56.6 | 7,000  | 75.9                             | 68.6 - 83.2 | 5,200 | 46.1                               | 33.8 - 58.5 | 1,400 | --                               |             |       |
| Uninsured  | 14.2        | 9.9 - 18.6  | 2,000  | 12.7                             | 6.5 - 18.9  | 900   | 18.8                               | 8.4 - 29.2  | 600   | 5.2 *                            | 0.5 - 9.8   | 100   |
| Private  | 31.9        | 27.7 - 36.1 | 4,400  | 9.1                              | 4.6 - 13.6  | 600   | 33.1                               | 22.2 - 44.0 | 1,000 | 89.4                             | 83.4 - 95.5 | 2,500 |
| <b>Infant health insurance</b>                           |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Medi-Cal   | 66.7        | 62.3 - 71.1 | 8,900  | 89.2                             | 84.4 - 94.1 | 6,000 | 70.5                               | 59.9 - 81.0 | 2,000 | 6.0 *                            | 2.1 - 10.0  | 200   |
| Uninsured  | 2.0 *       | 0.3 - 3.6   | 300    | --                               |             |       | --                                 |             |       | --                               |             |       |
| Private  | 28.3        | 24.4 - 32.2 | 3,800  | 5.3 *                            | 2.1 - 8.6   | 400   | 24.2                               | 15.1 - 33.2 | 700   | 88.5                             | 83.0 - 94.0 | 2,500 |
| <b>Maternal Demographics</b>                             |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| Did not complete high school (or GED)                    | 20.1        | 15.4 - 24.8 | 2,700  | 26.0                             | 18.7 - 33.3 | 1,800 | 16.9 *                             | 5.7 - 28.1  | 500   | --                               |             |       |
| Unmarried  | 50.9        | 45.5 - 56.2 | 7,000  | 70.8                             | 63.1 - 78.4 | 4,900 | 33.9                               | 22.6 - 45.3 | 1,000 | 11.6                             | 5.5 - 17.6  | 300   |
| <b>Race/Ethnicity</b>                                    |             |             |        |                                  |             |       |                                    |             |       |                                  |             |       |
| White  | 28.2        | 23.6 - 32.8 | 3,900  | 17.8                             | 11.5 - 24.1 | 1,200 | 22.3                               | 12.8 - 31.9 | 700   | 61.3                             | 51.5 - 71.0 | 1,700 |
| Hispanic   | 62.0        | 57.2 - 66.8 | 8,500  | 71.8                             | 65.2 - 78.4 | 5,000 | 69.2                               | 58.3 - 80.1 | 2,000 | 26.2                             | 18.0 - 34.4 | 700   |
| Asian/Pacific Islander                                   | 3.6 *       | 1.2 - 5.9   | 500    | --                               |             |       | --                                 |             |       | 10.1 *                           | 2.3 - 17.9  | 300   |
| Black  | 5.8         | 5.0 - 6.7   | 800    | 8.9                              | 6.9 - 10.8  | 600   | 4.2                                | 2.0 - 6.4   | 100   | 1.9                              | 1.0 - 2.8   | <100  |
| Born outside the U.S.                                    | 27.2        | 21.9 - 32.5 | 3,800  | 25.5                             | 18.0 - 32.9 | 1,800 | 37.8                               | 25.1 - 50.5 | 1,100 | 18.5                             | 9.6 - 27.4  | 500   |
| Speaks non-English language at home                      | 26.4        | 21.1 - 31.6 | 3,600  | 24.8                             | 17.3 - 32.3 | 1,700 | 34.3                               | 21.9 - 46.7 | 1,000 | 15.9                             | 7.4 - 24.4  | 500   |
| Lives in a high poverty neighborhood                     | 61.3        | 56.0 - 66.5 | 8,100  | 74.4                             | 67.2 - 81.6 | 5,000 | 63.4                               | 51.2 - 75.6 | 1,800 | 23.7                             | 15.7 - 31.8 | 600   |

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Kern County was 552. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2015. Population estimate (N) is a three-year average. See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).

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# MIHA Data Snapshot, Kern County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | 15-19 Years |             |       | 20-34 Years |             |        | 35 Years or Older |             |       |
|--|-------------|-------------|--------|-------------|-------------|-------|-------------|-------------|--------|-------------------|-------------|-------|
|  | %           | 95% CI      | N      | %           | 95% CI      | N     | %           | 95% CI      | N      | %                 | 95% CI      | N     |
| <b>Total</b>   | 100         |             | 13,800 | 9.3         | 6.1 - 12.5  | 1,300 | 79.1        | 74.7 - 83.6 | 10,900 | 11.6              | 8.1 - 15.0  | 1,600 |
| <b>Health Status before Pregnancy</b>                          |             |             |        |             |             |       |             |             |        |                   |             |       |
| In good to excellent health                                    | 89.5        | 85.7 - 93.4 | 12,400 | 78.9*       | 61.2 - 96.5 | 1,000 | 90.3        | 86.2 - 94.5 | 9,900  | --                |             |       |
| Chronic conditions   |             |             |        |             |             |       |             |             |        |                   |             |       |
| Diabetes†  | 1.9*        | 0.4 - 3.3   | 300    | --          |             |       | --          |             |        | --                |             |       |
| Hypertension†  | 2.0*        | 0.7 - 3.4   | 300    | --          |             |       | 1.7*        | 0.4 - 3.1   | 200    | --                |             |       |
| Asthma†  | 7.1         | 4.0 - 10.2  | 1,000  | 13.8*       | 2.4 - 25.1  | 200   | 7.0         | 3.3 - 10.7  | 800    | --                |             |       |
| <b>Nutrition and Weight</b>                                    |             |             |        |             |             |       |             |             |        |                   |             |       |
| Daily folic acid use, month before pregnancy                   | 29.7        | 24.6 - 34.9 | 4,100  | 19.3*       | 6.8 - 31.7  | 200   | 30.6        | 24.7 - 36.6 | 3,300  | 32.1              | 17.7 - 46.5 | 500   |
| Overweight before pregnancy                                    | 26.9        | 21.8 - 32.1 | 3,500  | 22.7*       | 8.3 - 37.0  | 300   | 28.3        | 22.3 - 34.3 | 2,900  | 21.6              | 9.3 - 33.9  | 300   |
| Obese before pregnancy   | 27.0        | 22.1 - 31.9 | 3,500  | 11.9*       | 2.2 - 21.6  | 200   | 26.8        | 21.2 - 32.4 | 2,700  | 41.4              | 25.8 - 57.0 | 600   |
| Inadequate weight gain during pregnancy                        | 18.5        | 13.2 - 23.7 | 2,000  | 25.3*       | 6.4 - 44.2  | 300   | 16.5        | 10.7 - 22.3 | 1,400  | 26.6*             | 10.3 - 43.0 | 300   |
| Excessive weight gain during pregnancy                         | 47.3        | 41.2 - 53.5 | 5,200  | 54.4        | 35.0 - 73.8 | 600   | 47.4        | 40.4 - 54.4 | 4,100  | 39.5              | 21.0 - 57.9 | 400   |
| Food insecurity during pregnancy                               | 20.1        | 15.3 - 25.0 | 2,800  | 24.7*       | 10.0 - 39.4 | 300   | 20.3        | 14.7 - 26.0 | 2,200  | 15.1*             | 5.4 - 24.8  | 200   |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |             |             |        |             |             |       |             |             |        |                   |             |       |
| Physical or psychological IPV during pregnancy                 | 7.8         | 4.9 - 10.6  | 1,100  | 19.6*       | 6.8 - 32.5  | 300   | 6.8         | 3.7 - 9.9   | 700    | --                |             |       |
| Prenatal depressive symptoms                                   | 15.6        | 11.5 - 19.8 | 2,100  | 18.6*       | 6.2 - 31.0  | 200   | 16.6        | 11.7 - 21.5 | 1,800  | 6.3*              | 0.4 - 12.2  | <100  |
| Postpartum depressive symptoms                                 | 15.3        | 11.0 - 19.6 | 2,100  | 15.0*       | 4.0 - 26.0  | 200   | 17.0        | 11.8 - 22.1 | 1,900  | --                |             |       |
| <b>Hardships and Support during Pregnancy</b>                  |             |             |        |             |             |       |             |             |        |                   |             |       |
| Experienced two or more hardships during childhood             | 26.1        | 21.0 - 31.1 | 3,500  | 27.3        | 12.7 - 41.9 | 400   | 27.1        | 21.2 - 33.0 | 2,800  | 18.3              | 7.6 - 29.0  | 300   |
| Homeless or did not have a regular place to sleep              | 3.4         | 1.4 - 5.4   | 500    | 3.2*        | 0.2 - 6.2   | <100  | 3.3*        | 0.9 - 5.6   | 400    | --                |             |       |
| Moved due to problems paying rent or mortgage                  | 5.6         | 3.5 - 7.8   | 800    | --          |             |       | 5.6         | 3.2 - 8.0   | 600    | --                |             |       |
| Woman or partner lost job                                      | 18.4        | 13.9 - 22.9 | 2,500  | 15.7*       | 3.7 - 27.7  | 200   | 19.7        | 14.4 - 25.0 | 2,100  | 11.6*             | 1.7 - 21.5  | 200   |
| Woman or partner had pay or hours cut back                     | 14.5        | 10.5 - 18.6 | 2,000  | --          |             |       | 15.3        | 10.7 - 19.9 | 1,700  | 14.9*             | 1.4 - 28.5  | 200   |
| Became separated or divorced                                   | 8.8         | 6.0 - 11.7  | 1,200  | 24.2        | 10.4 - 38.0 | 300   | 7.4         | 4.4 - 10.5  | 800    | 6.0*              | 0.2 - 11.9  | <100  |
| Had no practical or emotional support                          | 4.1         | 1.7 - 6.5   | 600    | --          |             |       | 4.1*        | 1.3 - 6.9   | 400    | --                |             |       |
| <b>Substance Use</b>   |             |             |        |             |             |       |             |             |        |                   |             |       |
| Any smoking, 3 months before pregnancy                         | 11.7        | 8.3 - 15.1  | 1,600  | --          |             |       | 13.3        | 9.2 - 17.4  | 1,400  | 6.1*              | 0.3 - 12.0  | <100  |
| Any smoking, 3rd trimester†                                    | 5.0         | 2.6 - 7.3   | 700    | --          |             |       | 6.1         | 3.1 - 9.0   | 700    | --                |             |       |
| Any smoking, postpartum  | 8.9         | 5.7 - 12.0  | 1,200  | --          |             |       | 9.8         | 6.0 - 13.6  | 1,100  | 6.1*              | 0.3 - 12.0  | <100  |
| Any binge drinking, 3 months before pregnancy                  | 13.3        | 9.6 - 17.0  | 1,800  | 9.8*        | 0.2 - 19.3  | 100   | 13.3        | 9.0 - 17.6  | 1,400  | 16.1*             | 6.3 - 26.0  | 300   |
| Any alcohol use, 3rd trimester†                                | 3.0         | 1.7 - 4.4   | 400    | --          |             |       | 3.4         | 1.8 - 5.1   | 400    | --                |             |       |
| <b>Pregnancy Intention and Family Planning</b>                 |             |             |        |             |             |       |             |             |        |                   |             |       |
| Mistimed or unwanted pregnancy                                 | 38.2        | 32.7 - 43.6 | 5,200  | 72.6        | 58.1 - 87.0 | 900   | 35.6        | 29.5 - 41.8 | 3,900  | 27.5              | 13.9 - 41.0 | 400   |
| Unsure of pregnancy intentions                                 | 13.4        | 9.6 - 17.1  | 1,800  | 12.4*       | 2.2 - 22.6  | 200   | 12.0        | 8.1 - 15.8  | 1,300  | 24.0*             | 8.1 - 39.9  | 400   |
| Postpartum birth control use†                                  | 83.3        | 79.2 - 87.4 | 11,200 | 79.2*       | 65.5 - 92.9 | 1,000 | 84.4        | 79.8 - 88.9 | 8,900  | 79.5*             | 66.5 - 92.6 | 1,300 |
| <b>Infant Sleep and Breastfeeding</b>                          |             |             |        |             |             |       |             |             |        |                   |             |       |
| Placed infant on back to sleep                                 | 73.1        | 68.1 - 78.2 | 9,900  | 71.2        | 56.7 - 85.7 | 900   | 73.6        | 67.9 - 79.4 | 7,900  | 71.5              | 56.0 - 86.9 | 1,100 |
| Infant always or often shared bed                              | 31.7        | 26.4 - 37.0 | 4,300  | 30.2        | 14.4 - 45.9 | 400   | 29.2        | 23.3 - 35.0 | 3,100  | 50.5              | 34.6 - 66.3 | 800   |
| Intended to breastfeed, before birth                           | 88.1        | 84.6 - 91.6 | 11,900 | 87.8*       | 77.3 - 98.3 | 1,100 | 89.1        | 85.5 - 92.8 | 9,500  | 80.9*             | 66.7 - 95.1 | 1,200 |
| Intended to breastfeed exclusively, before birth               | 55.3        | 49.8 - 60.9 | 7,500  | 56.6        | 38.4 - 74.9 | 700   | 56.4        | 50.0 - 62.7 | 6,000  | 47.3              | 31.8 - 62.9 | 700   |
| <b>Breastfeeding practices</b>                                 |             |             |        |             |             |       |             |             |        |                   |             |       |
| Any breastfeeding, 1 month after delivery                      | 71.9        | 66.8 - 77.0 | 9,700  | 54.7        | 36.5 - 73.0 | 700   | 74.2        | 68.6 - 79.8 | 7,900  | 70.4              | 55.4 - 85.4 | 1,100 |
| Exclusive breastfeeding, 1 month after delivery                | 39.4        | 34.0 - 44.9 | 5,200  | 34.6        | 18.0 - 51.2 | 400   | 42.1        | 35.8 - 48.4 | 4,400  | 24.4              | 12.3 - 36.4 | 400   |
| Any breastfeeding, 3 months after delivery                     | 53.3        | 47.0 - 59.7 | 5,600  | 28.2*       | 10.0 - 46.4 | 200   | 54.2        | 47.0 - 61.4 | 4,600  | 63.3              | 46.6 - 80.0 | 900   |
| Exclusive breastfeeding, 3 months after delivery               | 22.5        | 17.4 - 27.7 | 2,400  | 12.6*       | 1.1 - 24.1  | 100   | 24.7        | 18.7 - 30.8 | 2,100  | 14.6*             | 4.7 - 24.5  | 200   |



# MIHA Data Snapshot, Kern County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | 15-19 Years |             |       | 20-34 Years |             |       | 35 Years or Older |             |       |
|--|-------------|-------------|--------|-------------|-------------|-------|-------------|-------------|-------|-------------------|-------------|-------|
|  | %           | 95% CI      | N      | %           | 95% CI      | N     | %           | 95% CI      | N     | %                 | 95% CI      | N     |
| <b>Service Utilization and Health Insurance Coverage</b> |             |             |        |             |             |       |             |             |       |                   |             |       |
| Had a usual source of pre-pregnancy care                 | 62.7        | 57.2 - 68.2 | 8,600  | 47.2        | 29.4 - 65.1 | 600   | 63.1        | 57.0 - 69.3 | 6,900 | 72.1              | 57.1 - 87.1 | 1,200 |
| Initiated prenatal care in 1st trimester                 | 81.7        | 77.2 - 86.1 | 11,100 | 72.6        | 57.2 - 88.1 | 900   | 83.1        | 78.1 - 88.1 | 9,100 | 78.3*             | 65.4 - 91.2 | 1,200 |
| Mom or infant needed but couldn't afford care postpartum | 11.8        | 8.0 - 15.5  | 1,600  | 10.7*       | 1.3 - 20.1  | 100   | 13.0        | 8.4 - 17.6  | 1,400 | --                |             |       |
| Participated in WIC during pregnancy†                    | 74.5        | 71.4 - 77.7 | 10,200 | 91.6*       | 83.5 - 99.7 | 1,200 | 74.3        | 70.5 - 78.2 | 8,100 | 61.8              | 47.5 - 76.0 | 1,000 |
| Received CalFresh (food stamps) during pregnancy         | 38.3        | 33.0 - 43.6 | 5,300  | 39.6        | 22.6 - 56.5 | 500   | 39.3        | 33.2 - 45.3 | 4,300 | 30.8              | 16.1 - 45.5 | 500   |
| Pre-pregnancy insurance                                  |             |             |        |             |             |       |             |             |       |                   |             |       |
| Medi-Cal   | 41.6        | 36.3 - 46.9 | 5,700  | 58.8        | 40.8 - 76.7 | 800   | 40.4        | 34.2 - 46.5 | 4,400 | 36.3              | 20.9 - 51.6 | 600   |
| Uninsured  | 22.5        | 17.5 - 27.6 | 3,100  | 22.1*       | 4.6 - 39.6  | 300   | 23.4        | 17.6 - 29.1 | 2,500 | 17.2*             | 3.8 - 30.7  | 300   |
| Private  | 33.1        | 28.8 - 37.4 | 4,500  | 16.0*       | 4.4 - 27.6  | 200   | 33.9        | 28.8 - 39.0 | 3,700 | 41.7              | 27.2 - 56.2 | 700   |
| Prenatal insurance                                       |             |             |        |             |             |       |             |             |       |                   |             |       |
| Medi-Cal   | 63.8        | 59.5 - 68.2 | 8,700  | 82.8*       | 70.3 - 95.2 | 1,000 | 64.9        | 60.1 - 69.8 | 7,000 | 41.9              | 26.7 - 57.0 | 700   |
| Uninsured  | 4.0         | 1.7 - 6.3   | 500    | --          |             |       | 3.5*        | 1.1 - 5.8   | 400   | --                |             |       |
| Private  | 29.3        | 25.5 - 33.0 | 4,000  | 13.8*       | 2.8 - 24.8  | 200   | 29.7        | 25.3 - 34.1 | 3,200 | 38.4              | 24.3 - 52.6 | 600   |
| Maternal postpartum insurance                            |             |             |        |             |             |       |             |             |       |                   |             |       |
| Medi-Cal   | 51.4        | 46.2 - 56.6 | 7,000  | 84.9*       | 73.0 - 96.7 | 1,000 | 49.9        | 43.9 - 55.8 | 5,400 | 35.9              | 20.8 - 50.9 | 600   |
| Uninsured  | 14.2        | 9.9 - 18.6  | 2,000  | --          |             |       | 14.2        | 9.3 - 19.2  | 1,500 | 23.4*             | 8.7 - 38.1  | 400   |
| Private  | 31.9        | 27.7 - 36.1 | 4,400  | --          |             |       | 33.5        | 28.5 - 38.6 | 3,600 | 38.7              | 24.6 - 52.8 | 600   |
| Infant health insurance                                  |             |             |        |             |             |       |             |             |       |                   |             |       |
| Medi-Cal   | 66.7        | 62.3 - 71.1 | 8,900  | --          |             |       | 65.5        | 60.3 - 70.6 | 7,000 | 52.5              | 36.8 - 68.2 | 800   |
| Uninsured  | 2.0*        | 0.3 - 3.6   | 300    | --          |             |       | 2.2*        | 0.2 - 4.2   | 200   | --                |             |       |
| Private  | 28.3        | 24.4 - 32.2 | 3,800  | --          |             |       | 30.4        | 25.6 - 35.2 | 3,200 | 36.8              | 22.6 - 51.0 | 600   |
| <b>Maternal Demographics</b>                             |             |             |        |             |             |       |             |             |       |                   |             |       |
| Did not complete high school (or GED)                    | 20.1        | 15.4 - 24.8 | 2,700  | 22.1*       | 8.9 - 35.3  | 300   | 18.4        | 12.9 - 23.8 | 2,000 | 30.2              | 16.0 - 44.4 | 500   |
| Unmarried  | 50.9        | 45.5 - 56.2 | 7,000  | --          |             |       | 48.2        | 42.1 - 54.3 | 5,200 | 35.8              | 20.7 - 50.9 | 600   |
| Race/Ethnicity   |             |             |        |             |             |       |             |             |       |                   |             |       |
| White  | 28.2        | 23.6 - 32.8 | 3,900  | --          |             |       | 30.6        | 25.2 - 36.0 | 3,300 | 24.4              | 12.2 - 36.6 | 400   |
| Hispanic   | 62.0        | 57.2 - 66.8 | 8,500  | 78.9        | 66.4 - 91.3 | 1,000 | 60.5        | 54.9 - 66.1 | 6,600 | 59.0              | 43.5 - 74.4 | 900   |
| Asian/Pacific Islander                                   | 3.6*        | 1.2 - 5.9   | 500    | --          |             |       | 2.6*        | 0.6 - 4.7   | 300   | --                |             |       |
| Black  | 5.8         | 5.0 - 6.7   | 800    | 7.8*        | 2.9 - 12.7  | 100   | 5.8         | 4.6 - 7.1   | 600   | 4.2*              | 1.3 - 7.0   | <100  |
| Born outside the U.S.                                    | 27.2        | 21.9 - 32.5 | 3,800  | --          |             |       | 25.8        | 19.8 - 31.8 | 2,800 | 51.4              | 35.8 - 66.9 | 800   |
| Speaks non-English language at home                      | 26.4        | 21.1 - 31.6 | 3,600  | 19.4*       | 1.9 - 36.9  | 200   | 25.3        | 19.4 - 31.3 | 2,800 | 38.9              | 23.7 - 54.1 | 600   |
| Lives in a high poverty neighborhood                     | 61.3        | 56.0 - 66.5 | 8,100  | 66.9        | 50.5 - 83.3 | 900   | 62.5        | 56.5 - 68.5 | 6,600 | 47.4              | 31.4 - 63.4 | 700   |

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Kern County was 552. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2015. Population estimate (N) is a three-year average. See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).

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# MIHA Data Snapshot, Kern County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | 0-4.9% of Residents below Poverty |             |      | 5-9.9% of Residents below Poverty |             |       | 10-19.9% of Residents below Poverty |             |       | ≥ 20% of Residents below Poverty |             |       |
|--|-------------|-------------|--------|-----------------------------------|-------------|------|-----------------------------------|-------------|-------|-------------------------------------|-------------|-------|----------------------------------|-------------|-------|
|  | %           | 95% CI      | N      | %                                 | 95% CI      | N    | %                                 | 95% CI      | N     | %                                   | 95% CI      | N     | %                                | 95% CI      | N     |
| <b>Total</b>   | 100         |             | 13,800 | 6.4                               | 3.9 - 9.0   | 900  | 14.0                              | 10.2 - 17.8 | 1,900 | 18.3                                | 14.1 - 22.5 | 2,400 | 61.3                             | 56.0 - 66.5 | 8,100 |
| <b>Health Status before Pregnancy</b>                          |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| In good to excellent health                                    | 89.5        | 85.7 - 93.4 | 12,400 | --                                |             |      | --                                |             |       | 89.9*                               | 83.0 - 96.8 | 2,200 | 86.8                             | 80.9 - 92.6 | 7,000 |
| Chronic conditions   |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| Diabetes†  | 1.9*        | 0.4 - 3.3   | 300    | --                                |             |      | --                                |             |       | --                                  |             |       | 2.7*                             | 0.3 - 5.1   | 200   |
| Hypertension†  | 2.0*        | 0.7 - 3.4   | 300    | --                                |             |      | --                                |             |       | --                                  |             |       | 1.9*                             | 0.2 - 3.6   | 200   |
| Asthma†  | 7.1         | 4.0 - 10.2  | 1,000  | 25.4*                             | 7.1 - 43.8  | 200  | --                                |             |       | 6.5*                                | 1.1 - 12.0  | 200   | 6.2*                             | 2.1 - 10.3  | 500   |
| <b>Nutrition and Weight</b>                                    |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| Daily folic acid use, month before pregnancy                   | 29.7        | 24.6 - 34.9 | 4,100  | 9.3*                              | 2.0 - 16.7  | <100 | 40.9                              | 26.6 - 55.2 | 800   | 29.8                                | 18.0 - 41.5 | 700   | 28.1                             | 21.2 - 35.0 | 2,300 |
| Overweight before pregnancy                                    | 26.9        | 21.8 - 32.1 | 3,500  | 13.3*                             | 2.9 - 23.7  | 100  | 23.7                              | 11.8 - 35.6 | 400   | 22.2                                | 11.0 - 33.4 | 500   | 30.2                             | 23.0 - 37.5 | 2,300 |
| Obese before pregnancy   | 27.0        | 22.1 - 31.9 | 3,500  | 23.8*                             | 5.6 - 42.1  | 200  | 20.6                              | 10.1 - 31.2 | 400   | 24.3                                | 13.7 - 34.9 | 600   | 31.5                             | 24.5 - 38.5 | 2,300 |
| Inadequate weight gain during pregnancy                        | 18.5        | 13.2 - 23.7 | 2,000  | 15.1*                             | 0.4 - 29.8  | <100 | 18.6*                             | 5.1 - 32.0  | 300   | 6.1*                                | 2.0 - 10.2  | 100   | 22.7                             | 14.8 - 30.5 | 1,500 |
| Excessive weight gain during pregnancy                         | 47.3        | 41.2 - 53.5 | 5,200  | 50.6                              | 28.1 - 73.1 | 300  | 42.7                              | 26.7 - 58.7 | 600   | 61.5                                | 49.1 - 73.8 | 1,300 | 44.1                             | 35.7 - 52.4 | 2,800 |
| Food insecurity during pregnancy                               | 20.1        | 15.3 - 25.0 | 2,800  | --                                |             |      | 11.3*                             | 1.7 - 21.0  | 200   | 14.5*                               | 5.1 - 23.8  | 400   | 25.4                             | 18.4 - 32.4 | 2,000 |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| Physical or psychological IPV during pregnancy                 | 7.8         | 4.9 - 10.6  | 1,100  | --                                |             |      | --                                |             |       | --                                  |             |       | 9.2                              | 5.0 - 13.4  | 700   |
| Prenatal depressive symptoms                                   | 15.6        | 11.5 - 19.8 | 2,100  | --                                |             |      | 10.1*                             | 2.5 - 17.7  | 200   | 14.4*                               | 5.6 - 23.2  | 300   | 18.7                             | 12.7 - 24.8 | 1,500 |
| Postpartum depressive symptoms                                 | 15.3        | 11.0 - 19.6 | 2,100  | --                                |             |      | 12.5*                             | 2.5 - 22.5  | 200   | 6.5*                                | 2.1 - 11.0  | 200   | 20.7                             | 14.2 - 27.3 | 1,700 |
| <b>Hardships and Support during Pregnancy</b>                  |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| Experienced two or more hardships during childhood             | 26.1        | 21.0 - 31.1 | 3,500  | 18.0*                             | 4.9 - 31.2  | 200  | 24.8                              | 12.2 - 37.4 | 400   | 30.6                                | 18.3 - 42.9 | 700   | 27.3                             | 20.4 - 34.2 | 2,100 |
| Homeless or did not have a regular place to sleep              | 3.4         | 1.4 - 5.4   | 500    | --                                |             |      | --                                |             |       | --                                  |             |       | 4.1*                             | 1.1 - 7.2   | 300   |
| Moved due to problems paying rent or mortgage                  | 5.6         | 3.5 - 7.8   | 800    | --                                |             |      | 9.3*                              | 0.7 - 18.0  | 200   | --                                  |             |       | 5.2                              | 2.6 - 7.8   | 400   |
| Woman or partner lost job                                      | 18.4        | 13.9 - 22.9 | 2,500  | --                                |             |      | 22.7*                             | 8.9 - 36.5  | 400   | 15.0*                               | 4.9 - 25.0  | 400   | 19.9                             | 13.8 - 25.9 | 1,600 |
| Woman or partner had pay or hours cut back                     | 14.5        | 10.5 - 18.6 | 2,000  | --                                |             |      | --                                |             |       | 10.4*                               | 3.9 - 16.8  | 200   | 16.2                             | 10.8 - 21.7 | 1,300 |
| Became separated or divorced                                   | 8.8         | 6.0 - 11.7  | 1,200  | --                                |             |      | --                                |             |       | 9.8*                                | 2.2 - 17.4  | 200   | 10.3                             | 6.5 - 14.2  | 800   |
| Had no practical or emotional support                          | 4.1         | 1.7 - 6.5   | 600    | --                                |             |      | --                                |             |       | --                                  |             |       | 6.1*                             | 2.2 - 10.0  | 500   |
| <b>Substance Use</b>   |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| Any smoking, 3 months before pregnancy                         | 11.7        | 8.3 - 15.1  | 1,600  | --                                |             |      | 20.3*                             | 7.2 - 33.3  | 400   | 21.9                                | 11.5 - 32.3 | 500   | 7.7                              | 4.5 - 10.9  | 600   |
| Any smoking, 3rd trimester†                                    | 5.0         | 2.6 - 7.3   | 700    | --                                |             |      | --                                |             |       | 10.3*                               | 1.6 - 18.9  | 200   | 4.2*                             | 1.7 - 6.7   | 300   |
| Any smoking, postpartum  | 8.9         | 5.7 - 12.0  | 1,200  | --                                |             |      | --                                |             |       | 15.3*                               | 5.6 - 25.0  | 400   | 8.3                              | 4.3 - 12.3  | 700   |
| Any binge drinking, 3 months before pregnancy                  | 13.3        | 9.6 - 17.0  | 1,800  | 18.1*                             | 2.5 - 33.8  | 200  | 16.8*                             | 6.4 - 27.1  | 300   | 14.4                                | 6.8 - 22.0  | 300   | 12.5                             | 7.4 - 17.6  | 1,000 |
| Any alcohol use, 3rd trimester†                                | 3.0         | 1.7 - 4.4   | 400    | --                                |             |      | --                                |             |       | 5.8*                                | 1.5 - 10.1  | 100   | 2.0*                             | 0.4 - 3.6   | 200   |
| <b>Pregnancy Intention and Family Planning</b>                 |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| Mistimed or unwanted pregnancy                                 | 38.2        | 32.7 - 43.6 | 5,200  | 16.5*                             | 2.9 - 30.1  | 100  | 21.6                              | 9.1 - 34.1  | 400   | 39.2                                | 27.0 - 51.4 | 900   | 43.6                             | 36.1 - 51.1 | 3,500 |
| Unsure of pregnancy intentions                                 | 13.4        | 9.6 - 17.1  | 1,800  | --                                |             |      | 13.7*                             | 2.3 - 25.2  | 300   | 7.9*                                | 1.0 - 14.8  | 200   | 15.1                             | 10.2 - 19.9 | 1,200 |
| Postpartum birth control use†                                  | 83.3        | 79.2 - 87.4 | 11,200 | 82.8*                             | 68.8 - 96.8 | 700  | 77.5                              | 64.8 - 90.1 | 1,400 | 80.5                                | 69.6 - 91.4 | 1,900 | 85.2                             | 80.2 - 90.3 | 6,700 |
| <b>Infant Sleep and Breastfeeding</b>                          |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| Placed infant on back to sleep                                 | 73.1        | 68.1 - 78.2 | 9,900  | 77.7*                             | 56.4 - 99.0 | 700  | 73.9                              | 61.3 - 86.6 | 1,400 | 84.9                                | 76.7 - 93.1 | 2,100 | 68.7                             | 61.6 - 75.8 | 5,400 |
| Infant always or often shared bed                              | 31.7        | 26.4 - 37.0 | 4,300  | 40.2                              | 18.6 - 61.8 | 300  | 29.9                              | 15.2 - 44.5 | 500   | 20.0                                | 10.6 - 29.5 | 500   | 34.3                             | 27.2 - 41.4 | 2,700 |
| Intended to breastfeed, before birth                           | 88.1        | 84.6 - 91.6 | 11,900 | --                                |             |      | 93.1*                             | 86.5 - 99.7 | 1,700 | 88.0*                               | 79.2 - 96.9 | 2,100 | 86.7                             | 81.9 - 91.4 | 6,800 |
| Intended to breastfeed exclusively, before birth               | 55.3        | 49.8 - 60.9 | 7,500  | 95.4*                             | 90.9 - 99.9 | 800  | 70.3                              | 56.4 - 84.1 | 1,300 | 67.0                                | 54.9 - 79.1 | 1,600 | 44.7                             | 37.2 - 52.1 | 3,500 |
| Breastfeeding practices  |             |             |        |                                   |             |      |                                   |             |       |                                     |             |       |                                  |             |       |
| Any breastfeeding, 1 month after delivery                      | 71.9        | 66.8 - 77.0 | 9,700  | 89.0*                             | 79.3 - 98.7 | 700  | 83.2*                             | 72.6 - 93.8 | 1,500 | 68.1                                | 56.3 - 79.9 | 1,600 | 68.3                             | 61.2 - 75.5 | 5,400 |
| Exclusive breastfeeding, 1 month after delivery                | 39.4        | 34.0 - 44.9 | 5,200  | 61.1                              | 40.6 - 81.7 | 500  | 42.1                              | 27.4 - 56.9 | 800   | 38.2                                | 25.7 - 50.7 | 900   | 36.0                             | 28.9 - 43.1 | 2,700 |
| Any breastfeeding, 3 months after delivery                     | 53.3        | 47.0 - 59.7 | 5,600  | 75.3*                             | 57.0 - 93.6 | 500  | 63.0                              | 47.0 - 79.1 | 900   | 52.8                                | 38.0 - 67.6 | 1,000 | 49.8                             | 41.3 - 58.2 | 3,000 |
| Exclusive breastfeeding, 3 months after delivery               | 22.5        | 17.4 - 27.7 | 2,400  | 27.6*                             | 9.2 - 46.1  | 200  | 37.7                              | 21.0 - 54.4 | 600   | 19.9                                | 9.2 - 30.6  | 400   | 18.9                             | 12.7 - 25.1 | 1,100 |

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health Division and the Women, Infants and Children Division in the California Department of Public Health and the Center on Social Disparities in Health at the University of California San Francisco.



# MIHA Data Snapshot, Kern County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | 0-4.9% of Residents below Poverty |             |     | 5-9.9% of Residents below Poverty |             |       | 10-19.9% of Residents below Poverty |             |       | ≥ 20% of Residents below Poverty |             |       |
|--|-------------|-------------|--------|-----------------------------------|-------------|-----|-----------------------------------|-------------|-------|-------------------------------------|-------------|-------|----------------------------------|-------------|-------|
|  | %           | 95% CI      | N      | %                                 | 95% CI      | N   | %                                 | 95% CI      | N     | %                                   | 95% CI      | N     | %                                | 95% CI      | N     |
| <b>Service Utilization and Health Insurance Coverage</b> |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| Had a usual source of pre-pregnancy care                 | 62.7        | 57.2 - 68.2 | 8,600  | 57.9                              | 36.6 - 79.3 | 500 | 70.1                              | 56.2 - 84.0 | 1,300 | 64.5                                | 51.8 - 77.1 | 1,600 | 60.0                             | 52.7 - 67.4 | 4,800 |
| Initiated prenatal care in 1st trimester                 | 81.7        | 77.2 - 86.1 | 11,100 | --                                |             |     | 88.6*                             | 79.7 - 97.5 | 1,600 | 78.5                                | 67.1 - 89.8 | 1,900 | 79.8                             | 73.5 - 86.0 | 6,400 |
| Mom or infant needed but couldn't afford care postpartum | 11.8        | 8.0 - 15.5  | 1,600  | --                                |             |     | 11.8*                             | 1.7 - 21.9  | 200   | 5.3*                                | 1.5 - 9.2   | 100   | 13.1                             | 7.7 - 18.5  | 1,000 |
| Participated in WIC during pregnancy†                    | 74.5        | 71.4 - 77.7 | 10,200 | 40.5                              | 18.8 - 62.3 | 300 | 51.4                              | 37.1 - 65.8 | 900   | 59.5                                | 47.9 - 71.1 | 1,400 | 86.8                             | 82.9 - 90.7 | 7,000 |
| Received CalFresh (food stamps) during pregnancy         | 38.3        | 33.0 - 43.6 | 5,300  | --                                |             |     | 23.3                              | 9.7 - 37.0  | 400   | 30.8                                | 18.7 - 42.9 | 700   | 46.7                             | 39.2 - 54.1 | 3,800 |
| Pre-pregnancy insurance                                  |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| Medi-Cal   | 41.6        | 36.3 - 46.9 | 5,700  | --                                |             |     | 14.9*                             | 4.7 - 25.2  | 300   | 34.0                                | 21.3 - 46.7 | 800   | 51.7                             | 44.2 - 59.1 | 4,100 |
| Uninsured  | 22.5        | 17.5 - 27.6 | 3,100  | --                                |             |     | 18.5*                             | 5.6 - 31.4  | 300   | 12.7*                               | 4.4 - 20.9  | 300   | 28.7                             | 21.4 - 35.9 | 2,300 |
| Private  | 33.1        | 28.8 - 37.4 | 4,500  | 70.2*                             | 47.7 - 92.7 | 600 | 64.9                              | 50.5 - 79.3 | 1,200 | 48.2                                | 36.0 - 60.4 | 1,200 | 17.9                             | 13.4 - 22.3 | 1,400 |
| Prenatal insurance                                       |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| Medi-Cal   | 63.8        | 59.5 - 68.2 | 8,700  | --                                |             |     | 31.3                              | 16.9 - 45.8 | 600   | 49.4                                | 37.2 - 61.6 | 1,200 | 80.9                             | 76.2 - 85.5 | 6,400 |
| Uninsured  | 4.0         | 1.7 - 6.3   | 500    | --                                |             |     | --                                |             |       | --                                  |             |       | 2.2*                             | 0.1 - 4.4   | 200   |
| Private  | 29.3        | 25.5 - 33.0 | 4,000  | 58.9                              | 37.2 - 80.7 | 500 | 61.3                              | 46.8 - 75.7 | 1,100 | 42.9                                | 31.3 - 54.5 | 1,000 | 16.0                             | 11.8 - 20.1 | 1,300 |
| Maternal postpartum insurance                            |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| Medi-Cal   | 51.4        | 46.2 - 56.6 | 7,000  | --                                |             |     | 24.0                              | 11.4 - 36.7 | 400   | 41.2                                | 28.8 - 53.6 | 1,000 | 63.4                             | 56.5 - 70.4 | 5,100 |
| Uninsured  | 14.2        | 9.9 - 18.6  | 2,000  | --                                |             |     | --                                |             |       | --                                  |             |       | 17.7                             | 11.4 - 23.9 | 1,400 |
| Private  | 31.9        | 27.7 - 36.1 | 4,400  | 58.9                              | 37.2 - 80.7 | 500 | 65.1                              | 50.9 - 79.3 | 1,200 | 49.4                                | 37.1 - 61.6 | 1,200 | 17.7                             | 13.2 - 22.1 | 1,400 |
| Infant health insurance                                  |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| Medi-Cal   | 66.7        | 62.3 - 71.1 | 8,900  | 26.4*                             | 7.9 - 45.0  | 200 | 30.8                              | 16.6 - 44.9 | 500   | 59.9                                | 48.6 - 71.2 | 1,400 | 80.3                             | 75.2 - 85.4 | 6,300 |
| Uninsured  | 2.0*        | 0.3 - 3.6   | 300    | --                                |             |     | --                                |             |       | --                                  |             |       | 1.2*                             | 0.1 - 2.4   | <100  |
| Private  | 28.3        | 24.4 - 32.2 | 3,800  | 55.8                              | 34.5 - 77.0 | 500 | 62.1                              | 47.1 - 77.1 | 1,100 | 33.6                                | 23.1 - 44.2 | 800   | 17.3                             | 12.4 - 22.2 | 1,400 |
| <b>Maternal Demographics</b>                             |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| Age  |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| 15-19  | 9.3         | 6.1 - 12.5  | 1,300  | --                                |             |     | --                                |             |       | 12.4*                               | 4.1 - 20.6  | 300   | 10.5                             | 5.9 - 15.1  | 900   |
| 20-34  | 79.1        | 74.7 - 83.6 | 10,900 | 71.1*                             | 49.6 - 92.6 | 600 | 83.0                              | 73.4 - 92.7 | 1,500 | 74.3                                | 63.7 - 84.8 | 1,800 | 81.0                             | 75.3 - 86.8 | 6,600 |
| 35+  | 11.6        | 8.1 - 15.0  | 1,600  | 22.0*                             | 0.7 - 43.2  | 200 | 13.7*                             | 4.8 - 22.5  | 300   | 13.3                                | 5.8 - 20.9  | 300   | 8.5                              | 4.6 - 12.4  | 700   |
| Did not complete high school (or GED)                    | 20.1        | 15.4 - 24.8 | 2,700  | --                                |             |     | --                                |             |       | --                                  |             |       | 27.4                             | 20.5 - 34.2 | 2,200 |
| Unmarried  | 50.9        | 45.5 - 56.2 | 7,000  | 20.1*                             | 3.0 - 37.1  | 200 | 30.4                              | 16.2 - 44.7 | 600   | 46.9                                | 34.5 - 59.4 | 1,100 | 60.0                             | 52.7 - 67.2 | 4,900 |
| Race/Ethnicity   |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| White  | 28.2        | 23.6 - 32.8 | 3,900  | 59.0                              | 37.8 - 80.2 | 500 | 62.9                              | 48.1 - 77.8 | 1,200 | 41.9                                | 29.6 - 54.2 | 1,000 | 14.0                             | 8.9 - 19.1  | 1,100 |
| Hispanic   | 62.0        | 57.2 - 66.8 | 8,500  | 24.2*                             | 9.3 - 39.1  | 200 | 25.2                              | 11.4 - 39.0 | 500   | 49.7                                | 37.1 - 62.2 | 1,200 | 76.8                             | 71.3 - 82.2 | 6,200 |
| Asian/Pacific Islander                                   | 3.6*        | 1.2 - 5.9   | 500    | --                                |             |     | --                                |             |       | --                                  |             |       | --                               |             |       |
| Black  | 5.8         | 5.0 - 6.7   | 800    | --                                |             |     | 2.8*                              | 0.2 - 5.4   | <100  | 5.1                                 | 2.5 - 7.7   | 100   | 7.2                              | 5.6 - 8.9   | 600   |
| Born outside the U.S.                                    | 27.2        | 21.9 - 32.5 | 3,800  | --                                |             |     | 13.1*                             | 2.0 - 24.2  | 200   | 12.3*                               | 2.8 - 21.8  | 300   | 34.6                             | 27.2 - 41.9 | 2,800 |
| Speaks non-English language at home                      | 26.4        | 21.1 - 31.6 | 3,600  | --                                |             |     | 17.3*                             | 4.7 - 29.9  | 300   | 14.1*                               | 4.4 - 23.8  | 300   | 33.3                             | 25.9 - 40.6 | 2,700 |
| Income as a percent of the Federal Poverty Guideline     |             |             |        |                                   |             |     |                                   |             |       |                                     |             |       |                                  |             |       |
| 0-100%   | 54.7        | 49.4 - 60.0 | 7,000  | 24.9*                             | 6.6 - 43.3  | 200 | 35.3                              | 19.8 - 50.7 | 600   | 40.1                                | 27.3 - 53.0 | 900   | 67.4                             | 60.6 - 74.3 | 5,000 |
| 101-200%   | 23.1        | 18.2 - 28.0 | 3,000  | 24.5*                             | 2.6 - 46.4  | 200 | 9.4*                              | 2.2 - 16.6  | 200   | 29.1                                | 16.7 - 41.5 | 700   | 23.9                             | 17.4 - 30.4 | 1,800 |
| > 200%   | 22.2        | 18.9 - 25.5 | 2,800  | 50.6                              | 30.3 - 70.9 | 400 | 55.3                              | 40.1 - 70.5 | 1,000 | 30.8                                | 20.5 - 41.1 | 700   | 8.7                              | 5.6 - 11.7  | 600   |

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Kern County was 552. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2015. Population estimate (N) is a three-year average. Neighborhood poverty is the percentage of residents with incomes below poverty in a woman's census tract. See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).



# MIHA Data Snapshot, Kern County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | Medi-Cal |             |       | Private |             |       |
|--|-------------|-------------|--------|----------|-------------|-------|---------|-------------|-------|
|  | %           | 95% CI      | N      | %        | 95% CI      | N     | %       | 95% CI      | N     |
| <b>Total</b>   | 100         |             | 13,800 | 63.8     | 59.5 - 68.2 | 8,700 | 29.3    | 25.5 - 33.0 | 4,000 |
| <b>Health Status before Pregnancy</b>                          |             |             |        |          |             |       |         |             |       |
| In good to excellent health                                    | 89.5        | 85.7 - 93.4 | 12,400 | 87.2     | 81.7 - 92.7 | 7,600 | 95.0 *  | 91.5 - 98.5 | 3,800 |
| Chronic conditions   |             |             |        |          |             |       |         |             |       |
| Diabetes†  | 1.9 *       | 0.4 - 3.3   | 300    | 2.7 *    | 0.4 - 4.9   | 200   | --      |             |       |
| Hypertension†  | 2.0 *       | 0.7 - 3.4   | 300    | 2.3 *    | 0.3 - 4.3   | 200   | --      |             |       |
| Asthma†  | 7.1         | 4.0 - 10.2  | 1,000  | 7.7      | 3.3 - 12.1  | 700   | 6.7 *   | 2.3 - 11.0  | 300   |
| <b>Nutrition and Weight</b>                                    |             |             |        |          |             |       |         |             |       |
| Daily folic acid use, month before pregnancy                   | 29.7        | 24.6 - 34.9 | 4,100  | 26.0     | 19.1 - 32.9 | 2,300 | 37.4    | 29.2 - 45.7 | 1,500 |
| Overweight before pregnancy                                    | 26.9        | 21.8 - 32.1 | 3,500  | 31.0     | 23.7 - 38.4 | 2,500 | 21.2    | 14.5 - 27.9 | 800   |
| Obese before pregnancy   | 27.0        | 22.1 - 31.9 | 3,500  | 26.4     | 19.8 - 32.9 | 2,100 | 26.9    | 19.4 - 34.4 | 1,100 |
| Inadequate weight gain during pregnancy                        | 18.5        | 13.2 - 23.7 | 2,000  | 20.2     | 12.6 - 27.8 | 1,400 | 16.6    | 10.4 - 22.8 | 600   |
| Excessive weight gain during pregnancy                         | 47.3        | 41.2 - 53.5 | 5,200  | 46.6     | 38.2 - 55.0 | 3,200 | 45.8    | 36.9 - 54.7 | 1,500 |
| Food insecurity during pregnancy                               | 20.1        | 15.3 - 25.0 | 2,800  | 27.8     | 20.9 - 34.8 | 2,400 | 6.6 *   | 1.9 - 11.3  | 300   |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |             |             |        |          |             |       |         |             |       |
| Physical or psychological IPV during pregnancy                 | 7.8         | 4.9 - 10.6  | 1,100  | 8.9      | 5.0 - 12.8  | 800   | 4.1 *   | 1.0 - 7.1   | 200   |
| Prenatal depressive symptoms                                   | 15.6        | 11.5 - 19.8 | 2,100  | 17.6     | 11.7 - 23.4 | 1,500 | 10.3    | 5.6 - 15.0  | 400   |
| Postpartum depressive symptoms                                 | 15.3        | 11.0 - 19.6 | 2,100  | 16.3     | 10.3 - 22.2 | 1,400 | 15.4    | 9.0 - 21.7  | 600   |
| <b>Hardships and Support during Pregnancy</b>                  |             |             |        |          |             |       |         |             |       |
| Experienced two or more hardships during childhood             | 26.1        | 21.0 - 31.1 | 3,500  | 28.8     | 21.9 - 35.8 | 2,400 | 19.8    | 12.9 - 26.7 | 800   |
| Homeless or did not have a regular place to sleep              | 3.4         | 1.4 - 5.4   | 500    | 4.8 *    | 1.8 - 7.8   | 400   | --      |             |       |
| Moved due to problems paying rent or mortgage                  | 5.6         | 3.5 - 7.8   | 800    | 7.1      | 3.9 - 10.2  | 600   | 3.0 *   | 0.1 - 5.9   | 100   |
| Woman or partner lost job                                      | 18.4        | 13.9 - 22.9 | 2,500  | 20.2     | 14.1 - 26.3 | 1,700 | 16.0    | 8.6 - 23.4  | 600   |
| Woman or partner had pay or hours cut back                     | 14.5        | 10.5 - 18.6 | 2,000  | 15.1     | 9.9 - 20.4  | 1,300 | 11.4    | 5.1 - 17.6  | 500   |
| Became separated or divorced                                   | 8.8         | 6.0 - 11.7  | 1,200  | 12.1     | 7.9 - 16.2  | 1,000 | --      |             |       |
| Had no practical or emotional support                          | 4.1         | 1.7 - 6.5   | 600    | 4.9 *    | 1.4 - 8.3   | 400   | --      |             |       |
| <b>Substance Use</b>   |             |             |        |          |             |       |         |             |       |
| Any smoking, 3 months before pregnancy                         | 11.7        | 8.3 - 15.1  | 1,600  | 11.8     | 7.4 - 16.2  | 1,000 | 8.2     | 3.8 - 12.6  | 300   |
| Any smoking, 3rd trimester†                                    | 5.0         | 2.6 - 7.3   | 700    | 5.6      | 2.6 - 8.6   | 500   | --      |             |       |
| Any smoking, postpartum  | 8.9         | 5.7 - 12.0  | 1,200  | 9.8      | 5.6 - 14.0  | 800   | 4.7 *   | 1.1 - 8.4   | 200   |
| Any binge drinking, 3 months before pregnancy                  | 13.3        | 9.6 - 17.0  | 1,800  | 11.4     | 6.6 - 16.2  | 1,000 | 19.5    | 12.6 - 26.4 | 800   |
| Any alcohol use, 3rd trimester†                                | 3.0         | 1.7 - 4.4   | 400    | 1.8 *    | 0.4 - 3.3   | 200   | 6.0     | 2.7 - 9.2   | 200   |
| <b>Pregnancy Intention and Family Planning</b>                 |             |             |        |          |             |       |         |             |       |
| Mistimed or unwanted pregnancy                                 | 38.2        | 32.7 - 43.6 | 5,200  | 44.5     | 37.1 - 52.0 | 3,900 | 25.2    | 17.5 - 32.9 | 1,000 |
| Unsure of pregnancy intentions                                 | 13.4        | 9.6 - 17.1  | 1,800  | 14.1     | 9.3 - 19.0  | 1,200 | 7.9     | 4.1 - 11.8  | 300   |
| Postpartum birth control use†                                  | 83.3        | 79.2 - 87.4 | 11,200 | 83.2     | 77.6 - 88.7 | 7,100 | 85.1    | 79.3 - 90.8 | 3,400 |
| <b>Infant Sleep and Breastfeeding</b>                          |             |             |        |          |             |       |         |             |       |
| Placed infant on back to sleep                                 | 73.1        | 68.1 - 78.2 | 9,900  | 71.4     | 64.6 - 78.3 | 6,000 | 77.5    | 70.4 - 84.6 | 3,100 |
| Infant always or often shared bed                              | 31.7        | 26.4 - 37.0 | 4,300  | 29.1     | 22.3 - 35.9 | 2,500 | 30.2    | 22.0 - 38.4 | 1,200 |
| Intended to breastfeed, before birth                           | 88.1        | 84.6 - 91.6 | 11,900 | 86.8     | 82.2 - 91.3 | 7,300 | 94.4 *  | 90.5 - 98.4 | 3,800 |
| Intended to breastfeed exclusively, before birth               | 55.3        | 49.8 - 60.9 | 7,500  | 46.0     | 38.4 - 53.6 | 3,900 | 73.9    | 66.0 - 81.8 | 3,000 |
| Breastfeeding practices  |             |             |        |          |             |       |         |             |       |
| Any breastfeeding, 1 month after delivery                      | 71.9        | 66.8 - 77.0 | 9,700  | 67.1     | 60.0 - 74.3 | 5,700 | 82.0    | 75.7 - 88.3 | 3,200 |
| Exclusive breastfeeding, 1 month after delivery                | 39.4        | 34.0 - 44.9 | 5,200  | 39.3     | 31.8 - 46.8 | 3,300 | 41.9    | 33.8 - 50.1 | 1,600 |
| Any breastfeeding, 3 months after delivery                     | 53.3        | 47.0 - 59.7 | 5,600  | 46.0     | 37.4 - 54.6 | 3,100 | 65.8    | 56.5 - 75.1 | 2,000 |
| Exclusive breastfeeding, 3 months after delivery               | 22.5        | 17.4 - 27.7 | 2,400  | 20.6     | 13.7 - 27.6 | 1,400 | 28.2    | 20.0 - 36.4 | 900   |



# MIHA Data Snapshot, Kern County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |  |        | Medi-Cal |             |  |       | Private |             |  |       |
|--|-------------|-------------|--|--------|----------|-------------|--|-------|---------|-------------|--|-------|
|  | %           | 95% CI      |  | N      | %        | 95% CI      |  | N     | %       | 95% CI      |  | N     |
| <b>Service Utilization and Health Insurance Coverage</b> |             |             |  |        |          |             |  |       |         |             |  |       |
| Had a usual source of pre-pregnancy care                 | 62.7        | 57.2 - 68.2 |  | 8,600  | 57.3     | 49.9 - 64.7 |  | 5,000 | 77.8    | 70.4 - 85.2 |  | 3,100 |
| Initiated prenatal care in 1st trimester                 | 81.7        | 77.2 - 86.1 |  | 11,100 | 76.3     | 69.9 - 82.7 |  | 6,600 | 96.5 *  | 93.5 - 99.5 |  | 3,800 |
| Mom or infant needed but couldn't afford care postpartum | 11.8        | 8.0 - 15.5  |  | 1,600  | 12.1     | 6.9 - 17.2  |  | 1,000 | 10.3    | 4.6 - 16.0  |  | 400   |
| Participated in WIC during pregnancy†                    | 74.5        | 71.4 - 77.7 |  | 10,200 | 94.5 *   | 91.2 - 97.8 |  | 8,200 | 29.7    | 21.4 - 38.0 |  | 1,200 |
| Received CalFresh (food stamps) during pregnancy         | 38.3        | 33.0 - 43.6 |  | 5,300  | 55.2     | 47.7 - 62.7 |  | 4,800 | 5.2 *   | 0.7 - 9.8   |  | 200   |
| Pre-pregnancy insurance                                  |             |             |  |        |          |             |  |       |         |             |  |       |
| Medi-Cal   | 41.6        | 36.3 - 46.9 |  | 5,700  | 61.8     | 54.4 - 69.2 |  | 5,400 | --      |             |  |       |
| Uninsured  | 22.5        | 17.5 - 27.6 |  | 3,100  | 28.4     | 21.4 - 35.4 |  | 2,500 | --      |             |  |       |
| Private  | 33.1        | 28.8 - 37.4 |  | 4,500  | 7.7      | 3.7 - 11.7  |  | 700   | --      |             |  |       |
| Maternal postpartum insurance                            |             |             |  |        |          |             |  |       |         |             |  |       |
| Medi-Cal   | 51.4        | 46.2 - 56.6 |  | 7,000  | 76.0     | 69.3 - 82.6 |  | 6,600 | 2.5 *   | 0.1 - 4.9   |  | <100  |
| Uninsured  | 14.2        | 9.9 - 18.6  |  | 2,000  | 15.9     | 10.1 - 21.7 |  | 1,400 | --      |             |  |       |
| Private  | 31.9        | 27.7 - 36.1 |  | 4,400  | 6.3 *    | 2.4 - 10.2  |  | 500   | 93.1 *  | 88.1 - 98.1 |  | 3,700 |
| Infant health insurance                                  |             |             |  |        |          |             |  |       |         |             |  |       |
| Medi-Cal   | 66.7        | 62.3 - 71.1 |  | 8,900  | 91.9     | 87.7 - 96.0 |  | 7,700 | 14.6    | 8.1 - 21.0  |  | 600   |
| Uninsured  | 2.0 *       | 0.3 - 3.6   |  | 300    | --       |             |  |       | --      |             |  |       |
| Private  | 28.3        | 24.4 - 32.2 |  | 3,800  | 4.2 *    | 1.2 - 7.2   |  | 400   | 83.3    | 76.7 - 90.0 |  | 3,300 |
| <b>Maternal Demographics</b>                             |             |             |  |        |          |             |  |       |         |             |  |       |
| Age  |             |             |  |        |          |             |  |       |         |             |  |       |
| 15-19  | 9.3         | 6.1 - 12.5  |  | 1,300  | 11.7     | 7.1 - 16.3  |  | 1,000 | 4.3 *   | 0.8 - 7.7   |  | 200   |
| 20-34  | 79.1        | 74.7 - 83.6 |  | 10,900 | 80.6     | 75.0 - 86.2 |  | 7,000 | 80.4    | 73.6 - 87.2 |  | 3,200 |
| 35+  | 11.6        | 8.1 - 15.0  |  | 1,600  | 7.7      | 4.1 - 11.2  |  | 700   | 15.3    | 9.2 - 21.5  |  | 600   |
| Did not complete high school (or GED)                    | 20.1        | 15.4 - 24.8 |  | 2,700  | 24.9     | 18.3 - 31.5 |  | 2,100 | --      |             |  |       |
| Unmarried  | 50.9        | 45.5 - 56.2 |  | 7,000  | 65.3     | 58.1 - 72.6 |  | 5,600 | 20.0    | 13.2 - 26.8 |  | 800   |
| Race/Ethnicity   |             |             |  |        |          |             |  |       |         |             |  |       |
| White  | 28.2        | 23.6 - 32.8 |  | 3,900  | 13.8     | 8.5 - 19.2  |  | 1,200 | 56.3    | 47.9 - 64.6 |  | 2,200 |
| Hispanic   | 62.0        | 57.2 - 66.8 |  | 8,500  | 77.1     | 71.5 - 82.7 |  | 6,700 | 33.7    | 26.0 - 41.3 |  | 1,300 |
| Asian/Pacific Islander                                   | 3.6 *       | 1.2 - 5.9   |  | 500    | --       |             |  |       | 7.1 *   | 1.5 - 12.7  |  | 300   |
| Black  | 5.8         | 5.0 - 6.7   |  | 800    | 7.5      | 6.0 - 8.9   |  | 700   | 2.6 *   | 0.8 - 4.3   |  | 100   |
| Born outside the U.S.                                    | 27.2        | 21.9 - 32.5 |  | 3,800  | 29.4     | 22.2 - 36.5 |  | 2,600 | 17.5    | 10.4 - 24.6 |  | 700   |
| Speaks non-English language at home                      | 26.4        | 21.1 - 31.6 |  | 3,600  | 31.4     | 24.1 - 38.7 |  | 2,700 | 17.2    | 10.1 - 24.3 |  | 700   |
| Lives in a high poverty neighborhood                     | 61.3        | 56.0 - 66.5 |  | 8,100  | 77.3     | 70.9 - 83.6 |  | 6,400 | 32.2    | 24.4 - 40.0 |  | 1,300 |
| Income as a percent of the Federal Poverty Guideline     |             |             |  |        |          |             |  |       |         |             |  |       |
| 0-100%   | 54.7        | 49.4 - 60.0 |  | 7,000  | 74.8     | 68.0 - 81.6 |  | 6,000 | 14.8    | 8.0 - 21.7  |  | 600   |
| 101-200%   | 23.1        | 18.2 - 28.0 |  | 3,000  | 24.1     | 17.3 - 30.9 |  | 1,900 | 20.3    | 13.6 - 27.1 |  | 800   |
| > 200%   | 22.2        | 18.9 - 25.5 |  | 2,800  | 1.1 *    | 0.1 - 2.1   |  | <100  | 64.8    | 56.6 - 73.0 |  | 2,500 |

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%)

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Kern County was 552. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2015. Population estimate (N) is a three-year average. See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).

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# MIHA Data Snapshot, Kern County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | Hispanic |             |       | Black |             |      | White |             |       | Asian/Pacific Islander |             |     |
|--|-------------|-------------|--------|----------|-------------|-------|-------|-------------|------|-------|-------------|-------|------------------------|-------------|-----|
|  | %           | 95% CI      | N      | %        | 95% CI      | N     | %     | 95% CI      | N    | %     | 95% CI      | N     | %                      | 95% CI      | N   |
| <b>Total</b>   | 100         |             | 13,800 | 62.0     | 57.2 - 66.8 | 8,500 | 5.8   | 5.0 - 6.7   | 800  | 28.2  | 23.6 - 32.8 | 3,900 | 3.6*                   | 1.2 - 5.9   | 500 |
| <b>Health Status before Pregnancy</b>                          |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| In good to excellent health                                    | 89.5        | 85.7 - 93.4 | 12,400 | 87.1     | 81.5 - 92.6 | 7,400 | 82.5  | 72.7 - 92.2 | 700  | --    |             |       | --                     |             |     |
| Chronic conditions   |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Diabetes†  | 1.9*        | 0.4 - 3.3   | 300    | 1.9*     | 0.1 - 3.6   | 200   | --    |             |      | --    |             |       | --                     |             |     |
| Hypertension†  | 2.0*        | 0.7 - 3.4   | 300    | --       |             |       | 7.4*  | 2.1 - 12.6  | <100 | --    |             |       | --                     |             |     |
| Asthma†  | 7.1         | 4.0 - 10.2  | 1,000  | 4.0*     | 0.5 - 7.4   | 300   | 18.6* | 6.7 - 30.5  | 100  | 12.6* | 5.1 - 20.1  | 500   | --                     |             |     |
| <b>Nutrition and Weight</b>                                    |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Daily folic acid use, month before pregnancy                   | 29.7        | 24.6 - 34.9 | 4,100  | 31.7     | 24.5 - 38.9 | 2,700 | 22.8  | 13.7 - 32.0 | 200  | 27.9  | 19.8 - 36.1 | 1,100 | --                     |             |     |
| Overweight before pregnancy                                    | 26.9        | 21.8 - 32.1 | 3,500  | 30.8     | 23.4 - 38.2 | 2,400 | 31.6  | 20.0 - 43.2 | 200  | 19.2  | 12.1 - 26.3 | 700   | --                     |             |     |
| Obese before pregnancy   | 27.0        | 22.1 - 31.9 | 3,500  | 29.9     | 22.9 - 36.8 | 2,300 | 25.6  | 14.3 - 37.0 | 200  | 22.6  | 14.7 - 30.4 | 900   | --                     |             |     |
| Inadequate weight gain during pregnancy                        | 18.5        | 13.2 - 23.7 | 2,000  | 22.5     | 14.8 - 30.2 | 1,500 | 12.0* | 4.6 - 19.5  | <100 | 13.8  | 6.2 - 21.4  | 500   | --                     |             |     |
| Excessive weight gain during pregnancy                         | 47.3        | 41.2 - 53.5 | 5,200  | 41.0     | 32.7 - 49.2 | 2,700 | 61.0  | 47.1 - 74.8 | 300  | 55.9  | 45.7 - 66.1 | 1,900 | 59.2*                  | 22.6 - 95.9 | 200 |
| Food insecurity during pregnancy                               | 20.1        | 15.3 - 25.0 | 2,800  | 23.3     | 16.4 - 30.3 | 2,000 | 39.6  | 27.0 - 52.1 | 300  | 12.1  | 5.3 - 18.9  | 500   | --                     |             |     |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Physical or psychological IPV during pregnancy                 | 7.8         | 4.9 - 10.6  | 1,100  | 7.1      | 3.3 - 10.9  | 600   | 19.1  | 9.5 - 28.7  | 100  | 7.0*  | 2.1 - 12.0  | 300   | --                     |             |     |
| Prenatal depressive symptoms                                   | 15.6        | 11.5 - 19.8 | 2,100  | 15.3     | 9.5 - 21.0  | 1,300 | 34.3  | 22.3 - 46.3 | 300  | 15.1  | 8.1 - 22.1  | 600   | --                     |             |     |
| Postpartum depressive symptoms                                 | 15.3        | 11.0 - 19.6 | 2,100  | 14.9     | 9.1 - 20.6  | 1,300 | 29.1  | 16.7 - 41.5 | 200  | 15.7  | 7.9 - 23.5  | 600   | --                     |             |     |
| <b>Hardships and Support during Pregnancy</b>                  |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Experienced two or more hardships during childhood             | 26.1        | 21.0 - 31.1 | 3,500  | 22.3     | 15.7 - 28.9 | 1,800 | 43.0  | 30.3 - 55.7 | 300  | 31.8  | 22.3 - 41.2 | 1,200 | --                     |             |     |
| Homeless or did not have a regular place to sleep              | 3.4         | 1.4 - 5.4   | 500    | 3.7*     | 0.6 - 6.8   | 300   | 14.7  | 6.4 - 23.0  | 100  | --    |             |       | --                     |             |     |
| Moved due to problems paying rent or mortgage                  | 5.6         | 3.5 - 7.8   | 800    | 4.7*     | 1.7 - 7.6   | 400   | 22.8  | 12.5 - 33.2 | 200  | 5.1*  | 1.6 - 8.7   | 200   | --                     |             |     |
| Woman or partner lost job                                      | 18.4        | 13.9 - 22.9 | 2,500  | 18.0     | 12.1 - 24.0 | 1,500 | 14.2  | 6.6 - 21.7  | 100  | 21.7  | 13.0 - 30.4 | 800   | --                     |             |     |
| Woman or partner had pay or hours cut back                     | 14.5        | 10.5 - 18.6 | 2,000  | 14.8     | 9.7 - 19.9  | 1,200 | 11.6  | 4.9 - 18.3  | <100 | 13.9  | 6.1 - 21.8  | 500   | --                     |             |     |
| Became separated or divorced                                   | 8.8         | 6.0 - 11.7  | 1,200  | 8.3      | 4.7 - 11.9  | 700   | 30.6  | 19.4 - 41.7 | 200  | 7.0*  | 1.4 - 12.6  | 300   | --                     |             |     |
| Had no practical or emotional support                          | 4.1         | 1.7 - 6.5   | 600    | 5.0*     | 1.5 - 8.5   | 400   | --    |             |      | --    |             |       | --                     |             |     |
| <b>Substance Use</b>   |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Any smoking, 3 months before pregnancy                         | 11.7        | 8.3 - 15.1  | 1,600  | 5.1*     | 2.0 - 8.3   | 400   | 21.8  | 11.2 - 32.4 | 200  | 26.1  | 17.4 - 34.8 | 1,000 | --                     |             |     |
| Any smoking, 3rd trimester†                                    | 5.0         | 2.6 - 7.3   | 700    | --       |             |       | 11.7* | 3.2 - 20.2  | <100 | 11.9  | 5.0 - 18.8  | 500   | --                     |             |     |
| Any smoking, postpartum  | 8.9         | 5.7 - 12.0  | 1,200  | 3.3*     | 1.0 - 5.5   | 300   | 17.6  | 7.7 - 27.5  | 100  | 20.9  | 12.1 - 29.8 | 800   | --                     |             |     |
| Any binge drinking, 3 months before pregnancy                  | 13.3        | 9.6 - 17.0  | 1,800  | 10.3     | 5.7 - 14.8  | 900   | 17.4* | 6.6 - 28.1  | 100  | 20.9  | 13.0 - 28.9 | 800   | --                     |             |     |
| Any alcohol use, 3rd trimester†                                | 3.0         | 1.7 - 4.4   | 400    | 1.5*     | 0.3 - 2.7   | 100   | 10.5* | 1.6 - 19.4  | <100 | 5.5*  | 2.0 - 9.0   | 200   | --                     |             |     |
| <b>Pregnancy Intention and Family Planning</b>                 |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Mistimed or unwanted pregnancy                                 | 38.2        | 32.7 - 43.6 | 5,200  | 43.7     | 36.2 - 51.2 | 3,700 | 48.5  | 36.1 - 61.0 | 400  | 26.8  | 17.8 - 35.7 | 1,000 | --                     |             |     |
| Unsure of pregnancy intentions                                 | 13.4        | 9.6 - 17.1  | 1,800  | 13.8     | 8.8 - 18.7  | 1,200 | 28.2  | 17.1 - 39.2 | 200  | 8.5*  | 2.9 - 14.1  | 300   | --                     |             |     |
| Postpartum birth control use†                                  | 83.3        | 79.2 - 87.4 | 11,200 | 86.1     | 80.8 - 91.3 | 7,100 | 66.0  | 54.0 - 78.0 | 500  | 82.0  | 74.4 - 89.5 | 3,100 | --                     |             |     |
| <b>Infant Sleep and Breastfeeding</b>                          |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Placed infant on back to sleep                                 | 73.1        | 68.1 - 78.2 | 9,900  | 74.5     | 67.7 - 81.3 | 6,200 | 53.8  | 40.9 - 66.6 | 400  | 75.2  | 67.0 - 83.4 | 2,900 | --                     |             |     |
| Infant always or often shared bed                              | 31.7        | 26.4 - 37.0 | 4,300  | 31.4     | 24.4 - 38.5 | 2,600 | 46.8  | 34.3 - 59.2 | 400  | 23.8  | 15.2 - 32.3 | 900   | 70.3*                  | 43.6 - 97.1 | 300 |
| Intended to breastfeed, before birth                           | 88.1        | 84.6 - 91.6 | 11,900 | 87.4     | 82.6 - 92.2 | 7,200 | 71.5  | 60.6 - 82.4 | 600  | 90.9* | 84.8 - 97.1 | 3,500 | --                     |             |     |
| Intended to breastfeed exclusively, before birth               | 55.3        | 49.8 - 60.9 | 7,500  | 46.1     | 38.6 - 53.6 | 3,800 | 43.9  | 31.7 - 56.1 | 300  | 73.8  | 64.5 - 83.1 | 2,800 | --                     |             |     |
| Breastfeeding practices  |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Any breastfeeding, 1 month after delivery                      | 71.9        | 66.8 - 77.0 | 9,700  | 70.3     | 63.5 - 77.2 | 5,800 | 67.7  | 56.5 - 78.9 | 500  | 71.7  | 62.2 - 81.2 | 2,700 | --                     |             |     |
| Exclusive breastfeeding, 1 month after delivery                | 39.4        | 34.0 - 44.9 | 5,200  | 37.7     | 30.3 - 45.1 | 3,100 | 35.8  | 23.1 - 48.6 | 300  | 46.3  | 36.5 - 56.0 | 1,800 | --                     |             |     |
| Any breastfeeding, 3 months after delivery                     | 53.3        | 47.0 - 59.7 | 5,600  | 50.0     | 41.5 - 58.5 | 3,300 | 24.3  | 14.6 - 34.0 | 100  | 59.8  | 48.7 - 71.0 | 1,800 | --                     |             |     |
| Exclusive breastfeeding, 3 months after delivery               | 22.5        | 17.4 - 27.7 | 2,400  | 20.0     | 13.4 - 26.5 | 1,300 | 10.5* | 3.5 - 17.5  | <100 | 31.3  | 21.3 - 41.2 | 900   | --                     |             |     |



# MIHA Data Snapshot, Kern County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | Hispanic |             |       | Black |             |      | White |             |       | Asian/Pacific Islander |             |     |
|--|-------------|-------------|--------|----------|-------------|-------|-------|-------------|------|-------|-------------|-------|------------------------|-------------|-----|
|  | %           | 95% CI      | N      | %        | 95% CI      | N     | %     | 95% CI      | N    | %     | 95% CI      | N     | %                      | 95% CI      | N   |
| <b>Service Utilization and Health Insurance Coverage</b> |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Had a usual source of pre-pregnancy care                 | 62.7        | 57.2 - 68.2 | 8,600  | 64.7     | 57.6 - 71.8 | 5,500 | 61.5  | 48.8 - 74.1 | 500  | 61.8  | 52.0 - 71.6 | 2,400 | 40.0*                  | 7.9 - 72.1  | 200 |
| Initiated prenatal care in 1st trimester                 | 81.7        | 77.2 - 86.1 | 11,100 | 81.2     | 75.2 - 87.3 | 6,800 | 64.1  | 52.1 - 76.0 | 500  | 83.9  | 75.5 - 92.2 | 3,200 | --                     |             |     |
| Mom or infant needed but couldn't afford care postpartum | 11.8        | 8.0 - 15.5  | 1,600  | 9.8      | 5.0 - 14.6  | 800   | 15.7  | 6.9 - 24.4  | 100  | 15.6  | 7.7 - 23.5  | 600   | --                     |             |     |
| Participated in WIC during pregnancy†                    | 74.5        | 71.4 - 77.7 | 10,200 | 90.2     | 87.5 - 93.0 | 7,700 | 77.9  | 69.1 - 86.6 | 600  | 44.8  | 35.2 - 54.3 | 1,700 | --                     |             |     |
| Received CalFresh (food stamps) during pregnancy         | 38.3        | 33.0 - 43.6 | 5,300  | 43.3     | 35.9 - 50.8 | 3,700 | 69.1  | 58.5 - 79.7 | 600  | 24.6  | 15.1 - 34.0 | 1,000 | --                     |             |     |
| Pre-pregnancy insurance                                  |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Medi-Cal   | 41.6        | 36.3 - 46.9 | 5,700  | 52.8     | 45.3 - 60.2 | 4,500 | 60.0  | 48.1 - 71.9 | 500  | 17.7  | 9.8 - 25.5  | 700   | --                     |             |     |
| Uninsured  | 22.5        | 17.5 - 27.6 | 3,100  | 24.5     | 17.8 - 31.2 | 2,100 | 13.2  | 5.8 - 20.6  | 100  | 20.6  | 11.1 - 30.2 | 800   | --                     |             |     |
| Private  | 33.1        | 28.8 - 37.4 | 4,500  | 21.1     | 15.7 - 26.4 | 1,800 | 18.2  | 8.6 - 27.9  | 100  | 58.3  | 48.6 - 68.0 | 2,300 | 56.8*                  | 23.2 - 90.3 | 300 |
| Prenatal insurance                                       |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Medi-Cal   | 63.8        | 59.5 - 68.2 | 8,700  | 80.2     | 75.3 - 85.0 | 6,700 | 81.4  | 72.7 - 90.0 | 700  | 31.2  | 21.5 - 40.9 | 1,200 | --                     |             |     |
| Uninsured  | 4.0         | 1.7 - 6.3   | 500    | 2.9*     | 0.3 - 5.5   | 200   | --    |             |      | 7.5*  | 2.0 - 13.1  | 300   | --                     |             |     |
| Private  | 29.3        | 25.5 - 33.0 | 4,000  | 15.8     | 11.7 - 19.9 | 1,300 | 12.7* | 4.5 - 20.9  | 100  | 57.1  | 47.7 - 66.6 | 2,200 | 56.8*                  | 23.2 - 90.3 | 300 |
| Maternal postpartum insurance                            |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Medi-Cal   | 51.4        | 46.2 - 56.6 | 7,000  | 62.0     | 54.9 - 69.0 | 5,200 | 81.5  | 72.9 - 90.0 | 700  | 27.3  | 18.1 - 36.4 | 1,100 | --                     |             |     |
| Uninsured  | 14.2        | 9.9 - 18.6  | 2,000  | 15.8     | 10.0 - 21.5 | 1,300 | --    |             |      | 13.1* | 5.0 - 21.1  | 500   | --                     |             |     |
| Private  | 31.9        | 27.7 - 36.1 | 4,400  | 20.8     | 15.5 - 26.1 | 1,800 | 13.2* | 4.9 - 21.4  | 100  | 55.1  | 45.5 - 64.7 | 2,100 | 61.4*                  | 25.8 - 96.9 | 300 |
| Infant health insurance                                  |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Medi-Cal   | 66.7        | 62.3 - 71.1 | 8,900  | 82.6     | 77.8 - 87.3 | 6,800 | 82.2  | 73.4 - 91.1 | 600  | 36.8  | 27.0 - 46.7 | 1,400 | --                     |             |     |
| Uninsured  | 2.0*        | 0.3 - 3.6   | 300    | --       |             |       | --    |             |      | --    |             |       | --                     |             |     |
| Private  | 28.3        | 24.4 - 32.2 | 3,800  | 14.1     | 10.1 - 18.0 | 1,200 | 12.6* | 4.2 - 21.0  | <100 | 56.6  | 46.8 - 66.3 | 2,200 | 56.8*                  | 23.2 - 90.3 | 300 |
| <b>Maternal Demographics</b>                             |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| Age  |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| 15-19  | 9.3         | 6.1 - 12.5  | 1,300  | 11.9     | 7.1 - 16.7  | 1,000 | 12.5  | 5.2 - 19.8  | 100  | --    |             |       | --                     |             |     |
| 20-34  | 79.1        | 74.7 - 83.6 | 10,900 | 77.3     | 71.2 - 83.4 | 6,600 | 79.4  | 70.6 - 88.1 | 600  | 86.0  | 79.7 - 92.4 | 3,300 | 58.0*                  | 23.9 - 92.2 | 300 |
| 35+  | 11.6        | 8.1 - 15.0  | 1,600  | 10.8     | 6.5 - 15.1  | 900   | 8.1*  | 2.9 - 13.4  | <100 | 9.8   | 4.6 - 15.0  | 400   | --                     |             |     |
| Did not complete high school (or GED)                    | 20.1        | 15.4 - 24.8 | 2,700  | 26.4     | 19.7 - 33.1 | 2,200 | 9.1*  | 3.3 - 14.8  | <100 | 10.6* | 2.7 - 18.6  | 400   | --                     |             |     |
| Unmarried  | 50.9        | 45.5 - 56.2 | 7,000  | 56.4     | 49.0 - 63.8 | 4,800 | 85.6  | 79.7 - 91.4 | 700  | 37.5  | 27.7 - 47.4 | 1,500 | --                     |             |     |
| Born outside the U.S.                                    | 27.2        | 21.9 - 32.5 | 3,800  | 37.2     | 29.8 - 44.7 | 3,200 | --    |             |      | 4.3*  | 0.2 - 8.4   | 200   | 72.2*                  | 45.5 - 98.9 | 400 |
| Speaks non-English language at home                      | 26.4        | 21.1 - 31.6 | 3,600  | 38.5     | 31.0 - 46.0 | 3,300 | --    |             |      | --    |             |       | --                     |             |     |
| Lives in a high poverty neighborhood                     | 61.3        | 56.0 - 66.5 | 8,100  | 77.1     | 70.9 - 83.3 | 6,200 | 76.7  | 67.1 - 86.3 | 600  | 30.0  | 20.4 - 39.6 | 1,100 | --                     |             |     |
| Income as a percent of the Federal Poverty Guideline     |             |             |        |          |             |       |       |             |      |       |             |       |                        |             |     |
| 0-100%   | 54.7        | 49.4 - 60.0 | 7,000  | 64.5     | 57.3 - 71.6 | 5,000 | 77.8  | 69.4 - 86.3 | 600  | 34.5  | 24.6 - 44.5 | 1,200 | --                     |             |     |
| 101-200%   | 23.1        | 18.2 - 28.0 | 3,000  | 26.2     | 19.4 - 33.1 | 2,000 | 15.6  | 7.7 - 23.5  | 100  | 18.3  | 10.5 - 26.2 | 700   | --                     |             |     |
| > 200%   | 22.2        | 18.9 - 25.5 | 2,800  | 9.3      | 6.2 - 12.5  | 700   | 6.6   | 3.6 - 9.6   | <100 | 47.1  | 37.8 - 56.4 | 1,700 | 56.8*                  | 23.2 - 90.3 | 300 |

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Kern County was 552. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2015. Population estimate (N) is a three-year average. See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).

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# MIHA Data Snapshot, Kern County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |        | First Live Birth |             |       | Second Live Birth or More |             |       |
|--|-------------|-------------|--------|------------------|-------------|-------|---------------------------|-------------|-------|
|  | %           | 95% CI      | N      | %                | 95% CI      | N     | %                         | 95% CI      | N     |
| <b>Total</b>   | 100         |             | 13,800 | 37.0             | 31.7 - 42.4 | 5,100 | 63.0                      | 57.6 - 68.3 | 8,700 |
| <b>Health Status before Pregnancy</b>                          |             |             |        |                  |             |       |                           |             |       |
| In good to excellent health                                    | 89.5        | 85.7 - 93.4 | 12,400 | 88.8             | 82.3 - 95.3 | 4,500 | 89.9                      | 85.2 - 94.7 | 7,800 |
| Chronic conditions   |             |             |        |                  |             |       |                           |             |       |
| Diabetes†  | 1.9 *       | 0.4 - 3.3   | 300    | --               |             |       | 2.0 *                     | 0.2 - 3.7   | 200   |
| Hypertension†  | 2.0 *       | 0.7 - 3.4   | 300    | 0.9 *            | 0.2 - 1.6   | <100  | 2.7 *                     | 0.6 - 4.9   | 200   |
| Asthma†  | 7.1         | 4.0 - 10.2  | 1,000  | 9.3              | 4.0 - 14.6  | 500   | 5.9 *                     | 2.0 - 9.8   | 500   |
| <b>Nutrition and Weight</b>                                    |             |             |        |                  |             |       |                           |             |       |
| Daily folic acid use, month before pregnancy                   | 29.7        | 24.6 - 34.9 | 4,100  | 24.5             | 16.9 - 32.2 | 1,300 | 32.4                      | 25.6 - 39.2 | 2,800 |
| Overweight before pregnancy                                    | 26.9        | 21.8 - 32.1 | 3,500  | 22.5             | 15.5 - 29.6 | 1,100 | 30.0                      | 22.9 - 37.0 | 2,300 |
| Obese before pregnancy   | 27.0        | 22.1 - 31.9 | 3,500  | 20.1             | 13.4 - 26.8 | 1,000 | 31.0                      | 24.3 - 37.6 | 2,400 |
| Inadequate weight gain during pregnancy                        | 18.5        | 13.2 - 23.7 | 2,000  | 21.1             | 11.7 - 30.5 | 900   | 17.1                      | 10.7 - 23.4 | 1,200 |
| Excessive weight gain during pregnancy                         | 47.3        | 41.2 - 53.5 | 5,200  | 55.5             | 45.4 - 65.5 | 2,300 | 42.8                      | 34.9 - 50.8 | 2,900 |
| Food insecurity during pregnancy                               | 20.1        | 15.3 - 25.0 | 2,800  | 16.8             | 9.6 - 24.0  | 900   | 22.2                      | 15.8 - 28.7 | 1,900 |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |             |             |        |                  |             |       |                           |             |       |
| Physical or psychological IPV during pregnancy                 | 7.8         | 4.9 - 10.6  | 1,100  | 8.1              | 4.1 - 12.2  | 400   | 7.6                       | 3.8 - 11.5  | 700   |
| Prenatal depressive symptoms                                   | 15.6        | 11.5 - 19.8 | 2,100  | 13.7             | 8.6 - 18.7  | 700   | 16.9                      | 11.1 - 22.7 | 1,500 |
| Postpartum depressive symptoms                                 | 15.3        | 11.0 - 19.6 | 2,100  | 11.6             | 7.1 - 16.2  | 600   | 17.5                      | 11.4 - 23.7 | 1,500 |
| <b>Hardships and Support during Pregnancy</b>                  |             |             |        |                  |             |       |                           |             |       |
| Experienced two or more hardships during childhood             | 26.1        | 21.0 - 31.1 | 3,500  | 23.1             | 15.6 - 30.5 | 1,100 | 27.9                      | 21.3 - 34.6 | 2,400 |
| Homeless or did not have a regular place to sleep              | 3.4         | 1.4 - 5.4   | 500    | 1.2 *            | 0.1 - 2.4   | <100  | 4.7 *                     | 1.6 - 7.7   | 400   |
| Moved due to problems paying rent or mortgage                  | 5.6         | 3.5 - 7.8   | 800    | 5.3 *            | 1.9 - 8.7   | 300   | 5.8                       | 3.0 - 8.7   | 500   |
| Woman or partner lost job                                      | 18.4        | 13.9 - 22.9 | 2,500  | 19.8             | 12.1 - 27.4 | 1,000 | 17.7                      | 12.1 - 23.3 | 1,500 |
| Woman or partner had pay or hours cut back                     | 14.5        | 10.5 - 18.6 | 2,000  | 9.2              | 4.1 - 14.3  | 500   | 17.8                      | 12.1 - 23.5 | 1,500 |
| Became separated or divorced                                   | 8.8         | 6.0 - 11.7  | 1,200  | 15.3             | 9.1 - 21.4  | 800   | 5.1                       | 2.5 - 7.6   | 400   |
| Had no practical or emotional support                          | 4.1         | 1.7 - 6.5   | 600    | 2.0 *            | 0.1 - 4.0   | 100   | 5.3 *                     | 1.7 - 8.9   | 500   |
| <b>Substance Use</b>   |             |             |        |                  |             |       |                           |             |       |
| Any smoking, 3 months before pregnancy                         | 11.7        | 8.3 - 15.1  | 1,600  | 11.1             | 6.0 - 16.2  | 600   | 12.1                      | 7.7 - 16.6  | 1,000 |
| Any smoking, 3rd trimester†                                    | 5.0         | 2.6 - 7.3   | 700    | 3.7 *            | 0.4 - 7.0   | 200   | 5.8                       | 2.6 - 9.0   | 500   |
| Any smoking, postpartum  | 8.9         | 5.7 - 12.0  | 1,200  | 6.9 *            | 2.6 - 11.2  | 400   | 10.1                      | 5.8 - 14.4  | 900   |
| Any binge drinking, 3 months before pregnancy                  | 13.3        | 9.6 - 17.0  | 1,800  | 17.0             | 10.5 - 23.4 | 800   | 11.3                      | 6.8 - 15.8  | 1,000 |
| Any alcohol use, 3rd trimester†                                | 3.0         | 1.7 - 4.4   | 400    | 2.4 *            | 0.9 - 3.9   | 100   | 3.4                       | 1.5 - 5.4   | 300   |
| <b>Pregnancy Intention and Family Planning</b>                 |             |             |        |                  |             |       |                           |             |       |
| Mistimed or unwanted pregnancy                                 | 38.2        | 32.7 - 43.6 | 5,200  | 44.1             | 35.0 - 53.2 | 2,200 | 35.0                      | 28.1 - 41.8 | 3,000 |
| Unsure of pregnancy intentions                                 | 13.4        | 9.6 - 17.1  | 1,800  | 12.0             | 7.0 - 17.0  | 600   | 14.3                      | 9.1 - 19.4  | 1,200 |
| Postpartum birth control use†                                  | 83.3        | 79.2 - 87.4 | 11,200 | 76.1             | 68.4 - 83.8 | 3,800 | 88.1                      | 83.6 - 92.6 | 7,400 |
| <b>Infant Sleep and Breastfeeding</b>                          |             |             |        |                  |             |       |                           |             |       |
| Placed infant on back to sleep                                 | 73.1        | 68.1 - 78.2 | 9,900  | 75.0             | 67.4 - 82.6 | 3,800 | 71.8                      | 65.2 - 78.5 | 6,000 |
| Infant always or often shared bed                              | 31.7        | 26.4 - 37.0 | 4,300  | 30.1             | 21.7 - 38.4 | 1,500 | 32.9                      | 26.1 - 39.7 | 2,700 |
| Intended to breastfeed, before birth                           | 88.1        | 84.6 - 91.6 | 11,900 | 93.3 *           | 89.4 - 97.3 | 4,800 | 84.8                      | 79.7 - 89.8 | 7,100 |
| Intended to breastfeed exclusively, before birth               | 55.3        | 49.8 - 60.9 | 7,500  | 66.5             | 57.9 - 75.2 | 3,400 | 48.9                      | 41.8 - 56.0 | 4,100 |
| Breastfeeding practices  |             |             |        |                  |             |       |                           |             |       |
| Any breastfeeding, 1 month after delivery                      | 71.9        | 66.8 - 77.0 | 9,700  | 71.2             | 63.0 - 79.5 | 3,600 | 72.1                      | 65.6 - 78.7 | 6,000 |
| Exclusive breastfeeding, 1 month after delivery                | 39.4        | 34.0 - 44.9 | 5,200  | 38.1             | 29.4 - 46.9 | 1,900 | 40.4                      | 33.4 - 47.5 | 3,300 |
| Any breastfeeding, 3 months after delivery                     | 53.3        | 47.0 - 59.7 | 5,600  | 47.5             | 37.3 - 57.8 | 1,900 | 56.7                      | 48.7 - 64.7 | 3,800 |
| Exclusive breastfeeding, 3 months after delivery               | 22.5        | 17.4 - 27.7 | 2,400  | 21.8             | 13.2 - 30.4 | 800   | 23.0                      | 16.5 - 29.4 | 1,500 |



# MIHA Data Snapshot, Kern County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

|  | Kern County |             |  |        | First Live Birth |             |  |       | Second Live Birth or More |             |  |       |
|--|-------------|-------------|--|--------|------------------|-------------|--|-------|---------------------------|-------------|--|-------|
|  | %           | 95% CI      |  | N      | %                | 95% CI      |  | N     | %                         | 95% CI      |  | N     |
| <b>Service Utilization and Health Insurance Coverage</b> |             |             |  |        |                  |             |  |       |                           |             |  |       |
| Had a usual source of pre-pregnancy care                 | 62.7        | 57.2 - 68.2 |  | 8,600  | 55.1             | 46.0 - 64.2 |  | 2,800 | 67.0                      | 60.2 - 73.7 |  | 5,800 |
| Initiated prenatal care in 1st trimester                 | 81.7        | 77.2 - 86.1 |  | 11,100 | 85.1             | 78.0 - 92.3 |  | 4,300 | 79.5                      | 73.7 - 85.3 |  | 6,800 |
| Mom or infant needed but couldn't afford care postpartum | 11.8        | 8.0 - 15.5  |  | 1,600  | 11.2             | 5.6 - 16.8  |  | 600   | 12.2                      | 7.1 - 17.2  |  | 1,000 |
| Participated in WIC during pregnancy†                    | 74.5        | 71.4 - 77.7 |  | 10,200 | 70.4             | 63.4 - 77.4 |  | 3,600 | 76.8                      | 72.6 - 81.1 |  | 6,600 |
| Received CalFresh (food stamps) during pregnancy         | 38.3        | 33.0 - 43.6 |  | 5,300  | 33.9             | 25.1 - 42.6 |  | 1,700 | 40.5                      | 33.7 - 47.4 |  | 3,500 |
| Pre-pregnancy insurance                                  |             |             |  |        |                  |             |  |       |                           |             |  |       |
| Medi-Cal   | 41.6        | 36.3 - 46.9 |  | 5,700  | 29.9             | 21.4 - 38.4 |  | 1,500 | 48.2                      | 41.3 - 55.0 |  | 4,100 |
| Uninsured  | 22.5        | 17.5 - 27.6 |  | 3,100  | 25.7             | 17.4 - 34.0 |  | 1,300 | 20.8                      | 14.4 - 27.2 |  | 1,800 |
| Private  | 33.1        | 28.8 - 37.4 |  | 4,500  | 40.5             | 32.2 - 48.7 |  | 2,100 | 28.9                      | 23.5 - 34.3 |  | 2,500 |
| Prenatal insurance                                       |             |             |  |        |                  |             |  |       |                           |             |  |       |
| Medi-Cal   | 63.8        | 59.5 - 68.2 |  | 8,700  | 62.4             | 54.6 - 70.1 |  | 3,100 | 64.5                      | 58.6 - 70.4 |  | 5,500 |
| Uninsured  | 4.0         | 1.7 - 6.3   |  | 500    | --               |             |  |       | 5.1 *                     | 1.8 - 8.4   |  | 400   |
| Private  | 29.3        | 25.5 - 33.0 |  | 4,000  | 33.0             | 25.5 - 40.4 |  | 1,700 | 27.3                      | 22.3 - 32.2 |  | 2,300 |
| Maternal postpartum insurance                            |             |             |  |        |                  |             |  |       |                           |             |  |       |
| Medi-Cal   | 51.4        | 46.2 - 56.6 |  | 7,000  | 54.2             | 45.6 - 62.8 |  | 2,700 | 49.4                      | 42.6 - 56.2 |  | 4,200 |
| Uninsured  | 14.2        | 9.9 - 18.6  |  | 2,000  | 7.1 *            | 2.0 - 12.1  |  | 400   | 18.5                      | 12.4 - 24.7 |  | 1,600 |
| Private  | 31.9        | 27.7 - 36.1 |  | 4,400  | 35.2             | 27.4 - 42.9 |  | 1,800 | 30.2                      | 24.7 - 35.8 |  | 2,600 |
| Infant health insurance                                  |             |             |  |        |                  |             |  |       |                           |             |  |       |
| Medi-Cal   | 66.7        | 62.3 - 71.1 |  | 8,900  | 64.2             | 56.2 - 72.2 |  | 3,300 | 68.0                      | 62.3 - 73.8 |  | 5,600 |
| Uninsured  | 2.0 *       | 0.3 - 3.6   |  | 300    | 2.3 *            | 0.1 - 4.5   |  | 100   | --                        |             |  |       |
| Private  | 28.3        | 24.4 - 32.2 |  | 3,800  | 29.9             | 22.3 - 37.4 |  | 1,500 | 27.5                      | 22.4 - 32.6 |  | 2,300 |
| <b>Maternal Demographics</b>                             |             |             |  |        |                  |             |  |       |                           |             |  |       |
| Age  |             |             |  |        |                  |             |  |       |                           |             |  |       |
| 15-19  | 9.3         | 6.1 - 12.5  |  | 1,300  | 24.1             | 16.3 - 31.9 |  | 1,200 | --                        |             |  |       |
| 20-34  | 79.1        | 74.7 - 83.6 |  | 10,900 | 67.3             | 58.8 - 75.7 |  | 3,400 | 86.0                      | 81.2 - 90.8 |  | 7,400 |
| 35+  | 11.6        | 8.1 - 15.0  |  | 1,600  | 8.6              | 4.2 - 13.1  |  | 400   | 13.4                      | 8.6 - 18.1  |  | 1,200 |
| Did not complete high school (or GED)                    | 20.1        | 15.4 - 24.8 |  | 2,700  | 11.1             | 5.3 - 17.0  |  | 600   | 25.5                      | 18.9 - 32.1 |  | 2,200 |
| Unmarried  | 50.9        | 45.5 - 56.2 |  | 7,000  | 63.8             | 55.9 - 71.7 |  | 3,200 | 43.7                      | 36.8 - 50.6 |  | 3,800 |
| Race/Ethnicity   |             |             |  |        |                  |             |  |       |                           |             |  |       |
| White  | 28.2        | 23.6 - 32.8 |  | 3,900  | 33.5             | 25.2 - 41.7 |  | 1,700 | 25.3                      | 19.6 - 30.9 |  | 2,200 |
| Hispanic   | 62.0        | 57.2 - 66.8 |  | 8,500  | 55.8             | 47.3 - 64.4 |  | 2,800 | 65.4                      | 59.3 - 71.6 |  | 5,600 |
| Asian/Pacific Islander                                   | 3.6 *       | 1.2 - 5.9   |  | 500    | 3.7 *            | 0.4 - 7.0   |  | 200   | 3.5 *                     | 0.3 - 6.7   |  | 300   |
| Black  | 5.8         | 5.0 - 6.7   |  | 800    | 6.9              | 4.5 - 9.4   |  | 400   | 5.2                       | 3.9 - 6.5   |  | 500   |
| Born outside the U.S.                                    | 27.2        | 21.9 - 32.5 |  | 3,800  | 13.6             | 7.0 - 20.1  |  | 700   | 35.4                      | 28.3 - 42.5 |  | 3,100 |
| Speaks non-English language at home                      | 26.4        | 21.1 - 31.6 |  | 3,600  | 18.5             | 10.8 - 26.2 |  | 900   | 31.1                      | 24.3 - 38.0 |  | 2,700 |
| Lives in a high poverty neighborhood                     | 61.3        | 56.0 - 66.5 |  | 8,100  | 54.1             | 45.2 - 63.0 |  | 2,700 | 66.0                      | 59.4 - 72.6 |  | 5,400 |
| Income as a percent of the Federal Poverty Guideline     |             |             |  |        |                  |             |  |       |                           |             |  |       |
| 0-100%   | 54.7        | 49.4 - 60.0 |  | 7,000  | 54.4             | 45.5 - 63.2 |  | 2,500 | 54.6                      | 47.6 - 61.6 |  | 4,400 |
| 101-200%   | 23.1        | 18.2 - 28.0 |  | 3,000  | 17.2             | 10.2 - 24.2 |  | 800   | 26.6                      | 20.0 - 33.2 |  | 2,200 |
| > 200%   | 22.2        | 18.9 - 25.5 |  | 2,800  | 28.4             | 21.2 - 35.6 |  | 1,300 | 18.8                      | 14.6 - 22.9 |  | 1,500 |

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%)

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Kern County was 552. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2015. Population estimate (N) is a three-year average. See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).

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