



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

Maternal and Infant Health Assessment (MIHA) Survey

|  | Sonoma County |             | Hispanic |             | Black   |             | White  |             | Asian/Pacific Islander |           |
|--|---------------|-------------|----------|-------------|---------|-------------|--------|-------------|------------------------|-----------|
|  | %             | 95% CI      | %        | 95% CI      | %       | 95% CI      | %      | 95% CI      | %                      | 95% CI    |
| <b>Total</b>   | 100           |             | 42.8     | 38.7 - 46.9 | 1.7     | 1.3 - 2.1   | 49.5   | 45.4 - 53.7 | 4.3 *                  | 1.8 - 6.9 |
| <b>Prior Poor Birth Outcomes</b>                               |               |             |          |             |         |             |        |             |                        |           |
| Prior low birth weight or preterm delivery                     | 7.5           | 5.2 - 9.7   | 9.3      | 5.6 - 13.0  | --      |             | 5.2    | 2.6 - 7.8   | --                     |           |
| Prior delivery by c-section                                    | 12.5          | 9.7 - 15.2  | 14.6     | 10.0 - 19.3 | --      |             | 11.8   | 8.0 - 15.6  | --                     |           |
| <b>Chronic Conditions before or during Pregnancy</b>           |               |             |          |             |         |             |        |             |                        |           |
| Diabetes or gestational diabetes                               | 11.4          | 8.6 - 14.1  | 18.9     | 13.8 - 24.0 | --      |             | 5.0    | 2.5 - 7.5   | --                     |           |
| Hypertension, preeclampsia or eclampsia                        | 8.1           | 5.7 - 10.6  | 9.0      | 5.0 - 13.0  | --      |             | 8.1    | 4.8 - 11.3  | --                     |           |
| Asthma   | 12.0          | 9.1 - 14.9  | 8.6      | 4.3 - 13.0  | --      |             | 14.4   | 10.2 - 18.5 | --                     |           |
| <b>Nutrition and Weight</b>                                    |               |             |          |             |         |             |        |             |                        |           |
| Daily folic acid use, month before pregnancy                   | 33.5          | 29.4 - 37.6 | 25.8     | 20.0 - 31.6 | 31.5    | 14.8 - 48.3 | 38.3   | 32.5 - 44.1 | --                     |           |
| Overweight before pregnancy                                    | 26.3          | 22.4 - 30.2 | 28.4     | 22.0 - 34.8 | --      |             | 27.4   | 22.1 - 32.8 | --                     |           |
| Obese before pregnancy   | 22.5          | 18.8 - 26.3 | 26.4     | 19.9 - 32.8 | 36.7    | 15.7 - 57.7 | 19.6   | 14.9 - 24.4 | --                     |           |
| Inadequate weight gain during pregnancy                        | 17.1          | 13.2 - 21.1 | 25.4     | 18.1 - 32.7 | --      |             | 10.9   | 6.9 - 14.8  | --                     |           |
| Excessive weight gain during pregnancy                         | 47.7          | 42.7 - 52.6 | 37.9     | 29.6 - 46.2 | 47.9    | 27.0 - 68.9 | 56.3   | 50.0 - 62.6 | --                     |           |
| Food insecurity during pregnancy                               | 23.7          | 20.0 - 27.4 | 34.8     | 28.3 - 41.3 | 37.0    | 19.7 - 54.3 | 14.2   | 10.0 - 18.4 | --                     |           |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |               |             |          |             |         |             |        |             |                        |           |
| Physical or psychological IPV during pregnancy                 | 4.5           | 2.8 - 6.3   | 4.4      | 1.9 - 6.9   | --      |             | 4.6 *  | 1.8 - 7.4   | --                     |           |
| Prenatal depressive symptoms                                   | 13.0          | 10.0 - 16.0 | 18.3     | 12.9 - 23.7 | 29.5 *  | 12.1 - 46.9 | 8.4    | 5.2 - 11.6  | --                     |           |
| Postpartum depressive symptoms                                 | 11.9          | 9.0 - 14.7  | 14.4     | 9.2 - 19.6  | --      |             | 10.4   | 6.8 - 14.0  | --                     |           |
| <b>Hardships and Support during Pregnancy</b>                  |               |             |          |             |         |             |        |             |                        |           |
| Woman or partner lost job                                      | 17.5          | 14.1 - 20.9 | 27.2     | 20.8 - 33.6 | 46.7    | 27.1 - 66.3 | 10.1   | 6.4 - 13.7  | --                     |           |
| Became separated or divorced                                   | 6.6           | 4.5 - 8.7   | 6.6      | 3.6 - 9.5   | --      |             | 6.3    | 3.2 - 9.3   | --                     |           |
| Had no practical or emotional support                          | 3.8           | 2.3 - 5.2   | 7.6      | 4.3 - 10.8  | --      |             | --     |             | --                     |           |
| <b>Substance Use</b>   |               |             |          |             |         |             |        |             |                        |           |
| Any smoking, 3 months before pregnancy                         | 15.9          | 12.6 - 19.1 | 7.1      | 3.8 - 10.4  | --      |             | 22.6   | 17.5 - 27.7 | --                     |           |
| Any smoking, 3rd trimester                                     | 5.9           | 3.9 - 8.0   | --       |             | --      |             | 9.3    | 5.7 - 12.8  | --                     |           |
| Any smoking, postpartum  | 9.6           | 6.9 - 12.2  | 4.4 *    | 1.7 - 7.1   | --      |             | 13.6   | 9.2 - 18.0  | --                     |           |
| Any binge drinking, 3 months before pregnancy                  | 17.1          | 13.9 - 20.4 | 9.4      | 5.4 - 13.5  | --      |             | 24.0   | 18.9 - 29.1 | --                     |           |
| Any alcohol use, 3rd trimester                                 | 9.7           | 7.0 - 12.5  | --       |             | --      |             | 14.2   | 10.0 - 18.4 | --                     |           |
| <b>Infant Sleep and Breastfeeding</b>                          |               |             |          |             |         |             |        |             |                        |           |
| Placed infant on back to sleep                                 | 80.5          | 77.0 - 84.1 | 78.6     | 72.9 - 84.3 | 74.2 *  | 57.7 - 90.7 | 83.5   | 79.0 - 87.9 | --                     |           |
| Intended to breastfeed, before birth                           | 96.4          | 94.7 - 98.1 | 95.1 *   | 92.2 - 98.1 | 100.0 † |             | 97.5 * | 95.8 - 99.3 | --                     |           |
| Intended to breastfeed exclusively, before birth               | 75.3          | 71.5 - 79.2 | 69.3     | 63.2 - 75.5 | 73.7 *  | 52.5 - 94.9 | 82.3   | 77.5 - 87.1 | --                     |           |
| <b>Service Utilization</b>                                     |               |             |          |             |         |             |        |             |                        |           |
| Had a usual source of pre-pregnancy care                       | 83.1          | 79.7 - 86.4 | 82.9     | 77.9 - 87.9 | 69.4    | 52.5 - 86.4 | 84.5   | 80.1 - 88.9 | --                     |           |
| Had a postpartum medical visit                                 | 90.9          | 88.5 - 93.3 | 86.1     | 81.7 - 90.5 | --      |             | 94.4   | 91.5 - 97.3 | --                     |           |
| Mom or infant needed but couldn't afford care postpartum       | 12.7          | 9.6 - 15.9  | 15.4     | 9.9 - 20.9  | --      |             | 12.1   | 7.9 - 16.4  | --                     |           |
| Participated in WIC during pregnancy                           | 49.3          | 45.3 - 53.4 | 81.4     | 75.9 - 86.9 | 58.2    | 39.4 - 77.0 | 20.5   | 15.5 - 25.6 | --                     |           |
| Received CalFresh (food stamps) during pregnancy               | 18.4          | 15.2 - 21.5 | 24.9     | 19.5 - 30.2 | 34.7    | 16.8 - 52.7 | 13.5   | 9.2 - 17.8  | --                     |           |



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Maternal and Infant Health Assessment (MIHA) Survey

|  | Sonoma 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   | 20.6          | 17.2 - 24.0 | 31.4     | 25.3 - 37.4 | 23.6* | 8.2 - 39.0  | 11.9  | 7.7 - 16.1  | --                     |             |
| Uninsured  | 22.6          | 19.0 - 26.1 | 35.4     | 28.9 - 41.9 | --    |             | 12.2  | 8.3 - 16.1  | --                     |             |
| Private  | 54.0          | 50.0 - 58.1 | 30.6     | 23.9 - 37.4 | 51.0  | 32.4 - 69.7 | 72.6  | 67.4 - 77.8 | --                     |             |
| Prenatal insurance                                   |               |             |          |             |       |             |       |             |                        |             |
| Medi-Cal   | 45.3          | 41.4 - 49.3 | 68.5     | 61.8 - 75.1 | 58.2  | 40.7 - 75.6 | 26.7  | 21.5 - 32.0 | --                     |             |
| Uninsured  | 1.4*          | 0.5 - 2.3   | --       |             | --    |             | --    |             | --                     |             |
| Private  | 50.5          | 46.5 - 54.5 | 28.4     | 21.9 - 35.0 | 37.2  | 19.6 - 54.8 | 67.6  | 62.2 - 73.1 | --                     |             |
| Maternal postpartum insurance                        |               |             |          |             |       |             |       |             |                        |             |
| Medi-Cal   | 24.1          | 20.6 - 27.7 | 31.6     | 25.3 - 37.8 | 42.9  | 25.5 - 60.3 | 18.0  | 13.3 - 22.7 | --                     |             |
| Uninsured  | 23.2          | 19.6 - 26.8 | 39.5     | 32.9 - 46.1 | --    |             | 11.3  | 7.2 - 15.4  | --                     |             |
| Private  | 50.6          | 46.5 - 54.7 | 28.2     | 21.7 - 34.8 | 49.4  | 31.5 - 67.3 | 67.3  | 61.8 - 72.9 | --                     |             |
| Infant health insurance                              |               |             |          |             |       |             |       |             |                        |             |
| Medi-Cal   | 48.1          | 44.1 - 52.2 | 75.1     | 69.3 - 81.0 | 54.8  | 36.5 - 73.0 | 27.7  | 22.5 - 33.0 | --                     |             |
| Healthy Families                                     | 3.2           | 1.8 - 4.7   | 3.8*     | 1.4 - 6.1   | --    |             | --    |             | --                     |             |
| Uninsured  | 3.0           | 1.4 - 4.7   | --       |             | --    |             | --    |             | --                     |             |
| Private  | 43.2          | 39.2 - 47.3 | 17.1     | 12.0 - 22.2 | 39.4  | 20.4 - 58.5 | 63.5  | 57.9 - 69.1 | --                     |             |
| <b>Maternal Demographics</b>                         |               |             |          |             |       |             |       |             |                        |             |
| Age  |               |             |          |             |       |             |       |             |                        |             |
| 15-19  | 6.1           | 3.8 - 8.3   | 10.0     | 5.7 - 14.3  | --    |             | --    |             | --                     |             |
| 20-34  | 74.9          | 71.1 - 78.6 | 74.2     | 68.3 - 80.1 | 67.8* | 48.0 - 87.6 | 74.6  | 69.5 - 79.7 | 68.9*                  | 40.6 - 97.2 |
| 35+  | 19.1          | 15.8 - 22.3 | 15.8     | 11.1 - 20.5 | 26.7* | 7.1 - 46.2  | 22.8  | 18.1 - 27.6 | --                     |             |
| Did not complete high school (or GED)                | 15.8          | 12.8 - 18.7 | 30.6     | 24.7 - 36.5 | --    |             | 4.4*  | 1.8 - 7.0   | --                     |             |
| Unmarried  | 39.7          | 35.4 - 44.0 | 55.3     | 48.7 - 61.9 | 68.8  | 52.8 - 84.9 | 26.3  | 20.9 - 31.8 | --                     |             |
| Born outside the U.S.                                | 35.1          | 31.0 - 39.1 | 69.3     | 62.4 - 76.1 | 33.8* | 13.7 - 53.8 | 4.5*  | 1.6 - 7.5   | --                     |             |
| Speaks non-English language at home                  | 27.7          | 24.1 - 31.3 | 60.4     | 53.6 - 67.2 | --    |             | --    |             | --                     |             |
| Income as a percent of the Federal Poverty Guideline |               |             |          |             |       |             |       |             |                        |             |
| 0-100%   | 35.2          | 31.0 - 39.4 | 59.9     | 53.0 - 66.7 | 38.7  | 20.2 - 57.1 | 15.5  | 10.9 - 20.2 | --                     |             |
| 101-200%   | 22.4          | 18.7 - 26.2 | 26.2     | 20.2 - 32.2 | 33.1  | 16.3 - 49.8 | 19.1  | 14.4 - 23.9 | --                     |             |
| >200%  | 42.4          | 38.1 - 46.6 | 13.9     | 9.0 - 18.8  | 28.3* | 9.9 - 46.6  | 65.3  | 59.5 - 71.1 | --                     |             |

-- 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%).

† Estimate should be interpreted with caution because the 95% confidence interval (95% CI) is not calculated for an estimate of 100%.

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 Sonoma County was 635. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Sonoma 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, Sonoma County by Income, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

|  | Sonoma County |             | 0-100% of Poverty |             | 101-200% of Poverty |             | > 200% of Poverty |             |
|--|---------------|-------------|-------------------|-------------|---------------------|-------------|-------------------|-------------|
|  | %             | 95% CI      | %                 | 95% CI      | %                   | 95% CI      | %                 | 95% CI      |
| <b>Total</b>   | 100           |             | 35.2              | 31.0 - 39.4 | 22.4                | 18.7 - 26.2 | 42.4              | 38.1 - 46.6 |
| <b>Prior Poor Birth Outcomes</b>                               |               |             |                   |             |                     |             |                   |             |
| Prior low birth weight or preterm delivery                     | 7.5           | 5.2 - 9.7   | 9.3               | 5.1 - 13.5  | 7.8*                | 3.1 - 12.5  | 5.0*              | 1.6 - 8.3   |
| Prior delivery by c-section                                    | 12.5          | 9.7 - 15.2  | 12.1              | 7.5 - 16.6  | 19.7                | 12.2 - 27.1 | 9.9               | 6.1 - 13.7  |
| <b>Chronic Conditions before or during Pregnancy</b>           |               |             |                   |             |                     |             |                   |             |
| Diabetes or gestational diabetes                               | 11.4          | 8.6 - 14.1  | 15.5              | 10.1 - 20.9 | 12.8                | 6.8 - 18.9  | 7.7               | 3.9 - 11.6  |
| Hypertension, preeclampsia or eclampsia                        | 8.1           | 5.7 - 10.6  | 9.5               | 4.7 - 14.3  | 8.3*                | 3.0 - 13.6  | 6.7               | 3.5 - 10.0  |
| Asthma   | 12.0          | 9.1 - 14.9  | 13.4              | 7.7 - 19.0  | 13.1                | 6.7 - 19.4  | 11.6              | 7.2 - 15.9  |
| <b>Nutrition and Weight</b>                                    |               |             |                   |             |                     |             |                   |             |
| Daily folic acid use, month before pregnancy                   | 33.5          | 29.4 - 37.6 | 17.5              | 11.7 - 23.2 | 33.2                | 24.1 - 42.3 | 45.5              | 38.6 - 52.4 |
| Overweight before pregnancy                                    | 26.3          | 22.4 - 30.2 | 24.7              | 18.0 - 31.4 | 26.4                | 18.2 - 34.7 | 27.7              | 21.6 - 33.9 |
| Obese before pregnancy   | 22.5          | 18.8 - 26.3 | 33.0              | 25.3 - 40.7 | 23.2                | 14.7 - 31.7 | 15.8              | 10.8 - 20.7 |
| Inadequate weight gain during pregnancy                        | 17.1          | 13.2 - 21.1 | 19.3              | 11.9 - 26.7 | 16.6                | 8.8 - 24.3  | 16.2              | 10.1 - 22.4 |
| Excessive weight gain during pregnancy                         | 47.7          | 42.7 - 52.6 | 51.1              | 41.6 - 60.6 | 46.5                | 36.0 - 56.9 | 46.1              | 38.8 - 53.4 |
| Food insecurity during pregnancy                               | 23.7          | 20.0 - 27.4 | 48.1              | 40.4 - 55.9 | 21.0                | 13.8 - 28.3 | --                |             |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |               |             |                   |             |                     |             |                   |             |
| Physical or psychological IPV during pregnancy                 | 4.5           | 2.8 - 6.3   | 9.6               | 5.2 - 14.1  | --                  |             | --                |             |
| Prenatal depressive symptoms                                   | 13.0          | 10.0 - 16.0 | 21.8              | 15.3 - 28.2 | 12.2                | 6.7 - 17.6  | 7.0               | 3.1 - 10.9  |
| Postpartum depressive symptoms                                 | 11.9          | 9.0 - 14.7  | 14.3              | 8.7 - 19.8  | 10.3                | 4.8 - 15.7  | 10.8              | 6.5 - 15.2  |
| <b>Hardships and Support during Pregnancy</b>                  |               |             |                   |             |                     |             |                   |             |
| Woman or partner lost job                                      | 17.5          | 14.1 - 20.9 | 28.8              | 21.4 - 36.2 | 18.0                | 11.2 - 24.8 | 8.1               | 4.1 - 12.0  |
| Became separated or divorced                                   | 6.6           | 4.5 - 8.7   | 13.4              | 8.3 - 18.5  | --                  |             | --                |             |
| Had no practical or emotional support                          | 3.8           | 2.3 - 5.2   | 6.5               | 3.2 - 9.8   | --                  |             | --                |             |
| <b>Substance Use</b>   |               |             |                   |             |                     |             |                   |             |
| Any smoking, 3 months before pregnancy                         | 15.9          | 12.6 - 19.1 | 19.4              | 13.3 - 25.4 | 20.2                | 12.6 - 27.8 | 12.1              | 7.3 - 17.0  |
| Any smoking, 3rd trimester                                     | 5.9           | 3.9 - 8.0   | 9.0               | 4.9 - 13.1  | 9.4*                | 3.3 - 15.4  | --                |             |
| Any smoking, postpartum  | 9.6           | 6.9 - 12.2  | 13.1              | 7.7 - 18.5  | 14.5                | 7.5 - 21.4  | --                |             |
| Any binge drinking, 3 months before pregnancy                  | 17.1          | 13.9 - 20.4 | 11.7              | 6.6 - 16.9  | 22.2                | 14.6 - 29.9 | 20.7              | 15.3 - 26.1 |
| Any alcohol use, 3rd trimester                                 | 9.7           | 7.0 - 12.5  | --                |             | 7.4*                | 2.1 - 12.7  | 17.3              | 11.8 - 22.7 |
| <b>Infant Sleep and Breastfeeding</b>                          |               |             |                   |             |                     |             |                   |             |
| Placed infant on back to sleep                                 | 80.5          | 77.0 - 84.1 | 77.0              | 70.3 - 83.8 | 82.7                | 75.5 - 89.8 | 81.6              | 76.0 - 87.2 |
| Intended to breastfeed, before birth                           | 96.4          | 94.7 - 98.1 | 91.6              | 87.1 - 96.2 | --                  |             | --                |             |
| Intended to breastfeed exclusively, before birth               | 75.3          | 71.5 - 79.2 | 68.6              | 61.3 - 75.8 | 72.3                | 63.8 - 80.8 | 81.7              | 75.8 - 87.6 |
| <b>Service Utilization</b>                                     |               |             |                   |             |                     |             |                   |             |
| Had a usual source of pre-pregnancy care                       | 83.1          | 79.7 - 86.4 | 76.8              | 70.2 - 83.3 | 76.9                | 69.0 - 84.8 | 91.3              | 86.7 - 95.9 |
| Had a postpartum medical visit                                 | 90.9          | 88.5 - 93.3 | 84.7              | 79.3 - 90.1 | 93.3*               | 88.8 - 97.8 | 95.5*             | 92.9 - 98.2 |
| Mom or infant needed but couldn't afford care postpartum       | 12.7          | 9.6 - 15.9  | 22.3              | 15.5 - 29.0 | 12.9                | 6.4 - 19.3  | 4.9*              | 1.4 - 8.5   |
| Participated in WIC during pregnancy                           | 49.3          | 45.3 - 53.4 | 89.0              | 83.8 - 94.3 | 63.3                | 54.1 - 72.4 | 5.9*              | 2.0 - 9.7   |
| Received CalFresh (food stamps) during pregnancy               | 18.4          | 15.2 - 21.5 | 43.1              | 35.6 - 50.7 | 14.0                | 8.2 - 19.8  | --                |             |



# MIHA Snapshot, Sonoma County by Income, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

|                                       | Sonoma 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                              | 20.6          | 17.2 - 24.0 | 44.3              | 36.5 - 52.1 | 21.0                | 13.5 - 28.4 | --                |             |
| Uninsured                             | 22.6          | 19.0 - 26.1 | 38.9              | 31.2 - 46.6 | 30.9                | 22.4 - 39.4 | --                |             |
| Private                               | 54.0          | 50.0 - 58.1 | 14.8              | 8.1 - 21.4  | 44.6                | 35.3 - 54.0 | 92.3              | 88.9 - 95.7 |
| Prenatal insurance                    |               |             |                   |             |                     |             |                   |             |
| Medi-Cal                              | 45.3          | 41.4 - 49.3 | 87.4              | 81.2 - 93.6 | 56.2                | 46.8 - 65.6 | 4.2 *             | 1.5 - 6.9   |
| Uninsured                             | 1.4 *         | 0.5 - 2.3   | --                |             | --                  |             | --                |             |
| Private                               | 50.5          | 46.5 - 54.5 | 9.2 *             | 3.3 - 15.2  | 40.2                | 30.7 - 49.6 | 91.0              | 87.4 - 94.6 |
| Maternal postpartum insurance         |               |             |                   |             |                     |             |                   |             |
| Medi-Cal                              | 24.1          | 20.6 - 27.7 | 50.1              | 42.3 - 57.9 | 24.8                | 16.8 - 32.7 | --                |             |
| Uninsured                             | 23.2          | 19.6 - 26.8 | 39.8              | 32.2 - 47.4 | 29.7                | 21.2 - 38.3 | --                |             |
| Private                               | 50.6          | 46.5 - 54.7 | 9.7 *             | 3.9 - 15.5  | 43.8                | 34.3 - 53.3 | 89.8              | 85.9 - 93.7 |
| Infant health insurance               |               |             |                   |             |                     |             |                   |             |
| Medi-Cal                              | 48.1          | 44.1 - 52.2 | 88.6              | 83.3 - 93.9 | 66.3                | 57.3 - 75.4 | 5.3 *             | 1.9 - 8.8   |
| Healthy Families                      | 3.2           | 1.8 - 4.7   | --                |             | --                  |             | 3.3 *             | 1.2 - 5.4   |
| Uninsured                             | 3.0           | 1.4 - 4.7   | --                |             | --                  |             | --                |             |
| Private                               | 43.2          | 39.2 - 47.3 | --                |             | 23.6                | 15.2 - 32.0 | 87.4              | 83.0 - 91.9 |
| <b>Maternal Demographics</b>          |               |             |                   |             |                     |             |                   |             |
| Age                                   |               |             |                   |             |                     |             |                   |             |
| 15-19                                 | 6.1           | 3.8 - 8.3   | 13.2              | 7.4 - 19.0  | --                  |             | --                |             |
| 20-34                                 | 74.9          | 71.1 - 78.6 | 75.1              | 68.3 - 81.8 | 83.0                | 75.8 - 90.1 | 72.8              | 66.9 - 78.7 |
| 35+                                   | 19.1          | 15.8 - 22.3 | 11.8              | 7.2 - 16.3  | 13.8                | 7.4 - 20.3  | 26.8              | 21.0 - 32.7 |
| Did not complete high school (or GED) | 15.8          | 12.8 - 18.7 | 30.5              | 23.6 - 37.4 | 15.1                | 8.8 - 21.4  | --                |             |
| Unmarried                             | 39.7          | 35.4 - 44.0 | 69.0              | 62.3 - 75.8 | 43.2                | 33.9 - 52.5 | 11.7              | 6.7 - 16.7  |
| Race/Ethnicity                        |               |             |                   |             |                     |             |                   |             |
| Hispanic                              | 42.8          | 38.7 - 46.9 | 69.6              | 62.5 - 76.7 | 49.1                | 39.8 - 58.4 | 13.9              | 9.0 - 18.7  |
| Black                                 | 1.7           | 1.3 - 2.1   | 1.9               | 0.9 - 2.8   | 2.6                 | 1.3 - 3.8   | 1.2 *             | 0.2 - 2.1   |
| White                                 | 49.5          | 45.4 - 53.7 | 21.8              | 15.4 - 28.2 | 43.3                | 34.1 - 52.4 | 78.3              | 72.0 - 84.7 |
| Asian/Pacific Islander                | 4.3 *         | 1.8 - 6.9   | --                |             | --                  |             | --                |             |
| Born outside the U.S.                 | 35.1          | 31.0 - 39.1 | 52.4              | 44.6 - 60.2 | 42.2                | 33.0 - 51.5 | 14.4              | 8.6 - 20.2  |
| Speaks non-English language at home   | 27.7          | 24.1 - 31.3 | 47.4              | 39.8 - 55.0 | 36.2                | 27.4 - 45.1 | 6.7               | 3.4 - 10.0  |

-- 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 Sonoma County was 635. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Sonoma 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, Sonoma County by Prenatal Health Insurance, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

|  | Sonoma County |             | Medi-Cal |             | Private |             |
|--|---------------|-------------|----------|-------------|---------|-------------|
|  | %             | 95% CI      | %        | 95% CI      | %       | 95% CI      |
| <b>Total</b>   | 100           |             | 45.3     | 41.4 - 49.3 | 50.5    | 46.5 - 54.5 |
| <b>Prior Poor Birth Outcomes</b>                               |               |             |          |             |         |             |
| Prior low birth weight or preterm delivery                     | 7.5           | 5.2 - 9.7   | 9.7      | 6.1 - 13.2  | 5.8     | 2.7 - 8.9   |
| Prior delivery by c-section                                    | 12.5          | 9.7 - 15.2  | 14.4     | 10.2 - 18.7 | 11.1    | 7.3 - 14.9  |
| <b>Chronic Conditions before or during Pregnancy</b>           |               |             |          |             |         |             |
| Diabetes or gestational diabetes                               | 11.4          | 8.6 - 14.1  | 15.4     | 11.1 - 19.7 | 7.7     | 4.2 - 11.2  |
| Hypertension, preeclampsia or eclampsia                        | 8.1           | 5.7 - 10.6  | 8.9      | 5.1 - 12.7  | 7.3     | 4.1 - 10.4  |
| Asthma   | 12.0          | 9.1 - 14.9  | 11.0     | 7.1 - 14.9  | 12.1    | 7.8 - 16.4  |
| <b>Nutrition and Weight</b>                                    |               |             |          |             |         |             |
| Daily folic acid use, month before pregnancy                   | 33.5          | 29.4 - 37.6 | 21.8     | 16.6 - 27.0 | 44.1    | 37.6 - 50.5 |
| Overweight before pregnancy                                    | 26.3          | 22.4 - 30.2 | 26.1     | 20.3 - 31.9 | 24.6    | 19.2 - 30.0 |
| Obese before pregnancy   | 22.5          | 18.8 - 26.3 | 31.7     | 25.4 - 38.1 | 15.8    | 11.2 - 20.4 |
| Inadequate weight gain during pregnancy                        | 17.1          | 13.2 - 21.1 | 18.3     | 12.9 - 23.7 | 17.3    | 11.3 - 23.2 |
| Excessive weight gain during pregnancy                         | 47.7          | 42.7 - 52.6 | 50.3     | 42.8 - 57.7 | 45.6    | 38.6 - 52.6 |
| Food insecurity during pregnancy                               | 23.7          | 20.0 - 27.4 | 40.2     | 34.0 - 46.3 | 10.2    | 5.6 - 14.7  |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |               |             |          |             |         |             |
| Physical or psychological IPV during pregnancy                 | 4.5           | 2.8 - 6.3   | 7.6      | 4.3 - 11.0  | --      |             |
| Prenatal depressive symptoms                                   | 13.0          | 10.0 - 16.0 | 18.1     | 13.5 - 22.7 | 8.8     | 4.6 - 13.1  |
| Postpartum depressive symptoms                                 | 11.9          | 9.0 - 14.7  | 11.6     | 7.8 - 15.4  | 12.0    | 7.6 - 16.4  |
| <b>Hardships and Support during Pregnancy</b>                  |               |             |          |             |         |             |
| Woman or partner lost job                                      | 17.5          | 14.1 - 20.9 | 24.3     | 18.8 - 29.8 | 11.1    | 6.7 - 15.6  |
| Became separated or divorced                                   | 6.6           | 4.5 - 8.7   | 10.7     | 6.9 - 14.5  | 3.0*    | 0.7 - 5.2   |
| Had no practical or emotional support                          | 3.8           | 2.3 - 5.2   | 7.0      | 4.1 - 10.0  | --      |             |
| <b>Substance Use</b>   |               |             |          |             |         |             |
| Any smoking, 3 months before pregnancy                         | 15.9          | 12.6 - 19.1 | 18.5     | 13.6 - 23.5 | 12.9    | 8.4 - 17.5  |
| Any smoking, 3rd trimester                                     | 5.9           | 3.9 - 8.0   | 7.7      | 4.5 - 11.0  | --      |             |
| Any smoking, postpartum  | 9.6           | 6.9 - 12.2  | 13.6     | 9.1 - 18.2  | 5.9     | 2.7 - 9.1   |
| Any binge drinking, 3 months before pregnancy                  | 17.1          | 13.9 - 20.4 | 14.4     | 9.7 - 19.0  | 19.6    | 14.8 - 24.4 |
| Any alcohol use, 3rd trimester                                 | 9.7           | 7.0 - 12.5  | --       |             | 16.2    | 11.4 - 21.1 |
| <b>Infant Sleep and Breastfeeding</b>                          |               |             |          |             |         |             |
| Placed infant on back to sleep                                 | 80.5          | 77.0 - 84.1 | 77.2     | 71.7 - 82.7 | 83.6    | 78.6 - 88.5 |
| Intended to breastfeed, before birth                           | 96.4          | 94.7 - 98.1 | 93.9     | 90.7 - 97.2 | --      |             |
| Intended to breastfeed exclusively, before birth               | 75.3          | 71.5 - 79.2 | 71.2     | 65.3 - 77.0 | 79.9    | 74.5 - 85.4 |
| <b>Service Utilization</b>                                     |               |             |          |             |         |             |
| Had a usual source of pre-pregnancy care                       | 83.1          | 79.7 - 86.4 | 71.7     | 65.9 - 77.4 | 94.0*   | 90.5 - 97.6 |
| Had a postpartum medical visit                                 | 90.9          | 88.5 - 93.3 | 87.5     | 83.4 - 91.5 | 94.6    | 91.8 - 97.4 |
| Mom or infant needed but couldn't afford care postpartum       | 12.7          | 9.6 - 15.9  | 16.7     | 11.8 - 21.5 | 8.3     | 4.1 - 12.5  |
| Participated in WIC during pregnancy                           | 49.3          | 45.3 - 53.4 | 86.4     | 82.0 - 90.8 | 15.0    | 9.8 - 20.3  |
| Received CalFresh (food stamps) during pregnancy               | 18.4          | 15.2 - 21.5 | 37.2     | 31.2 - 43.2 | --      |             |



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

Maternal and Infant Health Assessment (MIHA) Survey

|  | Sonoma County |             | Medi-Cal |             | Private |             |
|--|---------------|-------------|----------|-------------|---------|-------------|
|  | %             | 95% CI      | %        | 95% CI      | %       | 95% CI      |
| <b>Health Insurance Coverage</b>                     |               |             |          |             |         |             |
| Pre-pregnancy insurance                              |               |             |          |             |         |             |
| Medi-Cal   | 20.6          | 17.2 - 24.0 | 44.0     | 37.6 - 50.4 | --      |             |
| Uninsured  | 22.6          | 19.0 - 26.1 | 45.6     | 39.2 - 52.0 | --      |             |
| Private  | 54.0          | 50.0 - 58.1 | 8.7      | 5.2 - 12.1  | 97.2 *  | 95.2 - 99.2 |
| Maternal postpartum insurance                        |               |             |          |             |         |             |
| Medi-Cal   | 24.1          | 20.6 - 27.7 | 50.6     | 44.3 - 57.0 | --      |             |
| Uninsured  | 23.2          | 19.6 - 26.8 | 43.8     | 37.4 - 50.1 | --      |             |
| Private  | 50.6          | 46.5 - 54.7 | 5.3      | 2.5 - 8.2   | 94.2    | 90.8 - 97.5 |
| Infant health insurance                              |               |             |          |             |         |             |
| Medi-Cal   | 48.1          | 44.1 - 52.2 | 91.6     | 87.9 - 95.3 | 10.5    | 5.7 - 15.3  |
| Healthy Families                                     | 3.2           | 1.8 - 4.7   | --       |             | --      |             |
| Uninsured  | 3.0           | 1.4 - 4.7   | --       |             | --      |             |
| Private  | 43.2          | 39.2 - 47.3 | --       |             | 82.9    | 77.4 - 88.4 |
| <b>Maternal Demographics</b>                         |               |             |          |             |         |             |
| Age  |               |             |          |             |         |             |
| 15-19  | 6.1           | 3.8 - 8.3   | 10.4     | 6.5 - 14.3  | --      |             |
| 20-34  | 74.9          | 71.1 - 78.6 | 76.9     | 71.7 - 82.1 | 74.0    | 68.5 - 79.6 |
| 35+  | 19.1          | 15.8 - 22.3 | 12.7     | 8.7 - 16.7  | 24.0    | 18.9 - 29.2 |
| Did not complete high school (or GED)                | 15.8          | 12.8 - 18.7 | 28.1     | 22.6 - 33.6 | 4.4     | 1.9 - 6.9   |
| Unmarried  | 39.7          | 35.4 - 44.0 | 60.7     | 54.6 - 66.8 | 21.2    | 15.3 - 27.2 |
| Race/Ethnicity                                       |               |             |          |             |         |             |
| Hispanic   | 42.8          | 38.7 - 46.9 | 63.6     | 57.6 - 69.6 | 24.5    | 18.6 - 30.4 |
| Black  | 1.7           | 1.3 - 2.1   | 2.2      | 1.4 - 2.9   | 1.3 *   | 0.5 - 2.0   |
| White  | 49.5          | 45.4 - 53.7 | 28.9     | 23.1 - 34.7 | 67.8    | 61.2 - 74.4 |
| Asian/Pacific Islander                               | 4.3 *         | 1.8 - 6.9   | --       |             | --      |             |
| Born outside the U.S.                                | 35.1          | 31.0 - 39.1 | 53.0     | 46.8 - 59.2 | 18.5    | 12.8 - 24.1 |
| Speaks non-English language at home                  | 27.7          | 24.1 - 31.3 | 47.1     | 40.9 - 53.2 | 10.0    | 6.3 - 13.7  |
| Income as a percent of the Federal Poverty Guideline |               |             |          |             |         |             |
| 0-100%   | 35.2          | 31.0 - 39.4 | 68.6     | 62.7 - 74.6 | 6.5 *   | 2.2 - 10.7  |
| 101-200%   | 22.4          | 18.7 - 26.2 | 27.4     | 21.7 - 33.1 | 17.5    | 12.4 - 22.6 |
| >200%  | 42.4          | 38.1 - 46.6 | 3.9 *    | 1.4 - 6.5   | 76.1    | 70.0 - 82.2 |

-- 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 Sonoma County was 635. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Sonoma 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, Sonoma County by Maternal Age, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

|  | Sonoma County |             | 15-19 Years |             | 20-34 Years |             | 35 Years or Older |             |
|--|---------------|-------------|-------------|-------------|-------------|-------------|-------------------|-------------|
|  | %             | 95% CI      | %           | 95% CI      | %           | 95% CI      | %                 | 95% CI      |
| <b>Total</b>   | 100           |             | 6.1         | 3.8 - 8.3   | 74.9        | 71.1 - 78.6 | 19.1              | 15.8 - 22.3 |
| <b>Prior Poor Birth Outcomes</b>                               |               |             |             |             |             |             |                   |             |
| Prior low birth weight or preterm delivery                     | 7.5           | 5.2 - 9.7   | --          |             | 7.1         | 4.6 - 9.5   | 11.5 *            | 4.6 - 18.4  |
| Prior delivery by c-section                                    | 12.5          | 9.7 - 15.2  | --          |             | 12.0        | 9.0 - 15.1  | 18.2              | 10.7 - 25.8 |
| <b>Chronic Conditions before or during Pregnancy</b>           |               |             |             |             |             |             |                   |             |
| Diabetes or gestational diabetes                               | 11.4          | 8.6 - 14.1  | --          |             | 9.8         | 6.9 - 12.7  | 18.4              | 10.4 - 26.4 |
| Hypertension, preeclampsia or eclampsia                        | 8.1           | 5.7 - 10.6  | --          |             | 6.8         | 4.2 - 9.4   | 13.8              | 7.0 - 20.5  |
| Asthma   | 12.0          | 9.1 - 14.9  | --          |             | 11.2        | 7.8 - 14.6  | 15.8              | 8.9 - 22.6  |
| <b>Nutrition and Weight</b>                                    |               |             |             |             |             |             |                   |             |
| Daily folic acid use, month before pregnancy                   | 33.5          | 29.4 - 37.6 | --          |             | 32.7        | 28.0 - 37.4 | 41.3              | 31.9 - 50.7 |
| Overweight before pregnancy                                    | 26.3          | 22.4 - 30.2 | 20.8 *      | 7.4 - 34.1  | 25.7        | 21.2 - 30.2 | 30.5              | 21.4 - 39.7 |
| Obese before pregnancy   | 22.5          | 18.8 - 26.3 | --          |             | 20.9        | 16.6 - 25.1 | 30.2              | 21.1 - 39.3 |
| Inadequate weight gain during pregnancy                        | 17.1          | 13.2 - 21.1 | --          |             | 14.5        | 10.1 - 18.9 | 25.5              | 16.5 - 34.6 |
| Excessive weight gain during pregnancy                         | 47.7          | 42.7 - 52.6 | 45.6        | 24.1 - 67.2 | 50.4        | 44.6 - 56.1 | 37.3              | 27.2 - 47.5 |
| Food insecurity during pregnancy                               | 23.7          | 20.0 - 27.4 | --          |             | 24.9        | 20.5 - 29.2 | 19.7              | 11.7 - 27.8 |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |               |             |             |             |             |             |                   |             |
| Physical or psychological IPV during pregnancy                 | 4.5           | 2.8 - 6.3   | --          |             | 3.7         | 2.0 - 5.3   | --                |             |
| Prenatal depressive symptoms                                   | 13.0          | 10.0 - 16.0 | --          |             | 13.7        | 10.3 - 17.2 | 8.2 *             | 3.1 - 13.3  |
| Postpartum depressive symptoms                                 | 11.9          | 9.0 - 14.7  | --          |             | 10.6        | 7.5 - 13.6  | 14.4              | 7.8 - 20.9  |
| <b>Hardships and Support during Pregnancy</b>                  |               |             |             |             |             |             |                   |             |
| Woman or partner lost job                                      | 17.5          | 14.1 - 20.9 | --          |             | 18.2        | 14.0 - 22.4 | 14.9              | 8.9 - 20.8  |
| Became separated or divorced                                   | 6.6           | 4.5 - 8.7   | --          |             | 5.4         | 3.3 - 7.6   | --                |             |
| Had no practical or emotional support                          | 3.8           | 2.3 - 5.2   | --          |             | 3.6         | 2.0 - 5.2   | --                |             |
| <b>Substance Use</b>   |               |             |             |             |             |             |                   |             |
| Any smoking, 3 months before pregnancy                         | 15.9          | 12.6 - 19.1 | 23.0 *      | 6.8 - 39.2  | 16.4        | 12.5 - 20.3 | 11.6              | 5.6 - 17.6  |
| Any smoking, 3rd trimester                                     | 5.9           | 3.9 - 8.0   | --          |             | 5.4         | 3.1 - 7.7   | --                |             |
| Any smoking, postpartum  | 9.6           | 6.9 - 12.2  | --          |             | 9.7         | 6.6 - 12.8  | --                |             |
| Any binge drinking, 3 months before pregnancy                  | 17.1          | 13.9 - 20.4 | --          |             | 18.8        | 14.9 - 22.7 | 12.4              | 6.5 - 18.3  |
| Any alcohol use, 3rd trimester                                 | 9.7           | 7.0 - 12.5  | --          |             | 9.1         | 6.0 - 12.2  | 13.0              | 6.6 - 19.3  |
| <b>Infant Sleep and Breastfeeding</b>                          |               |             |             |             |             |             |                   |             |
| Placed infant on back to sleep                                 | 80.5          | 77.0 - 84.1 | 88.3 *      | 79.2 - 97.4 | 80.6        | 76.4 - 84.9 | 77.6              | 69.7 - 85.6 |
| Intended to breastfeed, before birth                           | 96.4          | 94.7 - 98.1 | --          |             | 96.4        | 94.5 - 98.3 | --                |             |
| Intended to breastfeed exclusively, before birth               | 75.3          | 71.5 - 79.2 | 64.4        | 44.3 - 84.4 | 77.2        | 72.9 - 81.5 | 71.4              | 62.2 - 80.5 |
| <b>Service Utilization</b>                                     |               |             |             |             |             |             |                   |             |
| Had a usual source of pre-pregnancy care                       | 83.1          | 79.7 - 86.4 | 65.2        | 47.2 - 83.2 | 83.3        | 79.4 - 87.3 | 87.7              | 81.5 - 93.8 |
| Had a postpartum medical visit                                 | 90.9          | 88.5 - 93.3 | 89.0 *      | 79.6 - 98.4 | 90.5        | 87.7 - 93.4 | 92.8 *            | 87.8 - 97.8 |
| Mom or infant needed but couldn't afford care postpartum       | 12.7          | 9.6 - 15.9  | --          |             | 13.6        | 9.7 - 17.4  | 12.0              | 5.7 - 18.3  |
| Participated in WIC during pregnancy                           | 49.3          | 45.3 - 53.4 | --          |             | 50.0        | 45.1 - 54.8 | 36.2              | 26.9 - 45.5 |
| Received CalFresh (food stamps) during pregnancy               | 18.4          | 15.2 - 21.5 | 29.6 *      | 12.1 - 47.1 | 18.8        | 15.2 - 22.4 | 13.1              | 6.9 - 19.3  |



# MIHA Snapshot, Sonoma County by Maternal Age, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

|  | Sonoma 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   | 20.6          | 17.2 - 24.0 | 35.8        | 17.7 - 53.9 | 20.7        | 16.7 - 24.6 | 15.5              | 8.5 - 22.4  |
| Uninsured  | 22.6          | 19.0 - 26.1 | --          |             | 24.6        | 20.3 - 28.9 | 13.0              | 6.9 - 19.1  |
| Private  | 54.0          | 50.0 - 58.1 | --          |             | 51.8        | 47.0 - 56.6 | 70.2              | 61.8 - 78.7 |
| Prenatal insurance                                   |               |             |             |             |             |             |                   |             |
| Medi-Cal   | 45.3          | 41.4 - 49.3 | 77.4 *      | 57.8 - 96.9 | 46.4        | 41.6 - 51.2 | 30.7              | 22.3 - 39.1 |
| Uninsured  | 1.4 *         | 0.5 - 2.3   | --          |             | --          |             | --                |             |
| Private  | 50.5          | 46.5 - 54.5 | --          |             | 49.8        | 45.0 - 54.6 | 64.8              | 56.1 - 73.4 |
| Maternal postpartum insurance                        |               |             |             |             |             |             |                   |             |
| Medi-Cal   | 24.1          | 20.6 - 27.7 | 47.4        | 28.1 - 66.6 | 24.6        | 20.4 - 28.9 | 14.5              | 8.0 - 21.1  |
| Uninsured  | 23.2          | 19.6 - 26.8 | 29.2 *      | 11.9 - 46.6 | 23.7        | 19.4 - 27.9 | 19.3              | 11.8 - 26.8 |
| Private  | 50.6          | 46.5 - 54.7 | --          |             | 49.4        | 44.4 - 54.3 | 64.9              | 56.0 - 73.8 |
| Infant health insurance                              |               |             |             |             |             |             |                   |             |
| Medi-Cal   | 48.1          | 44.1 - 52.2 | --          |             | 49.5        | 44.7 - 54.3 | 28.0              | 19.9 - 36.1 |
| Healthy Families                                     | 3.2           | 1.8 - 4.7   | --          |             | 2.6         | 1.1 - 4.1   | --                |             |
| Uninsured  | 3.0           | 1.4 - 4.7   | --          |             | 3.8         | 1.6 - 5.9   | --                |             |
| Private  | 43.2          | 39.2 - 47.3 | --          |             | 41.2        | 36.4 - 46.1 | 64.1              | 55.3 - 73.0 |
| <b>Maternal Demographics</b>                         |               |             |             |             |             |             |                   |             |
| Did not complete high school (or GED)                | 15.8          | 12.8 - 18.7 | 36.4        | 18.1 - 54.6 | 13.1        | 10.0 - 16.2 | 19.8              | 12.3 - 27.3 |
| Unmarried  | 39.7          | 35.4 - 44.0 | 78.1 *      | 62.7 - 93.6 | 40.3        | 35.2 - 45.3 | 25.0              | 17.0 - 32.9 |
| Race/Ethnicity                                       |               |             |             |             |             |             |                   |             |
| Hispanic   | 42.8          | 38.7 - 46.9 | 68.5 *      | 49.6 - 87.4 | 42.8        | 37.9 - 47.7 | 34.5              | 25.8 - 43.2 |
| Black  | 1.7           | 1.3 - 2.1   | --          |             | 1.5         | 1.1 - 2.0   | 2.3 *             | 0.3 - 4.3   |
| White  | 49.5          | 45.4 - 53.7 | --          |             | 49.8        | 44.8 - 54.7 | 57.7              | 48.5 - 66.9 |
| Asian/Pacific Islander                               | 4.3 *         | 1.8 - 6.9   | --          |             | 4.0 *       | 1.1 - 6.9   | --                |             |
| Born outside the U.S.                                | 35.1          | 31.0 - 39.1 | 28.8        | 13.5 - 44.2 | 34.7        | 30.0 - 39.5 | 38.3              | 29.2 - 47.5 |
| Speaks non-English language at home                  | 27.7          | 24.1 - 31.3 | 31.8        | 14.0 - 49.6 | 27.5        | 23.2 - 31.7 | 27.2              | 18.9 - 35.6 |
| Income as a percent of the Federal Poverty Guideline |               |             |             |             |             |             |                   |             |
| 0-100%   | 35.2          | 31.0 - 39.4 | 84.2 *      | 69.3 - 99.1 | 34.8        | 29.9 - 39.7 | 22.3              | 14.4 - 30.1 |
| 101-200%   | 22.4          | 18.7 - 26.2 | --          |             | 24.5        | 20.1 - 29.0 | 16.7              | 9.1 - 24.3  |
| >200%  | 42.4          | 38.1 - 46.6 | --          |             | 40.6        | 35.7 - 45.6 | 61.1              | 51.6 - 70.5 |

-- 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, Sonoma County by Education, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

|  | Sonoma 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           |             | 15.8          | 12.8 - 18.7 | 21.6                        | 17.9 - 25.3 | 34.8         | 30.6 - 38.9 | 27.8             | 24.0 - 31.7 |
| <b>Prior Poor Birth Outcomes</b>                               |               |             |               |             |                             |             |              |             |                  |             |
| Prior low birth weight or preterm delivery                     | 7.5           | 5.2 - 9.7   | 11.5          | 5.0 - 18.0  | 6.6 *                       | 2.2 - 11.0  | 8.1          | 4.3 - 12.0  | --               |             |
| Prior delivery by c-section                                    | 12.5          | 9.7 - 15.2  | 11.4          | 5.2 - 17.6  | 13.6                        | 7.2 - 20.0  | 15.0         | 9.9 - 20.1  | 9.2              | 4.9 - 13.6  |
| <b>Chronic Conditions before or during Pregnancy</b>           |               |             |               |             |                             |             |              |             |                  |             |
| Diabetes or gestational diabetes                               | 11.4          | 8.6 - 14.1  | 28.6          | 18.8 - 38.3 | 10.7                        | 5.4 - 15.9  | 6.1          | 2.8 - 9.4   | 8.3 *            | 3.4 - 13.2  |
| Hypertension, preeclampsia or eclampsia                        | 8.1           | 5.7 - 10.6  | 11.3 *        | 4.1 - 18.5  | 9.4 *                       | 3.2 - 15.7  | 7.6          | 4.0 - 11.3  | 6.2 *            | 2.4 - 10.1  |
| Asthma   | 12.0          | 9.1 - 14.9  | 11.9 *        | 4.4 - 19.5  | 11.1 *                      | 4.0 - 18.2  | 13.1         | 8.4 - 17.8  | 11.3             | 6.2 - 16.5  |
| <b>Nutrition and Weight</b>                                    |               |             |               |             |                             |             |              |             |                  |             |
| Daily folic acid use, month before pregnancy                   | 33.5          | 29.4 - 37.6 | 27.3          | 17.9 - 36.7 | 15.9                        | 9.3 - 22.5  | 34.6         | 27.6 - 41.7 | 49.3             | 40.9 - 57.8 |
| Overweight before pregnancy                                    | 26.3          | 22.4 - 30.2 | 32.1          | 21.3 - 42.9 | 21.7                        | 13.5 - 29.8 | 30.3         | 23.6 - 37.0 | 22.0             | 15.0 - 28.9 |
| Obese before pregnancy   | 22.5          | 18.8 - 26.3 | 30.6          | 20.0 - 41.1 | 28.7                        | 19.3 - 38.2 | 21.5         | 15.3 - 27.8 | 15.9             | 10.2 - 21.7 |
| Inadequate weight gain during pregnancy                        | 17.1          | 13.2 - 21.1 | 23.8          | 12.8 - 34.8 | 16.0                        | 8.8 - 23.2  | 15.8         | 9.1 - 22.5  | 16.9             | 9.2 - 24.6  |
| Excessive weight gain during pregnancy                         | 47.7          | 42.7 - 52.6 | 39.7          | 26.5 - 53.0 | 52.2                        | 41.0 - 63.5 | 52.2         | 44.1 - 60.4 | 42.5             | 33.9 - 51.2 |
| Food insecurity during pregnancy                               | 23.7          | 20.0 - 27.4 | 38.1          | 28.0 - 48.1 | 39.8                        | 30.0 - 49.7 | 21.2         | 15.2 - 27.1 | 6.4 *            | 2.0 - 10.8  |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |               |             |               |             |                             |             |              |             |                  |             |
| Physical or psychological IPV during pregnancy                 | 4.5           | 2.8 - 6.3   | 12.0 *        | 4.5 - 19.5  | --                          |             | 5.8          | 2.7 - 8.9   | --               |             |
| Prenatal depressive symptoms                                   | 13.0          | 10.0 - 16.0 | 21.9          | 13.3 - 30.6 | 12.7                        | 6.5 - 18.9  | 14.8         | 9.4 - 20.2  | 5.7 *            | 1.1 - 10.2  |
| Postpartum depressive symptoms                                 | 11.9          | 9.0 - 14.7  | 16.5          | 8.6 - 24.3  | 9.4 *                       | 3.5 - 15.3  | 14.9         | 9.3 - 20.5  | 7.5              | 3.8 - 11.2  |
| <b>Hardships and Support during Pregnancy</b>                  |               |             |               |             |                             |             |              |             |                  |             |
| Woman or partner lost job                                      | 17.5          | 14.1 - 20.9 | 16.9          | 9.9 - 24.0  | 33.4                        | 23.2 - 43.7 | 15.2         | 10.2 - 20.2 | 8.0              | 3.9 - 12.1  |
| Became separated or divorced                                   | 6.6           | 4.5 - 8.7   | 13.0 *        | 5.2 - 20.8  | 7.4 *                       | 2.9 - 11.9  | 7.0          | 3.4 - 10.5  | --               |             |
| Had no practical or emotional support                          | 3.8           | 2.3 - 5.2   | --            |             | 6.1                         | 2.6 - 9.6   | --           |             | --               |             |
| <b>Substance Use</b>   |               |             |               |             |                             |             |              |             |                  |             |
| Any smoking, 3 months before pregnancy                         | 15.9          | 12.6 - 19.1 | 14.0          | 6.3 - 21.7  | 15.3                        | 8.7 - 22.0  | 22.6         | 16.3 - 28.8 | 8.7 *            | 3.4 - 13.9  |
| Any smoking, 3rd trimester                                     | 5.9           | 3.9 - 8.0   | --            |             | 7.5 *                       | 2.9 - 12.2  | 9.0          | 4.6 - 13.5  | --               |             |
| Any smoking, postpartum  | 9.6           | 6.9 - 12.2  | --            |             | 10.8                        | 4.9 - 16.6  | 14.0         | 8.5 - 19.5  | --               |             |
| Any binge drinking, 3 months before pregnancy                  | 17.1          | 13.9 - 20.4 | --            |             | 14.9                        | 7.8 - 22.0  | 23.7         | 17.5 - 29.9 | 17.3             | 11.4 - 23.3 |
| Any alcohol use, 3rd trimester                                 | 9.7           | 7.0 - 12.5  | --            |             | --                          |             | 7.5          | 3.4 - 11.7  | 21.4             | 14.3 - 28.5 |
| <b>Infant Sleep and Breastfeeding</b>                          |               |             |               |             |                             |             |              |             |                  |             |
| Placed infant on back to sleep                                 | 80.5          | 77.0 - 84.1 | 75.3          | 66.4 - 84.2 | 79.0                        | 70.4 - 87.6 | 83.6         | 78.0 - 89.2 | 81.4             | 74.6 - 88.1 |
| Intended to breastfeed, before birth                           | 96.4          | 94.7 - 98.1 | 91.4 *        | 84.9 - 98.0 | 94.7 *                      | 89.9 - 99.6 | 97.6 *       | 95.5 - 99.7 | --               |             |
| Intended to breastfeed exclusively, before birth               | 75.3          | 71.5 - 79.2 | 56.1          | 45.6 - 66.6 | 70.8                        | 61.5 - 80.0 | 79.1         | 73.2 - 85.1 | 84.7             | 78.0 - 91.5 |
| <b>Service Utilization</b>                                     |               |             |               |             |                             |             |              |             |                  |             |
| Had a usual source of pre-pregnancy care                       | 83.1          | 79.7 - 86.4 | 80.7          | 72.6 - 88.8 | 73.1                        | 63.9 - 82.3 | 83.8         | 78.5 - 89.1 | 90.8 *           | 85.3 - 96.3 |
| Had a postpartum medical visit                                 | 90.9          | 88.5 - 93.3 | 79.2          | 70.2 - 88.1 | 86.8                        | 80.5 - 93.1 | 94.6         | 91.6 - 97.7 | 96.5 *           | 93.8 - 99.1 |
| Mom or infant needed but couldn't afford care postpartum       | 12.7          | 9.6 - 15.9  | 18.3          | 9.8 - 26.7  | 18.1                        | 9.2 - 27.1  | 15.7         | 10.2 - 21.2 | --               |             |
| Participated in WIC during pregnancy                           | 49.3          | 45.3 - 53.4 | 85.9          | 78.4 - 93.4 | 85.0                        | 78.2 - 91.8 | 41.6         | 34.4 - 48.8 | 9.1              | 4.1 - 14.1  |
| Received CalFresh (food stamps) during pregnancy               | 18.4          | 15.2 - 21.5 | 40.4          | 30.2 - 50.5 | 25.8                        | 17.9 - 33.7 | 15.2         | 10.2 - 20.3 | --               |             |



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|--|---------------|-------------|---------------|-------------|-----------------------------|-------------|--------------|-------------|------------------|-------------|
|  | %             | 95% CI      | %             | 95% CI      | %                           | 95% CI      | %            | 95% CI      | %                | 95% CI      |
| <b>Health Insurance Coverage</b>                     |               |             |               |             |                             |             |              |             |                  |             |
| Pre-pregnancy insurance                              |               |             |               |             |                             |             |              |             |                  |             |
| Medi-Cal   | 20.6          | 17.2 - 24.0 | 45.2          | 34.7 - 55.8 | 31.1                        | 22.3 - 40.0 | 18.0         | 12.5 - 23.6 | --               |             |
| Uninsured  | 22.6          | 19.0 - 26.1 | 35.0          | 25.1 - 44.8 | 42.3                        | 32.2 - 52.4 | 20.0         | 14.3 - 25.7 | 3.7*             | 1.2 - 6.2   |
| Private  | 54.0          | 50.0 - 58.1 | 17.0          | 9.2 - 24.8  | 25.9                        | 16.4 - 35.4 | 56.9         | 49.9 - 63.9 | 92.2             | 88.4 - 95.9 |
| Prenatal insurance                                   |               |             |               |             |                             |             |              |             |                  |             |
| Medi-Cal   | 45.3          | 41.4 - 49.3 | 81.7          | 73.4 - 90.0 | 76.4                        | 67.3 - 85.6 | 40.1         | 33.2 - 47.1 | 7.2              | 3.7 - 10.7  |
| Uninsured  | 1.4*          | 0.5 - 2.3   | --            | --          | --                          | --          | --           | --          | --               |             |
| Private  | 50.5          | 46.5 - 54.5 | 14.3          | 6.7 - 21.8  | 20.9                        | 12.0 - 29.9 | 53.4         | 46.3 - 60.5 | 90.3             | 86.2 - 94.3 |
| Maternal postpartum insurance                        |               |             |               |             |                             |             |              |             |                  |             |
| Medi-Cal   | 24.1          | 20.6 - 27.7 | 45.9          | 35.4 - 56.3 | 39.4                        | 29.6 - 49.3 | 20.8         | 15.2 - 26.5 | --               |             |
| Uninsured  | 23.2          | 19.6 - 26.8 | 40.0          | 29.8 - 50.2 | 39.2                        | 29.4 - 49.1 | 20.9         | 14.9 - 26.9 | 4.1*             | 1.3 - 7.0   |
| Private  | 50.6          | 46.5 - 54.7 | 14.1          | 6.7 - 21.6  | 20.7                        | 12.0 - 29.4 | 54.5         | 47.4 - 61.6 | 88.9             | 84.3 - 93.6 |
| Infant health insurance                              |               |             |               |             |                             |             |              |             |                  |             |
| Medi-Cal   | 48.1          | 44.1 - 52.2 | 81.1          | 72.2 - 89.9 | 84.2                        | 77.0 - 91.5 | 43.9         | 36.6 - 51.1 | 8.1              | 4.2 - 11.9  |
| Healthy Families                                     | 3.2           | 1.8 - 4.7   | --            | --          | --                          | --          | --           | --          | --               |             |
| Uninsured  | 3.0           | 1.4 - 4.7   | --            | --          | --                          | --          | --           | --          | --               |             |
| Private  | 43.2          | 39.2 - 47.3 | --            | --          | 7.8*                        | 3.0 - 12.6  | 43.0         | 35.8 - 50.2 | 88.9             | 84.4 - 93.3 |
| <b>Maternal Demographics</b>                         |               |             |               |             |                             |             |              |             |                  |             |
| Age  |               |             |               |             |                             |             |              |             |                  |             |
| 15-19  | 6.1           | 3.8 - 8.3   | 14.0          | 6.3 - 21.7  | 7.8*                        | 2.6 - 13.0  | 6.3*         | 1.9 - 10.6  | --               |             |
| 20-34  | 74.9          | 71.1 - 78.6 | 62.1          | 51.9 - 72.2 | 85.2                        | 78.7 - 91.8 | 78.3         | 72.0 - 84.5 | 69.8             | 62.5 - 77.1 |
| 35+  | 19.1          | 15.8 - 22.3 | 24.0          | 15.1 - 32.9 | 7.0*                        | 2.7 - 11.3  | 15.5         | 10.4 - 20.6 | 30.2             | 22.9 - 37.5 |
| Unmarried  | 39.7          | 35.4 - 44.0 | 54.9          | 44.7 - 65.2 | 58.9                        | 49.3 - 68.4 | 44.5         | 37.1 - 51.9 | 10.3             | 4.9 - 15.8  |
| Race/Ethnicity                                       |               |             |               |             |                             |             |              |             |                  |             |
| Hispanic   | 42.8          | 38.7 - 46.9 | 80.5          | 71.7 - 89.4 | 70.7                        | 61.7 - 79.7 | 32.4         | 25.3 - 39.5 | 10.8             | 6.0 - 15.6  |
| Black  | 1.7           | 1.3 - 2.1   | --            | --          | --                          | --          | 2.5          | 1.5 - 3.4   | 1.7*             | 0.4 - 3.1   |
| White  | 49.5          | 45.4 - 53.7 | 13.5          | 6.0 - 21.1  | 22.9                        | 14.6 - 31.3 | 61.6         | 54.3 - 68.8 | 77.2             | 68.9 - 85.5 |
| Asian/Pacific Islander                               | 4.3*          | 1.8 - 6.9   | --            | --          | --                          | --          | --           | --          | --               |             |
| Born outside the U.S.                                | 35.1          | 31.0 - 39.1 | 69.8          | 60.0 - 79.7 | 48.6                        | 38.7 - 58.5 | 22.2         | 16.3 - 28.1 | 20.5             | 12.2 - 28.9 |
| Speaks non-English language at home                  | 27.7          | 24.1 - 31.3 | 66.1          | 56.0 - 76.2 | 44.6                        | 34.7 - 54.4 | 17.0         | 11.6 - 22.5 | 5.9*             | 2.2 - 9.5   |
| Income as a percent of the Federal Poverty Guideline |               |             |               |             |                             |             |              |             |                  |             |
| 0-100%   | 35.2          | 31.0 - 39.4 | 68.5          | 58.7 - 78.3 | 65.4                        | 55.8 - 75.0 | 27.1         | 20.3 - 33.8 | --               |             |
| 101-200%   | 22.4          | 18.7 - 26.2 | 21.5          | 12.9 - 30.2 | 29.2                        | 20.4 - 38.0 | 31.4         | 24.3 - 38.5 | 6.4*             | 1.6 - 11.2  |
| >200%  | 42.4          | 38.1 - 46.6 | --            | --          | --                          | --          | 41.6         | 34.2 - 48.9 | 90.1             | 84.7 - 95.5 |

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