



## MIHA OVERVIEW

The Maternal and Infant Health Assessment, or MIHA, is a population-based survey of women with recent live births in California, conducted annually since 1999. MIHA is a collaborative effort of the Maternal, Child and Adolescent Health (MCAH) Division and the Women, Infant and Children (WIC) Division in the California Department of Public Health with the Center on Social Disparities in Health at the University of California San Francisco. The survey provides essential information not available from other sources to guide health policies and programs for California women, infants and families. Results have been used by state and local programs, and other MCAH stakeholders, to monitor health outcomes and identify emerging health issues.

### Methods

The MIHA questionnaire collects information about maternal and infant experiences and about maternal attitudes and behaviors before, during and shortly after pregnancy. The questionnaire covers a wide range of topics, including health status, nutrition, weight, health insurance, service utilization and content, breastfeeding, infant sleep, pregnancy intention, family planning, intimate partner violence, substance use, hardships, and income.

MIHA participants are English- or Spanish-speaking women aged 15 years and older who have had a live birth in California. From 1999 through 2009, approximately 3,500 women participated in the survey each year. With additional funding from WIC beginning in 2010, the number of MIHA participants increased to approximately 7,000 annually. MIHA data are weighted to represent all women in California with a live birth during each survey year, excluding women who are non-residents, are younger than 15 years of age at delivery, have a multiple birth of greater than three infants, or have a missing address on the birth certificate. The response rate was 70.6% for 2013 and 70.8% for 2014.

MIHA data are collected by mail with telephone follow up to non-respondents. Women are sent a questionnaire in the mail approximately 10-14 weeks after delivery. Non-respondents receive a reminder letter and a second questionnaire, if needed. Women who do not respond by mail are then asked to take the survey by phone.

The MIHA questionnaire and methods are similar to those used by the Centers for Disease Control and Prevention (CDC) in conducting the multi-state Pregnancy Risk Assessment Monitoring System (PRAMS).

### New Developments

With WIC support, the MIHA sample size nearly doubled in 2010, which has allowed for the distribution of tables, maps and charts of county-level data from the 20 California counties with the largest number of births. Beginning with 2013 births, county-level data is available from the 35 largest counties. As part of this effort, WIC is receiving new information from MIHA about women who appear to be eligible for WIC services during pregnancy but have not enrolled-including information about indicators of risk among these women and data to support outreach efforts at local WIC agencies.

MCAH is formally collaborating with the CDC to use MIHA and PRAMS data for monitoring nine Healthy People 2020 objectives. In addition to raising the level of attention to maternal and infant health nationally, this collaboration will facilitate comparison of the health of California women and infants to national benchmarks.

Additional information about the MIHA survey can be found on the MIHA webpage at:

<http://www.cdph.ca.gov/MIHA>