



MIHA Data Snapshot, Sonoma County, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

✓ better than rest of California ✗ worse than rest of California ♦ no statistical difference

		Sonoma County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Status Before Pregnancy							
In good to excellent health	♦	94.5	92.1 - 96.8	4,700	92.4	91.5 - 93.3	452,800
Chronic conditions							
Diabetes†	♦	2.5 *	1.0 - 4.0	100	2.3	1.8 - 2.8	10,900
Hypertension†	♦	3.5	1.6 - 5.4	200	2.5	2.0 - 2.9	11,900
Asthma†	✗	11.1	7.7 - 14.6	500	7.8	7.0 - 8.6	37,500
Nutrition and Weight							
Daily folic acid use, month before pregnancy	✓	38.6	33.3 - 43.9	1,900	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	23.7	19.0 - 28.4	1,100	24.7	23.2 - 26.2	114,900
Obese before pregnancy	♦	20.1	15.7 - 24.5	900	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	♦	15.8	11.4 - 20.2	600	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	✗	50.1	44.1 - 56.1	2,000	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	♦	14.7	10.7 - 18.8	700	16.6	15.4 - 17.9	80,500
Intimate Partner Violence (IPV) and Depressive Symptoms							
Physical or psychological IPV during pregnancy	♦	6.6	3.5 - 9.7	300	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	♦	14.8	10.7 - 18.8	700	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	♦	13.3	9.5 - 17.0	700	13.0	11.8 - 14.1	63,200
Hardships and Support during Pregnancy							
Experienced two or more hardships during childhood	♦	26.8	22.0 - 31.5	1,300	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	♦	4.1 *	1.4 - 6.8	200	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	♦	7.3	4.0 - 10.6	400	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	13.5	9.5 - 17.4	700	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	♦	15.1	10.9 - 19.4	700	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	5.7	3.0 - 8.5	300	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	3.3 *	1.1 - 5.5	200	4.4	3.7 - 5.2	21,700
Substance Use							
Any smoking, 3 months before pregnancy	♦	13.7	9.8 - 17.7	700	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	♦	2.6 *	0.3 - 4.9	100	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	♦	4.7 *	1.9 - 7.4	200	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	♦	19.4	14.8 - 24.1	1,000	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	♦	10.1	7.0 - 13.2	500	7.6	6.6 - 8.6	37,000
Pregnancy Intention and Family Planning							
Mistimed or unwanted pregnancy	♦	29.2	24.0 - 34.4	1,400	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	♦	12.4	8.8 - 15.9	600	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	✓	86.8	83.2 - 90.4	4,300	81.6	80.3 - 83.0	390,200
Infant Sleep and Breastfeeding							
Placed infant on back to sleep	✓	84.3	80.4 - 88.3	4,100	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	✗	40.0	34.7 - 45.3	2,000	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	♦	94.6	92.0 - 97.2	4,600	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	✓	80.4	75.9 - 84.8	3,900	64.2	62.6 - 65.9	308,500
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	✓	90.2	86.9 - 93.5	4,400	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✓	63.8	58.4 - 69.3	3,100	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	✓	80.3	75.0 - 85.6	2,900	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	✓	49.9	43.4 - 56.4	1,800	27.4	25.7 - 29.1	99,800



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↑ higher than rest of California ↓ lower than rest of California ♦ no statistical difference

		Sonoma County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Care Utilization and Public Program Participation							
Had a usual source of pre-pregnancy care	↑	80.5	76.1 - 84.9	4,000	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	♦	92.3	89.4 - 95.3	4,500	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	↑	95.8	93.6 - 98.0	4,700	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	↓	8.4	5.1 - 11.7	400	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	↓	44.1	38.7 - 49.6	2,200	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	↓	18.8	14.6 - 23.0	900	24.9	23.6 - 26.3	121,000
Health Insurance Coverage							
Pre-pregnancy insurance							
Medi-Cal	↓	17.5	13.5 - 21.5	900	24.5	23.1 - 25.8	119,600
Uninsured	♦	24.5	19.9 - 29.1	1,200	24.0	22.6 - 25.4	117,500
Private	↑	55.2	49.8 - 60.5	2,700	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	♦	47.1	41.7 - 52.6	2,300	49.7	48.4 - 51.0	242,800
Uninsured	♦	1.2 *	0.2 - 2.1	100	1.6	1.2 - 2.0	7,900
Private	♦	48.0	42.5 - 53.4	2,400	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	↓	27.4	22.4 - 32.3	1,300	36.2	34.7 - 37.6	175,700
Uninsured	♦	17.8	13.7 - 21.9	900	15.0	13.8 - 16.2	72,800
Private	↑	52.0	46.6 - 57.5	2,500	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	♦	49.0	43.5 - 54.4	2,400	52.2	50.9 - 53.6	250,400
Uninsured	↓	1.1 *	0.1 - 2.1	100	2.9	2.2 - 3.5	13,700
Private	♦	45.9	40.5 - 51.4	2,200	41.3	40.0 - 42.6	198,000
Maternal Demographics							
Age							
15-19	♦	4.2	1.8 - 6.5	200	5.6	4.9 - 6.4	27,500
20-34	♦	74.7	70.0 - 79.5	3,700	74.5	73.0 - 76.0	365,300
35+	♦	21.1	16.7 - 25.5	1,000	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	♦	15.1	11.1 - 19.0	700	16.5	15.2 - 17.7	79,900
Unmarried	↓	35.2	30.0 - 40.4	1,700	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	↓	40.3	34.7 - 45.8	1,800	49.2	47.7 - 50.7	236,500
Black	--	--	--	--	5.7	5.3 - 6.1	27,400
White	↑	52.2	46.6 - 57.8	2,400	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	↓	5.0	2.1 - 8.0	200	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	↓	30.4	25.3 - 35.5	1,500	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	♦	27.3	22.3 - 32.2	1,300	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	↓	19.2	15.0 - 23.4	900	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	↓	29.2	24.0 - 34.4	1,400	41.0	39.5 - 42.4	188,800
101-200%	♦	24.0	19.2 - 28.9	1,100	20.8	19.4 - 22.2	96,000
> 200%	↑	46.8	41.2 - 52.3	2,200	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 Sonoma County was 389. 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 2013-2014. Population estimate is a two-year average. Symbols indicate whether the health indicator in the county 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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