



# MIHA Snapshot, San Mateo County by Race/Ethnicity, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		Hispanic		Black		White		Asian/Pacific Islander	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Total</b>	100		30.3	25.7 - 34.9	1.8	1.5 - 2.2	33.6	28.6 - 38.7	34.0	29.0 - 39.0
<b>Prior Poor Birth Outcomes</b>										
Prior low birth weight or preterm delivery	7.8	5.2 - 10.3	7.3	3.0 - 11.6	--		--		8.6 *	3.5 - 13.7
Prior delivery by c-section	11.4	8.1 - 14.7	11.7	5.9 - 17.4	--		14.0	7.1 - 21.0	11.4 *	4.4 - 18.3
<b>Chronic Conditions before or during Pregnancy</b>										
Diabetes or gestational diabetes	16.4	13.0 - 19.9	17.2	10.5 - 23.9	--		7.3	3.3 - 11.4	23.6	15.8 - 31.4
Hypertension, preeclampsia or eclampsia	12.1	8.8 - 15.4	10.4 *	4.1 - 16.7	--		11.6	5.1 - 18.2	11.3	5.5 - 17.1
Asthma	7.2	4.9 - 9.4	8.0 *	3.2 - 12.8	--		7.7	3.3 - 12.0	--	
<b>Nutrition and Weight</b>										
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	24.5	16.7 - 32.3	29.8	16.5 - 43.0	48.0	38.4 - 57.5	45.7	36.6 - 54.7
Overweight before pregnancy	21.4	17.4 - 25.3	35.9	26.1 - 45.8	23.7 *	7.3 - 40.0	20.6	13.7 - 27.4	14.8	8.4 - 21.1
Obese before pregnancy	14.9	11.3 - 18.4	21.2	13.3 - 29.0	27.5	14.1 - 40.9	11.3	4.7 - 18.0	--	
Inadequate weight gain during pregnancy	14.6	11.1 - 18.2	17.5	9.2 - 25.7	24.8 *	9.7 - 39.9	9.8	4.1 - 15.5	15.7	9.2 - 22.1
Excessive weight gain during pregnancy	38.4	33.2 - 43.7	33.2	23.4 - 43.1	51.2	32.4 - 70.1	49.9	39.6 - 60.2	30.7	21.5 - 39.8
Food insecurity during pregnancy	10.3	7.7 - 12.9	22.2	14.6 - 29.8	--		--		7.1 *	2.4 - 11.7
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>										
Physical or psychological IPV during pregnancy	5.5	3.3 - 7.6	7.1 *	2.6 - 11.6	--		--		--	
Prenatal depressive symptoms	9.0	6.4 - 11.6	14.3	7.9 - 20.7	20.1 *	8.2 - 32.0	--		8.3 *	3.2 - 13.4
Postpartum depressive symptoms	9.4	6.6 - 12.2	16.8	9.6 - 24.0	--		--		10.1	4.6 - 15.7
<b>Hardships and Support during Pregnancy</b>										
Woman or partner lost job	14.7	11.5 - 17.9	23.1	15.2 - 31.1	--		5.8	2.5 - 9.2	11.0	5.7 - 16.4
Became separated or divorced	4.1	2.4 - 5.8	8.1	3.8 - 12.4	--		--		--	
Had no practical or emotional support	4.9	3.1 - 6.7	10.4	5.5 - 15.2	--		--		--	
<b>Substance Use</b>										
Any smoking, 3 months before pregnancy	5.5	3.3 - 7.6	6.4 *	2.2 - 10.7	--		6.0 *	1.4 - 10.6	--	
Any smoking, 3rd trimester	--		--		--		--		--	
Any smoking, postpartum	2.6 *	1.0 - 4.1	--		--		--		--	
Any binge drinking, 3 months before pregnancy	12.0	8.9 - 15.1	11.4	5.9 - 16.8	--		19.8	12.2 - 27.3	--	
Any alcohol use, 3rd trimester	12.8	9.5 - 16.2	--		--		26.4	17.8 - 35.1	8.2 *	3.3 - 13.2
<b>Infant Sleep and Breastfeeding</b>										
Placed infant on back to sleep	83.6	80.1 - 87.2	81.8	74.5 - 89.0	72.2	59.8 - 84.5	90.0	84.1 - 95.8	80.8	73.5 - 88.0
Intended to breastfeed, before birth	95.3	93.2 - 97.4	94.5 *	91.1 - 97.9	91.4 *	84.5 - 98.3	--		--	
Intended to breastfeed exclusively, before birth	67.6	63.3 - 72.0	61.7	53.1 - 70.4	61.2	45.3 - 77.0	80.4	72.7 - 88.1	63.5	54.7 - 72.4
<b>Service Utilization</b>										
Had a usual source of pre-pregnancy care	75.9	71.8 - 80.0	70.8	62.9 - 78.8	72.3 *	55.5 - 89.2	82.3	74.5 - 90.2	78.5	70.8 - 86.2
Had a postpartum medical visit	92.4	90.1 - 94.7	90.0	85.2 - 94.7	--		96.7 *	93.7 - 99.8	94.8 *	90.7 - 98.9
Mom or infant needed but couldn't afford care postpartum	9.2	6.5 - 11.9	13.8	7.4 - 20.2	23.4	10.3 - 36.6	--		8.9	4.0 - 13.8
Participated in WIC during pregnancy	35.1	30.9 - 39.2	69.2	60.7 - 77.7	69.8	56.7 - 82.9	7.1	3.2 - 10.9	13.7	6.9 - 20.5
Received CalFresh (food stamps) during pregnancy	11.1	8.4 - 13.7	22.6	15.1 - 30.1	28.2	14.3 - 42.1	--		--	



# MIHA Snapshot, San Mateo County by Race/Ethnicity, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		Hispanic		Black		White		Asian/Pacific Islander	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>										
Pre-pregnancy insurance										
Medi-Cal	14.6	11.4 - 17.7	25.8	17.6 - 33.9	29.3	15.4 - 43.2	--		6.8*	2.1 - 11.4
Uninsured	15.2	12.3 - 18.2	27.2	19.8 - 34.7	24.7*	8.6 - 40.9	3.9*	1.4 - 6.5	7.1	3.1 - 11.1
Private	66.8	62.8 - 70.9	42.5	33.2 - 51.7	44.6	28.7 - 60.4	90.5	85.6 - 95.5	84.5	78.0 - 91.0
Prenatal insurance										
Medi-Cal	32.2	28.2 - 36.1	61.2	52.1 - 70.3	54.0	37.9 - 70.1	6.4	3.0 - 9.7	12.6	6.6 - 18.6
Uninsured	--		--		--		--		--	
Private	63.8	59.7 - 67.9	33.9	24.9 - 42.9	46.0	29.9 - 62.1	90.1	85.2 - 95.1	85.0	78.4 - 91.6
Maternal postpartum insurance										
Medi-Cal	15.6	12.7 - 18.6	27.2	19.3 - 35.0	45.1	28.3 - 61.8	--		4.1*	1.3 - 7.0
Uninsured	15.3	11.9 - 18.6	30.6	22.1 - 39.1	--		--		--	
Private	66.9	62.9 - 70.9	38.2	28.8 - 47.5	42.2	26.5 - 57.8	90.7	85.8 - 95.7	89.6	84.3 - 94.8
Infant health insurance										
Medi-Cal	27.6	24.0 - 31.2	53.2	44.1 - 62.3	56.9	41.0 - 72.7	5.5	2.4 - 8.6	10.4	5.3 - 15.5
Healthy Families	4.4	2.5 - 6.3	9.0	3.9 - 14.2	--		--		--	
Uninsured	2.8*	1.0 - 4.6	--		--		--		--	
Private	64.0	60.0 - 67.9	30.9	22.0 - 39.8	40.1	24.6 - 55.6	90.3	85.4 - 95.3	86.6	80.7 - 92.5
<b>Maternal Demographics</b>										
Age										
15-19	3.5	1.9 - 5.0	--		--		--		--	
20-34	66.9	62.4 - 71.5	74.1	65.5 - 82.8	74.7	62.6 - 86.8	61.9	52.6 - 71.2	64.5	55.7 - 73.2
35+	29.6	25.1 - 34.0	19.3	11.3 - 27.3	--		37.9	28.6 - 47.2	35.0	26.3 - 43.8
Did not complete high school (or GED)	11.7	9.0 - 14.5	23.7	16.2 - 31.2	--		--		--	
Unmarried	26.7	22.8 - 30.7	43.7	34.7 - 52.7	64.4	49.6 - 79.2	9.6	4.3 - 15.0	13.9	7.5 - 20.2
Born outside the U.S.	51.6	46.8 - 56.4	62.8	53.7 - 71.9	--		21.3	13.7 - 28.9	70.8	62.3 - 79.3
Speaks non-English language at home	40.0	35.3 - 44.7	61.7	52.9 - 70.5	--		13.0	6.6 - 19.4	45.0	35.5 - 54.4
Income as a percent of the Federal Poverty Guideline										
0-100%	25.2	21.3 - 29.0	48.9	39.7 - 58.2	43.1	26.6 - 59.7	--		10.1	4.3 - 15.8
101-200%	15.1	11.5 - 18.6	26.7	17.8 - 35.5	33.9	17.8 - 50.0	5.7*	1.4 - 10.0	13.8	7.5 - 20.0
>200%	59.8	55.2 - 64.3	24.4	16.1 - 32.7	22.9	11.0 - 34.9	90.0	84.6 - 95.3	76.2	68.2 - 84.1

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2010-2012 were combined, resulting in a statewide sample size of 20,480. The sample size of San Mateo County was 596. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in San Mateo County. Prior poor birth outcomes are presented for all women. See the Technical Document for information on weighting, comparability to prior years and technical definitions.

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health and WIC Programs of the Center for Family Health, California Department of Public Health and the Center on Social Disparities in Health at the University of California, San Francisco. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).



# MIHA Snapshot, San Mateo County by Income, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		0-100% of Poverty		101-200% of Poverty		> 200% of Poverty	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Total</b>	100		25.2	21.3 - 29.0	15.1	11.5 - 18.6	59.8	55.2 - 64.3
<b>Prior Poor Birth Outcomes</b>								
Prior low birth weight or preterm delivery	7.8	5.2 - 10.3	13.2	7.1 - 19.3	--		6.0	3.0 - 9.1
Prior delivery by c-section	11.4	8.1 - 14.7	11.8	5.4 - 18.1	--		12.9	8.1 - 17.6
<b>Chronic Conditions before or during Pregnancy</b>								
Diabetes or gestational diabetes	16.4	13.0 - 19.9	22.7	15.7 - 29.7	12.5 *	4.4 - 20.6	13.5	9.0 - 18.0
Hypertension, preeclampsia or eclampsia	12.1	8.8 - 15.4	10.2	4.8 - 15.7	16.1 *	5.1 - 27.0	11.1	7.1 - 15.1
Asthma	7.2	4.9 - 9.4	5.9 *	1.8 - 10.0	--		7.9	4.7 - 11.2
<b>Nutrition and Weight</b>								
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	24.9	17.1 - 32.6	29.2	17.2 - 41.2	45.3	38.7 - 51.9
Overweight before pregnancy	21.4	17.4 - 25.3	23.4	14.7 - 32.0	32.6	19.9 - 45.4	18.3	13.4 - 23.1
Obese before pregnancy	14.9	11.3 - 18.4	27.1	18.8 - 35.4	19.8	9.7 - 29.9	8.9	5.0 - 12.7
Inadequate weight gain during pregnancy	14.6	11.1 - 18.2	25.3	16.2 - 34.4	--		12.6	8.0 - 17.2
Excessive weight gain during pregnancy	38.4	33.2 - 43.7	45.1	34.1 - 56.1	37.9	24.0 - 51.9	36.8	30.0 - 43.7
Food insecurity during pregnancy	10.3	7.7 - 12.9	27.6	19.8 - 35.4	22.9	12.1 - 33.7	--	
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>								
Physical or psychological IPV during pregnancy	5.5	3.3 - 7.6	8.9	3.8 - 14.0	--		--	
Prenatal depressive symptoms	9.0	6.4 - 11.6	15.2	9.1 - 21.4	17.0	7.1 - 26.9	3.9 *	1.5 - 6.2
Postpartum depressive symptoms	9.4	6.6 - 12.2	11.7	5.8 - 17.5	--		8.5	4.8 - 12.2
<b>Hardships and Support during Pregnancy</b>								
Woman or partner lost job	14.7	11.5 - 17.9	28.4	20.1 - 36.7	18.0	8.3 - 27.7	7.3	4.1 - 10.6
Became separated or divorced	4.1	2.4 - 5.8	13.2	7.3 - 19.2	--		--	
Had no practical or emotional support	4.9	3.1 - 6.7	12.6	6.7 - 18.6	--		--	
<b>Substance Use</b>								
Any smoking, 3 months before pregnancy	5.5	3.3 - 7.6	7.0	2.9 - 11.1	13.9 *	5.6 - 22.2	--	
Any smoking, 3rd trimester	--		--		--		--	
Any smoking, postpartum	2.6 *	1.0 - 4.1	--		--		--	
Any binge drinking, 3 months before pregnancy	12.0	8.9 - 15.1	12.5	6.3 - 18.7	8.5 *	2.6 - 14.3	13.4	8.8 - 18.0
Any alcohol use, 3rd trimester	12.8	9.5 - 16.2	--		--		20.3	14.8 - 25.8
<b>Infant Sleep and Breastfeeding</b>								
Placed infant on back to sleep	83.6	80.1 - 87.2	83.3	76.2 - 90.3	73.0	61.5 - 84.5	86.0	81.5 - 90.6
Intended to breastfeed, before birth	95.3	93.2 - 97.4	91.4	87.0 - 95.9	93.3 *	87.3 - 99.4	98.3 *	96.8 - 99.9
Intended to breastfeed exclusively, before birth	67.6	63.3 - 72.0	56.1	47.4 - 64.8	54.3	41.3 - 67.2	75.6	70.0 - 81.2
<b>Service Utilization</b>								
Had a usual source of pre-pregnancy care	75.9	71.8 - 80.0	65.5	56.9 - 74.0	58.9	46.5 - 71.2	85.7	80.8 - 90.6
Had a postpartum medical visit	92.4	90.1 - 94.7	82.5	75.8 - 89.2	94.9 *	90.8 - 99.0	96.8 *	94.5 - 99.1
Mom or infant needed but couldn't afford care postpartum	9.2	6.5 - 11.9	16.5	9.9 - 23.2	17.4	7.5 - 27.3	3.8 *	1.2 - 6.3
Participated in WIC during pregnancy	35.1	30.9 - 39.2	83.5	76.4 - 90.7	56.6	43.9 - 69.3	5.2 *	1.8 - 8.5
Received CalFresh (food stamps) during pregnancy	11.1	8.4 - 13.7	34.4	26.2 - 42.7	--		--	



# MIHA Snapshot, San Mateo County by Income, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		0-100% of Poverty		101-200% of Poverty		> 200% of Poverty	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>								
Pre-pregnancy insurance								
Medi-Cal	14.6	11.4 - 17.7	43.4	34.4 - 52.5	13.5 *	4.3 - 22.8	--	
Uninsured	15.2	12.3 - 18.2	36.1	27.4 - 44.7	30.3	19.9 - 40.8	3.3 *	1.1 - 5.4
Private	66.8	62.8 - 70.9	13.2	6.8 - 19.6	46.8	33.8 - 59.9	95.3	92.8 - 97.8
Prenatal insurance								
Medi-Cal	32.2	28.2 - 36.1	83.9	76.6 - 91.2	49.2	36.5 - 61.9	3.9 *	1.1 - 6.8
Uninsured	--		--		--		--	
Private	63.8	59.7 - 67.9	10.6 *	4.3 - 16.9	36.9	24.1 - 49.7	94.7 *	91.7 - 97.8
Maternal postpartum insurance								
Medi-Cal	15.6	12.7 - 18.6	47.2	38.0 - 56.4	16.1	8.6 - 23.7	--	
Uninsured	15.3	11.9 - 18.6	36.4	27.4 - 45.5	22.4	12.4 - 32.5	4.4 *	1.5 - 7.3
Private	66.9	62.9 - 70.9	12.8	5.9 - 19.7	53.0	40.4 - 65.7	94.0	90.7 - 97.2
Infant health insurance								
Medi-Cal	27.6	24.0 - 31.2	74.9	66.8 - 83.1	41.6	29.6 - 53.6	3.0 *	0.8 - 5.1
Healthy Families	4.4	2.5 - 6.3	11.6	5.8 - 17.4	--		--	
Uninsured	2.8 *	1.0 - 4.6	--		--		--	
Private	64.0	60.0 - 67.9	11.1	4.6 - 17.5	40.2	27.0 - 53.3	93.8	90.5 - 97.1
<b>Maternal Demographics</b>								
Age								
15-19	3.5	1.9 - 5.0	5.8 *	2.0 - 9.6	--		--	
20-34	66.9	62.4 - 71.5	84.1	78.1 - 90.1	73.5	61.5 - 85.5	61.3	54.8 - 67.8
35+	29.6	25.1 - 34.0	10.1	5.2 - 14.9	23.2	11.4 - 35.0	38.6	32.1 - 45.1
Did not complete high school (or GED)	11.7	9.0 - 14.5	35.2	26.5 - 43.9	13.3	6.6 - 20.0	--	
Unmarried	26.7	22.8 - 30.7	56.3	47.2 - 65.4	37.1	25.3 - 49.0	10.2	5.7 - 14.7
Race/Ethnicity								
Hispanic	30.3	25.7 - 34.9	72.5	62.8 - 82.3	52.9	39.2 - 66.6	11.7	7.3 - 16.1
Black	1.8	1.5 - 2.2	3.7	2.1 - 5.4	3.9 *	1.4 - 6.4	0.6	0.3 - 1.0
White	33.6	28.6 - 38.7	--		12.1 *	3.3 - 20.9	46.0	39.0 - 53.0
Asian/Pacific Islander	34.0	29.0 - 39.0	16.9	7.9 - 26.0	31.1	18.5 - 43.7	41.5	34.6 - 48.4
Born outside the U.S.	51.6	46.8 - 56.4	71.0	63.0 - 78.9	58.5	45.9 - 71.0	41.4	34.9 - 48.0
Speaks non-English language at home	40.0	35.3 - 44.7	67.0	58.9 - 75.1	42.1	29.1 - 55.1	26.4	20.3 - 32.5

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

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# MIHA Snapshot, San Mateo County by Prenatal Health Insurance, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		Medi-Cal			Private		
	%	95% CI	%	95% CI		%	95% CI	
<b>Total</b>	100		32.2	28.2 - 36.1		63.8	59.7 - 67.9	
<b>Prior Poor Birth Outcomes</b>								
Prior low birth weight or preterm delivery	7.8	5.2 - 10.3	10.9	6.1 - 15.7		5.9	3.0 - 8.8	
Prior delivery by c-section	11.4	8.1 - 14.7	9.8	5.1 - 14.6		11.3	7.0 - 15.6	
<b>Chronic Conditions before or during Pregnancy</b>								
Diabetes or gestational diabetes	16.4	13.0 - 19.9	23.4	16.8 - 29.9		13.5	9.4 - 17.6	
Hypertension, preeclampsia or eclampsia	12.1	8.8 - 15.4	12.9	7.9 - 18.0		11.5	7.2 - 15.7	
Asthma	7.2	4.9 - 9.4	7.5	3.5 - 11.4		6.6	3.9 - 9.2	
<b>Nutrition and Weight</b>								
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	24.0	17.5 - 30.4		45.3	39.1 - 51.5	
Overweight before pregnancy	21.4	17.4 - 25.3	27.0	19.3 - 34.6		19.1	14.3 - 23.9	
Obese before pregnancy	14.9	11.3 - 18.4	23.6	16.7 - 30.5		10.9	6.7 - 15.1	
Inadequate weight gain during pregnancy	14.6	11.1 - 18.2	17.1	10.9 - 23.4		14.0	9.6 - 18.5	
Excessive weight gain during pregnancy	38.4	33.2 - 43.7	39.1	30.0 - 48.3		37.8	31.3 - 44.4	
Food insecurity during pregnancy	10.3	7.7 - 12.9	25.7	19.2 - 32.2		3.2 *	0.9 - 5.5	
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>								
Physical or psychological IPV during pregnancy	5.5	3.3 - 7.6	12.5	7.1 - 18.0		--		
Prenatal depressive symptoms	9.0	6.4 - 11.6	16.8	10.9 - 22.6		5.4	2.7 - 8.0	
Postpartum depressive symptoms	9.4	6.6 - 12.2	11.3	6.2 - 16.3		8.6	5.1 - 12.1	
<b>Hardships and Support during Pregnancy</b>								
Woman or partner lost job	14.7	11.5 - 17.9	28.4	21.2 - 35.5		7.6	4.6 - 10.7	
Became separated or divorced	4.1	2.4 - 5.8	10.9	6.3 - 15.6		--		
Had no practical or emotional support	4.9	3.1 - 6.7	12.7	7.7 - 17.8		--		
<b>Substance Use</b>								
Any smoking, 3 months before pregnancy	5.5	3.3 - 7.6	9.1	4.9 - 13.4		4.0 *	1.4 - 6.7	
Any smoking, 3rd trimester	--		--			--		
Any smoking, postpartum	2.6 *	1.0 - 4.1	3.0 *	0.8 - 5.1		--		
Any binge drinking, 3 months before pregnancy	12.0	8.9 - 15.1	10.4	5.9 - 15.0		13.2	8.9 - 17.4	
Any alcohol use, 3rd trimester	12.8	9.5 - 16.2	--			18.0	13.1 - 22.9	
<b>Infant Sleep and Breastfeeding</b>								
Placed infant on back to sleep	83.6	80.1 - 87.2	82.5	76.6 - 88.4		84.7	80.2 - 89.2	
Intended to breastfeed, before birth	95.3	93.2 - 97.4	92.0	88.1 - 95.9		97.2 *	94.7 - 99.7	
Intended to breastfeed exclusively, before birth	67.6	63.3 - 72.0	55.1	47.6 - 62.6		74.0	68.5 - 79.6	
<b>Service Utilization</b>								
Had a usual source of pre-pregnancy care	75.9	71.8 - 80.0	56.6	48.9 - 64.3		87.9	83.6 - 92.3	
Had a postpartum medical visit	92.4	90.1 - 94.7	85.6	80.4 - 90.8		96.1 *	93.7 - 98.5	
Mom or infant needed but couldn't afford care postpartum	9.2	6.5 - 11.9	16.2	10.4 - 22.1		4.5	2.0 - 7.0	
Participated in WIC during pregnancy	35.1	30.9 - 39.2	88.0	83.0 - 93.0		5.6 *	2.3 - 8.9	
Received CalFresh (food stamps) during pregnancy	11.1	8.4 - 13.7	32.1	25.0 - 39.2		--		



# MIHA Snapshot, San Mateo County by Prenatal Health Insurance, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		Medi-Cal		Private	
	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>						
Pre-pregnancy insurance						
Medi-Cal	14.6	11.4 - 17.7	42.5	34.7 - 50.2	--	
Uninsured	15.2	12.3 - 18.2	42.3	34.7 - 49.8	--	
Private	66.8	62.8 - 70.9	9.8	4.7 - 14.9	97.5 *	95.6 - 99.3
Maternal postpartum insurance						
Medi-Cal	15.6	12.7 - 18.6	46.1	38.3 - 53.9	--	
Uninsured	15.3	11.9 - 18.6	39.5	31.7 - 47.4	--	
Private	66.9	62.9 - 70.9	9.8 *	4.0 - 15.5	97.1 *	94.9 - 99.4
Infant health insurance						
Medi-Cal	27.6	24.0 - 31.2	78.6	71.5 - 85.6	2.1 *	0.5 - 3.6
Healthy Families	4.4	2.5 - 6.3	7.7	3.6 - 11.9	--	
Uninsured	2.8 *	1.0 - 4.6	--		--	
Private	64.0	60.0 - 67.9	8.7 *	3.3 - 14.2	95.3	92.6 - 98.0
<b>Maternal Demographics</b>						
Age						
15-19	3.5	1.9 - 5.0	10.3	5.7 - 15.0	--	
20-34	66.9	62.4 - 71.5	78.4	72.2 - 84.5	60.4	54.2 - 66.6
35+	29.6	25.1 - 34.0	11.3	6.7 - 15.9	39.3	33.1 - 45.5
Did not complete high school (or GED)	11.7	9.0 - 14.5	32.7	25.5 - 39.9	--	
Unmarried	26.7	22.8 - 30.7	57.1	49.3 - 64.9	11.6	7.4 - 15.8
Race/Ethnicity						
Hispanic	30.3	25.7 - 34.9	71.5	63.3 - 79.7	14.7	9.9 - 19.4
Black	1.8	1.5 - 2.2	3.8	2.2 - 5.4	1.2	0.8 - 1.6
White	33.6	28.6 - 38.7	8.2	3.9 - 12.5	42.7	36.3 - 49.2
Asian/Pacific Islander	34.0	29.0 - 39.0	16.5	9.0 - 24.0	41.2	34.8 - 47.6
Born outside the U.S.	51.6	46.8 - 56.4	69.0	62.1 - 75.9	41.3	35.2 - 47.4
Speaks non-English language at home	40.0	35.3 - 44.7	64.2	57.1 - 71.3	26.6	21.0 - 32.2
Income as a percent of the Federal Poverty Guideline						
0-100%	25.2	21.3 - 29.0	68.4	60.8 - 76.1	4.1 *	1.5 - 6.8
101-200%	15.1	11.5 - 18.6	24.0	17.2 - 30.8	8.6	4.8 - 12.4
>200%	59.8	55.2 - 64.3	7.6 *	2.2 - 12.9	87.3	82.8 - 91.7

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2010-2012 were combined, resulting in a statewide sample size of 20,480. The sample size of San Mateo County was 596. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in San Mateo County. Prior poor birth outcomes are presented for all women. See the Technical Document for information on weighting, comparability to prior years and technical definitions.

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health and WIC Programs of the Center for Family Health, California Department of Public Health and the Center on Social Disparities in Health at the University of California, San Francisco. **Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).**



# MIHA Snapshot, San Mateo County by Maternal Age, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		15-19 Years		20-34 Years		35 Years or Older	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Total</b>	100		3.5	1.9 - 5.0	66.9	62.4 - 71.5	29.6	25.1 - 34.0
<b>Prior Poor Birth Outcomes</b>								
Prior low birth weight or preterm delivery	7.8	5.2 - 10.3	--		6.9	3.8 - 10.0	10.6	5.6 - 15.6
Prior delivery by c-section	11.4	8.1 - 14.7	--		9.6	5.9 - 13.2	16.9	9.6 - 24.1
<b>Chronic Conditions before or during Pregnancy</b>								
Diabetes or gestational diabetes	16.4	13.0 - 19.9	--		13.8	9.9 - 17.7	23.0	15.8 - 30.2
Hypertension, preeclampsia or eclampsia	12.1	8.8 - 15.4	--		11.0	7.4 - 14.6	14.7	7.4 - 22.0
Asthma	7.2	4.9 - 9.4	--		8.1	5.2 - 11.0	--	
<b>Nutrition and Weight</b>								
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	--		34.1	28.6 - 39.5	51.3	42.1 - 60.5
Overweight before pregnancy	21.4	17.4 - 25.3	--		21.7	16.9 - 26.4	20.2	12.8 - 27.6
Obese before pregnancy	14.9	11.3 - 18.4	--		15.6	11.3 - 19.8	15.0	8.2 - 21.7
Inadequate weight gain during pregnancy	14.6	11.1 - 18.2	--		14.8	10.3 - 19.2	14.4	8.2 - 20.7
Excessive weight gain during pregnancy	38.4	33.2 - 43.7	--		40.3	33.9 - 46.6	36.7	26.8 - 46.5
Food insecurity during pregnancy	10.3	7.7 - 12.9	--		11.3	8.1 - 14.5	6.6*	2.2 - 11.0
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>								
Physical or psychological IPV during pregnancy	5.5	3.3 - 7.6	--		5.8	3.3 - 8.4	--	
Prenatal depressive symptoms	9.0	6.4 - 11.6	--		9.1	6.0 - 12.3	6.1*	2.4 - 9.7
Postpartum depressive symptoms	9.4	6.6 - 12.2	--		9.3	5.9 - 12.6	6.7*	2.5 - 11.0
<b>Hardships and Support during Pregnancy</b>								
Woman or partner lost job	14.7	11.5 - 17.9	--		15.7	11.6 - 19.8	12.0	6.9 - 17.2
Became separated or divorced	4.1	2.4 - 5.8	--		4.6	2.5 - 6.7	--	
Had no practical or emotional support	4.9	3.1 - 6.7	--		4.8	2.6 - 6.9	--	
<b>Substance Use</b>								
Any smoking, 3 months before pregnancy	5.5	3.3 - 7.6	--		7.0	4.0 - 10.0	--	
Any smoking, 3rd trimester	--		--		--		--	
Any smoking, postpartum	2.6*	1.0 - 4.1	--		3.4*	1.2 - 5.6	--	
Any binge drinking, 3 months before pregnancy	12.0	8.9 - 15.1	--		14.3	10.1 - 18.5	7.7	3.5 - 12.0
Any alcohol use, 3rd trimester	12.8	9.5 - 16.2	--		12.0	7.9 - 16.1	14.9	8.7 - 21.0
<b>Infant Sleep and Breastfeeding</b>								
Placed infant on back to sleep	83.6	80.1 - 87.2	--		82.9	78.5 - 87.2	84.3	77.5 - 91.0
Intended to breastfeed, before birth	95.3	93.2 - 97.4	--		95.0	92.8 - 97.3	--	
Intended to breastfeed exclusively, before birth	67.6	63.3 - 72.0	47.0	24.4 - 69.5	67.0	61.7 - 72.2	71.6	63.1 - 80.2
<b>Service Utilization</b>								
Had a usual source of pre-pregnancy care	75.9	71.8 - 80.0	63.0*	39.6 - 86.3	73.3	68.1 - 78.4	83.4	76.4 - 90.4
Had a postpartum medical visit	92.4	90.1 - 94.7	82.0*	66.2 - 97.8	91.1	88.0 - 94.3	96.4*	93.4 - 99.4
Mom or infant needed but couldn't afford care postpartum	9.2	6.5 - 11.9	--		11.5	7.7 - 15.2	--	
Participated in WIC during pregnancy	35.1	30.9 - 39.2	--		40.0	34.7 - 45.3	15.7	8.9 - 22.5
Received CalFresh (food stamps) during pregnancy	11.1	8.4 - 13.7	--		12.5	9.1 - 15.9	5.6*	2.2 - 9.0



# MIHA Snapshot, San Mateo County by Maternal Age, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		15-19 Years		20-34 Years		35 Years or Older	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>								
Pre-pregnancy insurance								
Medi-Cal	14.6	11.4 - 17.7	62.0*	39.1 - 85.0	16.3	12.1 - 20.5	5.2*	1.9 - 8.6
Uninsured	15.2	12.3 - 18.2	--		18.3	14.4 - 22.2	6.9	3.0 - 10.9
Private	66.8	62.8 - 70.9	--		61.4	56.1 - 66.7	85.5	80.0 - 91.0
Prenatal insurance								
Medi-Cal	32.2	28.2 - 36.1	--		37.5	32.3 - 42.7	12.5	7.3 - 17.6
Uninsured	--		--		--		--	
Private	63.8	59.7 - 67.9	--		57.3	52.0 - 62.6	85.8	80.4 - 91.2
Maternal postpartum insurance								
Medi-Cal	15.6	12.7 - 18.6	65.1*	42.4 - 87.8	17.4	13.6 - 21.2	6.6	2.8 - 10.4
Uninsured	15.3	11.9 - 18.6	--		18.7	14.2 - 23.2	6.0*	2.0 - 9.9
Private	66.9	62.9 - 70.9	--		61.1	55.8 - 66.3	86.6	81.1 - 92.0
Infant health insurance								
Medi-Cal	27.6	24.0 - 31.2	83.8*	69.8 - 97.9	31.8	27.1 - 36.5	11.4	6.5 - 16.2
Healthy Families	4.4	2.5 - 6.3	--		5.9	3.2 - 8.6	--	
Uninsured	2.8*	1.0 - 4.6	--		--		--	
Private	64.0	60.0 - 67.9	--		57.5	52.2 - 62.7	86.3	80.9 - 91.7
<b>Maternal Demographics</b>								
Did not complete high school (or GED)	11.7	9.0 - 14.5	37.8	17.1 - 58.6	13.5	9.8 - 17.2	4.9*	1.9 - 7.8
Unmarried	26.7	22.8 - 30.7	--		27.9	23.0 - 32.9	17.5	10.7 - 24.3
Race/Ethnicity								
Hispanic	30.3	25.7 - 34.9	--		33.7	28.0 - 39.4	19.0	11.0 - 27.0
Black	1.8	1.5 - 2.2	--		2.1	1.5 - 2.6	--	
White	33.6	28.6 - 38.7	--		31.2	25.2 - 37.2	41.4	31.5 - 51.3
Asian/Pacific Islander	34.0	29.0 - 39.0	--		32.9	26.9 - 38.9	38.8	29.1 - 48.4
Born outside the U.S.	51.6	46.8 - 56.4	35.8	16.0 - 55.7	52.3	46.6 - 58.1	51.9	42.6 - 61.1
Speaks non-English language at home	40.0	35.3 - 44.7	46.1	23.0 - 69.1	41.2	35.5 - 46.9	36.5	27.5 - 45.4
Income as a percent of the Federal Poverty Guideline								
0-100%	25.2	21.3 - 29.0	72.0*	48.1 - 95.9	30.8	25.6 - 35.9	8.7	4.4 - 13.0
101-200%	15.1	11.5 - 18.6	--		16.1	11.8 - 20.3	12.0	5.3 - 18.7
>200%	59.8	55.2 - 64.3	--		53.2	47.5 - 58.9	79.3	71.7 - 86.8

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2010-2012 were combined, resulting in a statewide sample size of 20,480. The sample size of San Mateo County was 596. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in San Mateo County. Prior poor birth outcomes are presented for all women. See the Technical Document for information on weighting, comparability to prior years and technical definitions.

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# MIHA Snapshot, San Mateo County by Education, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		< High School		High School Graduate or GED		Some College		College Graduate	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Total</b>	100		11.7	9.0 - 14.5	14.5	11.3 - 17.7	19.0	15.2 - 22.8	54.8	50.2 - 59.3
<b>Prior Poor Birth Outcomes</b>										
Prior low birth weight or preterm delivery	7.8	5.2 - 10.3	--		15.5	6.9 - 24.1	--		5.7	2.6 - 8.8
Prior delivery by c-section	11.4	8.1 - 14.7	--		6.7*	2.2 - 11.2	11.8*	3.8 - 19.8	13.4	8.4 - 18.3
<b>Chronic Conditions before or during Pregnancy</b>										
Diabetes or gestational diabetes	16.4	13.0 - 19.9	21.7	11.3 - 32.0	27.7	17.0 - 38.4	12.8	6.2 - 19.3	13.9	9.3 - 18.4
Hypertension, preeclampsia or eclampsia	12.1	8.8 - 15.4	12.2*	3.9 - 20.5	12.1*	2.9 - 21.3	19.2	9.4 - 28.9	9.4	5.6 - 13.1
Asthma	7.2	4.9 - 9.4	--		--		10.4*	4.2 - 16.6	7.2	4.1 - 10.3
<b>Nutrition and Weight</b>										
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	16.7	7.9 - 25.5	25.0	15.2 - 34.8	30.1	19.3 - 40.8	50.6	44.0 - 57.2
Overweight before pregnancy	21.4	17.4 - 25.3	36.7	22.5 - 50.9	37.4	23.9 - 50.8	21.7	12.8 - 30.6	15.4	10.9 - 19.9
Obese before pregnancy	14.9	11.3 - 18.4	24.5	11.9 - 37.1	23.1	11.9 - 34.4	28.2	17.7 - 38.7	6.6	3.4 - 9.7
Inadequate weight gain during pregnancy	14.6	11.1 - 18.2	20.2	9.1 - 31.4	28.0	14.8 - 41.1	--		13.2	8.8 - 17.5
Excessive weight gain during pregnancy	38.4	33.2 - 43.7	47.6	31.2 - 63.9	26.7	14.6 - 38.7	50.0	37.3 - 62.7	36.5	29.6 - 43.4
Food insecurity during pregnancy	10.3	7.7 - 12.9	24.5	15.0 - 33.9	28.5	17.2 - 39.9	12.4	6.0 - 18.7	--	
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>										
Physical or psychological IPV during pregnancy	5.5	3.3 - 7.6	--		--		8.3*	3.3 - 13.3	--	
Prenatal depressive symptoms	9.0	6.4 - 11.6	16.9	8.4 - 25.3	9.3*	2.6 - 16.0	12.4	6.0 - 18.8	5.4	2.4 - 8.4
Postpartum depressive symptoms	9.4	6.6 - 12.2	10.5*	4.0 - 17.1	--		9.1	3.8 - 14.3	9.0	5.1 - 12.8
<b>Hardships and Support during Pregnancy</b>										
Woman or partner lost job	14.7	11.5 - 17.9	25.0	14.6 - 35.4	30.3	18.6 - 42.0	15.6	8.3 - 22.9	8.4	4.9 - 11.9
Became separated or divorced	4.1	2.4 - 5.8	--		--		7.6*	2.5 - 12.6	--	
Had no practical or emotional support	4.9	3.1 - 6.7	10.5	4.8 - 16.2	14.5*	5.7 - 23.3	--		--	
<b>Substance Use</b>										
Any smoking, 3 months before pregnancy	5.5	3.3 - 7.6	--		8.6*	2.2 - 15.0	14.5	6.4 - 22.6	--	
Any smoking, 3rd trimester	--		--		--		--		--	
Any smoking, postpartum	2.6*	1.0 - 4.1	--		--		--		--	
Any binge drinking, 3 months before pregnancy	12.0	8.9 - 15.1	--		10.5*	3.6 - 17.3	17.3	9.2 - 25.5	12.1	7.6 - 16.6
Any alcohol use, 3rd trimester	12.8	9.5 - 16.2	--		--		--		18.3	13.1 - 23.5
<b>Infant Sleep and Breastfeeding</b>										
Placed infant on back to sleep	83.6	80.1 - 87.2	82.6	73.7 - 91.6	73.0	62.2 - 83.8	88.3	81.4 - 95.1	85.0	80.1 - 89.8
Intended to breastfeed, before birth	95.3	93.2 - 97.4	91.9*	85.7 - 98.1	92.4*	86.2 - 98.5	90.3*	82.1 - 98.5	98.6*	97.4 - 99.8
Intended to breastfeed exclusively, before birth	67.6	63.3 - 72.0	49.3	36.6 - 61.9	57.9	46.1 - 69.6	60.9	49.8 - 71.9	76.6	70.9 - 82.2
<b>Service Utilization</b>										
Had a usual source of pre-pregnancy care	75.9	71.8 - 80.0	71.4	60.3 - 82.5	66.2	54.9 - 77.6	65.7	55.3 - 76.0	83.0	77.6 - 88.4
Had a postpartum medical visit	92.4	90.1 - 94.7	77.7	67.1 - 88.3	89.3*	82.5 - 96.1	86.9	79.5 - 94.3	98.2*	96.8 - 99.7
Mom or infant needed but couldn't afford care postpartum	9.2	6.5 - 11.9	17.6	7.7 - 27.4	16.8	7.0 - 26.5	15.7	8.7 - 22.6	3.3*	0.6 - 6.0
Participated in WIC during pregnancy	35.1	30.9 - 39.2	92.9*	86.9 - 98.8	76.1	65.8 - 86.4	36.0	26.2 - 45.7	8.8	4.7 - 13.0
Received CalFresh (food stamps) during pregnancy	11.1	8.4 - 13.7	31.1	19.6 - 42.6	31.4	20.5 - 42.3	8.7	4.1 - 13.2	--	



# MIHA Snapshot, San Mateo County by Education, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	San Mateo County		< High School		High School Graduate or GED		Some College		College Graduate	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>										
Pre-pregnancy insurance										
Medi-Cal	14.6	11.4 - 17.7	47.8	35.0 - 60.6	38.2	26.4 - 50.0	7.2	3.1 - 11.4	--	
Uninsured	15.2	12.3 - 18.2	42.2	29.6 - 54.9	26.6	16.5 - 36.7	24.9	16.3 - 33.4	3.1*	1.1 - 5.0
Private	66.8	62.8 - 70.9	--		30.0	18.0 - 42.0	66.5	57.0 - 76.0	90.1	86.0 - 94.1
Prenatal insurance										
Medi-Cal	32.2	28.2 - 36.1	87.4*	78.6 - 96.2	71.0	59.0 - 83.0	36.8	27.1 - 46.5	7.0	3.4 - 10.7
Uninsured	--		--		--		--		--	
Private	63.8	59.7 - 67.9	--		25.7	13.7 - 37.7	59.7	49.7 - 69.7	89.4	85.0 - 93.8
Maternal postpartum insurance										
Medi-Cal	15.6	12.7 - 18.6	45.2	32.0 - 58.4	35.4	24.2 - 46.6	21.6	14.1 - 29.1	--	
Uninsured	15.3	11.9 - 18.6	42.5	29.3 - 55.7	36.9	24.6 - 49.2	15.2	8.0 - 22.4	4.2*	1.4 - 7.0
Private	66.9	62.9 - 70.9	--		23.8	12.5 - 35.0	62.0	52.2 - 71.8	92.4	88.7 - 96.1
Infant health insurance										
Medi-Cal	27.6	24.0 - 31.2	76.5	65.0 - 87.9	62.4	49.9 - 74.8	35.6	25.9 - 45.2	4.8	2.1 - 7.5
Healthy Families	4.4	2.5 - 6.3	13.5*	4.5 - 22.6	--		--		--	
Uninsured	2.8*	1.0 - 4.6	--		--		--		--	
Private	64.0	60.0 - 67.9	--		19.3	8.6 - 30.1	55.6	45.1 - 66.0	91.7	87.9 - 95.5
<b>Maternal Demographics</b>										
Age										
15-19	3.5	1.9 - 5.0	11.0	4.6 - 17.5	10.8*	3.2 - 18.3	--		--	
20-34	66.9	62.4 - 71.5	76.6	67.2 - 86.1	70.1	58.6 - 81.6	76.5	66.2 - 86.8	60.3	53.7 - 66.8
35+	29.6	25.1 - 34.0	12.3*	5.0 - 19.7	19.1	8.9 - 29.3	22.3	12.1 - 32.5	39.1	32.6 - 45.6
Unmarried	26.7	22.8 - 30.7	60.7	48.2 - 73.3	48.4	36.2 - 60.6	39.3	28.8 - 49.7	8.9	4.9 - 13.0
Race/Ethnicity										
Hispanic	30.3	25.7 - 34.9	85.4*	75.5 - 95.3	72.9	60.8 - 85.0	38.5	27.4 - 49.6	10.0	5.8 - 14.1
Black	1.8	1.5 - 2.2	--		2.7*	1.0 - 4.4	4.3	2.2 - 6.4	0.6	0.3 - 1.0
White	33.6	28.6 - 38.7	--		--		26.5	14.6 - 38.5	45.7	38.8 - 52.7
Asian/Pacific Islander	34.0	29.0 - 39.0	--		19.8	8.3 - 31.3	30.2	19.8 - 40.7	43.6	36.6 - 50.6
Born outside the U.S.	51.6	46.8 - 56.4	82.5	74.5 - 90.5	60.8	48.5 - 73.2	47.3	36.2 - 58.5	43.7	37.1 - 50.3
Speaks non-English language at home	40.0	35.3 - 44.7	73.3	63.6 - 83.1	55.9	43.7 - 68.1	33.0	22.6 - 43.4	31.1	24.7 - 37.5
Income as a percent of the Federal Poverty Guideline										
0-100%	25.2	21.3 - 29.0	79.2	69.9 - 88.5	58.7	45.6 - 71.9	26.0	16.7 - 35.3	6.1	2.9 - 9.2
101-200%	15.1	11.5 - 18.6	17.1	8.8 - 25.4	22.1	10.7 - 33.5	34.2	23.7 - 44.8	5.2*	1.8 - 8.5
>200%	59.8	55.2 - 64.3	--		19.2*	7.6 - 30.8	39.8	28.5 - 51.1	88.8	84.3 - 93.2

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2010-2012 were combined, resulting in a statewide sample size of 20,480. The sample size of San Mateo County was 596. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in San Mateo County. Prior poor birth outcomes are presented for all women. See the Technical Document for information on weighting, comparability to prior years and technical definitions.

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health and WIC Programs of the Center for Family Health, California Department of Public Health and the Center on Social Disparities in Health at the University of California, San Francisco. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).