



MIHA Data Snapshot, California by Geographical Area, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

	California			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		490,200	88.0	87.3 - 88.6	413,600	12.0	11.4 - 12.7	56,500
Health Status before Pregnancy									
In good to excellent health	92.4	91.5 - 93.3	452,800	92.7	91.6 - 93.7	382,900	91.7	90.3 - 93.1	51,800
Chronic conditions									
Diabetes†	2.3	1.8 - 2.8	10,900	2.3	1.7 - 2.8	9,300	1.8	1.3 - 2.4	1,000
Hypertension†	2.5	2.0 - 2.9	11,900	2.5	2.0 - 3.0	10,100	2.7	1.9 - 3.5	1,500
Asthma†	7.8	7.0 - 8.6	37,500	7.6	6.7 - 8.5	30,800	9.6	7.9 - 11.2	5,300
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.7	31.1 - 34.3	159,900	33.2	31.4 - 35.0	137,000	30.4	27.4 - 33.4	17,100
Overweight before pregnancy	24.7	23.2 - 26.2	114,900	24.2	22.5 - 25.9	95,400	26.1	23.4 - 28.8	13,800
Obese before pregnancy	20.3	18.9 - 21.7	94,400	20.1	18.5 - 21.7	79,100	22.2	19.7 - 24.8	11,700
Inadequate weight gain during pregnancy	17.7	16.2 - 19.2	72,900	17.7	16.0 - 19.3	61,700	16.3	13.7 - 18.9	7,600
Excessive weight gain during pregnancy	41.4	39.5 - 43.2	170,100	41.1	39.0 - 43.2	143,400	45.2	41.8 - 48.6	21,000
Food insecurity during pregnancy	16.6	15.4 - 17.9	80,500	16.2	14.8 - 17.6	66,200	18.0	15.6 - 20.3	10,100
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	7.1	6.2 - 7.9	34,500	6.7	5.7 - 7.6	27,500	8.4	7.1 - 9.8	4,700
Prenatal depressive symptoms	14.1	12.9 - 15.3	68,900	14.1	12.8 - 15.4	58,100	14.9	12.5 - 17.4	8,400
Postpartum depressive symptoms	13.0	11.8 - 14.1	63,200	12.7	11.4 - 13.9	52,300	14.3	12.1 - 16.5	8,000
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	25.3	23.8 - 26.7	121,600	24.7	23.0 - 26.3	100,300	28.8	26.1 - 31.6	16,000
Homeless or did not have a regular place to sleep	2.9	2.4 - 3.4	14,000	2.7	2.2 - 3.3	11,200	3.3	2.5 - 4.1	1,800
Moved due to problems paying rent or mortgage	6.9	6.0 - 7.7	33,600	6.9	5.9 - 7.8	28,200	6.6	5.2 - 8.1	3,700
Woman or partner lost job	14.6	13.4 - 15.8	71,000	14.3	13.0 - 15.7	58,700	13.9	11.8 - 16.0	7,800
Woman or partner had pay or hours cut back	11.8	10.7 - 12.8	57,100	11.4	10.2 - 12.6	46,800	11.4	9.8 - 12.9	6,400
Became separated or divorced	7.6	6.7 - 8.5	37,000	7.6	6.6 - 8.7	31,400	7.3	6.1 - 8.6	4,100
Had no practical or emotional support	4.4	3.7 - 5.2	21,700	4.4	3.6 - 5.3	18,300	3.5	2.7 - 4.3	2,000
Substance Use									
Any smoking, 3 months before pregnancy	11.6	10.5 - 12.7	56,500	11.5	10.3 - 12.8	47,300	12.9	11.3 - 14.5	7,200
Any smoking, 3rd trimester†	2.9	2.3 - 3.4	13,900	2.6	2.0 - 3.2	10,700	4.6	3.6 - 5.6	2,600
Any smoking, postpartum	5.6	4.8 - 6.3	27,300	5.3	4.5 - 6.2	22,000	7.5	6.2 - 8.8	4,200
Any binge drinking, 3 months before pregnancy	15.1	13.8 - 16.3	72,900	15.4	14.0 - 16.8	62,800	14.1	12.4 - 15.8	7,800
Any alcohol use, 3rd trimester†	7.6	6.6 - 8.6	37,000	7.9	6.8 - 9.0	32,400	6.5	4.8 - 8.2	3,700
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	31.2	29.6 - 32.8	151,800	31.3	29.5 - 33.1	128,600	31.0	28.3 - 33.7	17,300
Unsure of pregnancy intentions	12.9	11.8 - 14.0	62,700	12.6	11.4 - 13.9	51,900	13.0	10.9 - 15.0	7,200
Postpartum birth control use†	81.6	80.3 - 83.0	390,200	81.0	79.5 - 82.6	326,800	84.6	82.3 - 87.0	46,700
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	79.7	78.3 - 81.1	383,200	79.7	78.1 - 81.3	323,200	78.8	76.5 - 81.2	43,800
Infant always or often shared bed	34.1	32.5 - 35.7	163,700	33.4	31.6 - 35.3	135,400	37.2	34.4 - 39.9	20,700
Intended to breastfeed, before birth	92.4	91.5 - 93.4	444,100	92.5	91.5 - 93.6	374,900	91.5	90.1 - 93.0	51,000
Intended to breastfeed exclusively, before birth	64.2	62.6 - 65.9	308,500	63.9	62.0 - 65.8	259,000	68.2	65.4 - 71.0	38,000
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	83.5	82.3 - 84.8	398,500	83.6	82.2 - 85.1	336,900	82.5	80.4 - 84.6	45,400
Exclusive breastfeeding, 1 month after delivery	42.7	41.0 - 44.4	200,700	41.7	39.7 - 43.6	165,200	48.0	44.9 - 51.1	26,100
Any breastfeeding, 3 months after delivery	66.2	64.3 - 68.2	244,200	66.6	64.4 - 68.7	207,200	65.0	61.6 - 68.4	27,300
Exclusive breastfeeding, 3 months after delivery	27.4	25.7 - 29.1	99,800	26.6	24.7 - 28.6	82,000	33.5	29.8 - 37.2	14,000



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	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	70.4	68.8 - 71.9		344,100	70.5	68.7 - 72.3		290,700	70.6	68.1 - 73.1		39,800
Initiated prenatal care in 1st trimester	89.7	88.7 - 90.6		433,500	90.3	89.2 - 91.3		368,400	87.2	85.3 - 89.0		48,600
Had a postpartum medical visit	87.5	86.4 - 88.7		427,500	87.8	86.5 - 89.1		361,800	87.6	85.9 - 89.4		49,200
Mom or infant needed but couldn't afford care postpartum	12.6	11.4 - 13.7		59,700	12.4	11.1 - 13.7		49,600	11.9	10.2 - 13.6		6,500
Participated in WIC during pregnancy†	54.1	52.9 - 55.4		259,300	52.8	51.3 - 54.2		213,300	60.2	57.1 - 63.3		33,300
Received CalFresh (food stamps) during pregnancy	24.9	23.6 - 26.3		121,000	24.0	22.5 - 25.6		98,500	29.0	26.6 - 31.5		16,300
Pre-pregnancy insurance												
Medi-Cal	24.5	23.1 - 25.8		119,600	23.4	21.9 - 24.9		96,500	31.1	28.4 - 33.8		17,500
Uninsured	24.0	22.6 - 25.4		117,500	23.6	22.0 - 25.2		97,400	24.9	22.5 - 27.2		14,000
Private	47.5	46.2 - 48.9		232,500	49.3	47.8 - 50.9		203,600	38.3	35.3 - 41.3		21,600
Prenatal insurance												
Medi-Cal	49.7	48.4 - 51.0		242,800	47.8	46.3 - 49.3		197,200	58.8	55.7 - 61.8		33,000
Uninsured	1.6	1.2 - 2.0		7,900	1.6	1.1 - 2.1		6,500	1.6	1.0 - 2.2		900
Private	44.5	43.1 - 45.8		217,100	46.5	45.0 - 48.0		191,800	33.7	30.7 - 36.6		18,900
Maternal postpartum insurance												
Medi-Cal	36.2	34.7 - 37.6		175,700	34.3	32.7 - 36.0		140,800	45.6	42.7 - 48.6		25,600
Uninsured	15.0	13.8 - 16.2		72,800	14.9	13.5 - 16.3		61,100	14.2	12.3 - 16.0		7,900
Private	45.7	44.3 - 47.0		221,900	47.8	46.2 - 49.3		195,800	35.9	32.9 - 38.9		20,100
Infant health insurance												
Medi-Cal	52.2	50.9 - 53.6		250,400	50.5	49.0 - 52.0		204,300	61.2	58.0 - 64.3		33,800
Uninsured	2.9	2.2 - 3.5		13,700	2.7	2.0 - 3.3		10,900	3.0	1.9 - 4.0		1,600
Private	41.3	40.0 - 42.6		198,000	43.4	41.9 - 44.9		175,500	31.1	28.1 - 34.1		17,200
Maternal Demographics												
Age												
15-19	5.6	4.9 - 6.4		27,500	5.4	4.5 - 6.2		22,100	7.0	5.8 - 8.2		3,900
20-34	74.5	73.0 - 76.0		365,300	73.9	72.2 - 75.6		305,600	78.3	75.8 - 80.8		44,300
35+	19.9	18.5 - 21.3		97,400	20.8	19.2 - 22.3		85,900	14.7	12.4 - 17.0		8,300
Did not complete high school (or GED)	16.5	15.2 - 17.7		79,900	15.9	14.5 - 17.3		65,200	17.4	15.3 - 19.4		9,700
Unmarried	40.9	39.4 - 42.4		199,000	40.3	38.6 - 42.1		165,600	42.4	39.5 - 45.3		23,800
Race/Ethnicity												
Hispanic	49.2	47.7 - 50.7		236,500	48.1	46.4 - 49.9		195,100	51.7	48.8 - 54.6		28,700
Black	5.7	5.3 - 6.1		27,400	6.1	5.7 - 6.6		24,900	2.0	1.5 - 2.4		1,100
White	29.3	27.9 - 30.7		140,900	28.4	26.8 - 30.0		114,900	40.9	38.0 - 43.8		22,700
Asian/Pacific Islander	15.3	13.9 - 16.7		73,700	17.1	15.4 - 18.7		69,100	4.2	3.0 - 5.4		2,400
Born outside the U.S.	37.9	36.2 - 39.6		185,700	38.7	36.8 - 40.6		160,100	27.2	24.6 - 29.8		15,400
Speaks non-English language at home	30.1	28.5 - 31.7		144,800	30.3	28.4 - 32.1		122,900	25.1	22.8 - 27.4		13,900
Lives in a high poverty neighborhood	38.9	37.3 - 40.5		182,900	37.9	36.1 - 39.6		156,600	46.5	43.5 - 49.5		26,300
Income as a percent of the Federal Poverty Guideline												
0-100%	41.0	39.5 - 42.4		188,800	39.9	38.2 - 41.5		155,300	45.5	42.4 - 48.5		24,000
101-200%	20.8	19.4 - 22.2		96,000	20.0	18.5 - 21.6		78,100	24.4	21.9 - 26.9		12,900
> 200%	38.2	36.9 - 39.6		176,200	40.1	38.6 - 41.6		156,200	30.1	26.9 - 33.3		15,900

-- 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. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (N), 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 in 2013-2014. Population estimate (N) is a two-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.