MIHA Data Snapshot, Southeastern California, 2013-2014
Maternal and Infant Health Assessment (MIHA) Survey

✓ **better than rest of California** ✖ **worse than rest of California** ♦ no statistical difference

		Southeastern California			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Status Before Pregnancy							
In good to excellent health	♦	91.3	88.8 - 93.8	57,500	92.4	91.5 - 93.3	452,800
Chronic conditions							
Diabetes†	♦	2.2	1.0 - 3.5	1,400	2.3	1.8 - 2.8	10,900
Hypertension†	♦	2.6	1.5 - 3.7	1,600	2.5	2.0 - 2.9	11,900
Asthma†	♦	8.8	6.6 - 11.1	5,500	7.8	7.0 - 8.6	37,500
Nutrition and Weight							
Daily folic acid use, month before pregnancy	✖	28.3	24.5 - 32.2	17,800	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	26.9	23.0 - 30.9	16,400	24.7	23.2 - 26.2	114,900
Obese before pregnancy	✖	23.9	20.1 - 27.7	14,500	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	♦	17.5	13.9 - 21.0	9,300	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	♦	45.0	40.4 - 49.7	23,900	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	✖	21.3	17.7 - 24.8	13,300	16.6	15.4 - 17.9	80,500
Intimate Partner Violence (IPV) and Depressive Symptoms							
Physical or psychological IPV during pregnancy	♦	7.7	5.3 - 10.1	4,900	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	♦	15.2	12.2 - 18.1	9,500	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	♦	14.1	11.3 - 17.0	8,900	13.0	11.8 - 14.1	63,200
Hardships and Support during Pregnancy							
Experienced two or more hardships during childhood	♦	27.1	23.3 - 30.9	16,600	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	♦	3.5	2.1 - 4.9	2,200	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	✖	9.3	6.8 - 11.8	5,900	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	17.1	13.9 - 20.3	10,700	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	♦	12.1	9.5 - 14.8	7,600	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	9.1	6.9 - 11.4	5,700	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	4.6	2.9 - 6.2	2,900	4.4	3.7 - 5.2	21,700
Substance Use							
Any smoking, 3 months before pregnancy	♦	12.0	9.4 - 14.7	7,500	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	♦	2.8	1.5 - 4.0	1,700	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	♦	6.3	4.3 - 8.3	4,000	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	♦	15.1	12.0 - 18.3	9,400	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	✓	4.1	2.4 - 5.7	2,500	7.6	6.6 - 8.6	37,000
Pregnancy Intention and Family Planning							
Mistimed or unwanted pregnancy	♦	33.8	29.7 - 37.8	21,100	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	♦	15.7	12.5 - 18.9	9,800	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	♦	79.8	76.2 - 83.4	49,100	81.6	80.3 - 83.0	390,200
Infant Sleep and Breastfeeding							
Placed infant on back to sleep	♦	79.9	76.6 - 83.2	49,400	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	♦	35.8	31.6 - 40.0	22,100	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	♦	91.6	89.3 - 93.9	57,000	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	♦	61.8	57.6 - 66.0	38,500	64.2	62.6 - 65.9	308,500
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	✖	80.4	77.1 - 83.8	49,300	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✖	35.8	31.6 - 40.0	21,600	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	✖	60.1	55.2 - 64.9	28,100	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	✖	22.3	18.2 - 26.4	10,300	27.4	25.7 - 29.1	99,800

⬆ higher than rest of California ⬇ lower than rest of California ⬩ no statistical difference

		Southeastern California			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Care Utilization and Public Program Participation							
Had a usual source of pre-pregnancy care	⬩	67.0	63.0 - 70.9	42,100	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	⬇	85.7	82.7 - 88.7	52,700	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	⬇	82.9	79.7 - 86.2	52,000	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	⬆	16.0	12.9 - 19.2	9,900	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	⬆	60.8	57.8 - 63.8	37,800	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	⬆	30.6	26.9 - 34.2	19,200	24.9	23.6 - 26.3	121,000
Health Insurance Coverage							
Pre-pregnancy insurance							
Medi-Cal	⬩	25.1	21.5 - 28.6	15,800	24.5	23.1 - 25.8	119,600
Uninsured	⬆	29.0	25.2 - 32.7	18,200	24.0	22.6 - 25.4	117,500
Private	⬇	40.8	37.1 - 44.5	25,700	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	⬆	55.6	52.1 - 59.0	34,900	49.7	48.4 - 51.0	242,800
Uninsured	⬩	2.5	1.1 - 3.9	1,600	1.6	1.2 - 2.0	7,900
Private	⬇	36.5	33.1 - 39.9	23,000	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	⬆	41.3	37.4 - 45.1	25,800	36.2	34.7 - 37.6	175,700
Uninsured	⬩	16.3	13.2 - 19.5	10,200	15.0	13.8 - 16.2	72,800
Private	⬇	39.0	35.4 - 42.6	24,400	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	⬆	60.9	57.5 - 64.3	37,400	52.2	50.9 - 53.6	250,400
Uninsured	⬩	2.8	1.4 - 4.2	1,700	2.9	2.2 - 3.5	13,700
Private	⬇	32.2	28.9 - 35.5	19,800	41.3	40.0 - 42.6	198,000
Maternal Demographics							
Age							
15-19	⬩	7.2	5.1 - 9.3	4,500	5.6	4.9 - 6.4	27,500
20-34	⬆	78.5	75.1 - 82.0	49,500	74.5	73.0 - 76.0	365,300
35+	⬇	14.3	11.3 - 17.2	9,000	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	⬩	16.4	13.1 - 19.6	10,200	16.5	15.2 - 17.7	79,900
Unmarried	⬆	47.3	43.2 - 51.3	29,600	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	⬆	60.3	56.5 - 64.2	37,800	49.2	47.7 - 50.7	236,500
Black	⬆	7.4	6.4 - 8.4	4,600	5.7	5.3 - 6.1	27,400
White	⬇	25.5	21.9 - 29.0	16,000	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	⬇	6.5	3.8 - 9.1	4,100	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	⬇	28.0	23.9 - 32.1	17,600	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	⬇	19.8	16.6 - 23.0	12,400	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	⬆	43.2	38.9 - 47.6	26,000	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	⬆	48.3	44.4 - 52.2	29,200	41.0	39.5 - 42.4	188,800
101-200%	⬩	23.1	19.5 - 26.8	14,000	20.8	19.4 - 22.2	96,000
> 200%	⬇	28.5	25.3 - 31.8	17,200	38.2	36.9 - 39.6	176,200

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 5 women reported.

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

† Measure/definition changed for this indicator and is not comparable to prior years (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2014 were combined, resulting in a statewide sample size of 13,963. The sample size of Southeastern California was 1,134. 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 region in 2013-2014. Population estimate is a two-year average. Symbols indicate whether the health indicator in the region was statistically different from the rest of the state (p-value < 0.05, chi-square test). 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.

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