



MIHA Snapshot, North/Mountain Region, 2012

Maternal and Infant Health Assessment (MIHA) Survey

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

		North/Mountain Region			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Prior Poor Birth Outcomes							
Prior low birth weight or preterm delivery	♦	6.5	2.9 - 10.2	800	8.8	7.6 - 9.9	42,900
Prior delivery by c-section	♦	14.7	9.6 - 19.8	1,900	16.1	14.5 - 17.7	79,600
Health Status							
In good to excellent health before pregnancy	✓	96.1	93.7 - 98.6	12,600	92.2	91.1 - 93.4	456,300
Chronic conditions before or during pregnancy							
Diabetes or gestational diabetes	♦	10.0	5.8 - 14.3	1,300	11.3	10.0 - 12.7	55,400
Hypertension, preeclampsia or eclampsia	✗	14.1	8.9 - 19.3	1,800	8.5	7.5 - 9.6	41,200
Asthma	✗	14.9	9.4 - 20.5	1,900	8.0	6.9 - 9.1	38,700
Nutrition and Weight							
Daily folic acid use, month before pregnancy	✗	26.7	20.3 - 33.2	3,500	34.0	31.9 - 36.1	168,100
Overweight before pregnancy	♦	27.5	20.6 - 34.3	3,500	24.1	22.2 - 26.0	111,600
Obese before pregnancy	♦	21.1	14.8 - 27.4	2,700	18.3	16.6 - 19.9	84,600
Inadequate weight gain during pregnancy	♦	14.2	8.5 - 20.0	1,500	16.5	14.7 - 18.4	63,800
Excessive weight gain during pregnancy	✗	51.6	43.8 - 59.5	5,600	42.5	40.0 - 45.1	164,200
Food insecurity during pregnancy	♦	19.4	13.4 - 25.4	2,500	18.6	16.9 - 20.3	91,600
Intimate Partner Violence (IPV) and Depressive Symptoms							
Physical or psychological IPV during pregnancy	♦	10.7	6.3 - 15.1	1,400	8.8	7.5 - 10.2	43,400
Prenatal depressive symptoms	♦	15.1	10.0 - 20.3	2,000	16.4	14.7 - 18.1	81,200
Postpartum depressive symptoms	♦	16.7	11.1 - 22.2	2,200	16.0	14.3 - 17.6	78,800
Hardships and Support during Pregnancy							
Homeless or did not have a regular place to sleep	♦	5.2	1.9 - 8.5	700	3.7	3.0 - 4.5	18,100
Moved due to problems paying rent or mortgage	♦	11.4	6.3 - 16.5	1,500	7.5	6.4 - 8.6	36,600
Woman or partner lost job	♦	15.6	10.2 - 20.9	2,000	17.3	15.7 - 18.9	84,200
Woman or partner had pay or hours cut back	♦	19.2	13.1 - 25.3	2,500	14.3	12.8 - 15.8	69,500
Became separated or divorced	♦	6.9	3.5 - 10.3	900	7.9	6.8 - 9.0	38,600
Had no practical or emotional support	♦	3.8	1.1 - 6.6	500	5.5	4.4 - 6.5	26,900
Substance Use							
Any smoking, 3 months before pregnancy	✗	29.3	22.3 - 36.2	3,800	11.9	10.6 - 13.3	58,700
Any smoking, 1st or 3rd trimester	✗	24.4	17.9 - 30.9	3,200	8.3	7.1 - 9.6	41,000
Any smoking, postpartum	✗	16.5	10.8 - 22.2	2,200	5.7	4.7 - 6.6	27,800
Any binge drinking, 3 months before pregnancy	✗	20.1	13.9 - 26.2	2,600	13.9	12.5 - 15.3	68,000
Any alcohol use, 1st or 3rd trimester	♦	24.9	18.6 - 31.2	3,300	20.9	19.1 - 22.6	102,000
Pregnancy Intention and Family Planning							
Mistimed or unwanted pregnancy	♦	30.7	23.8 - 37.6	4,000	30.9	28.8 - 33.0	152,500
Unsure of pregnancy intentions	♦	14.9	9.8 - 20.1	1,900	12.9	11.3 - 14.4	63,500
Postpartum birth control use	♦	91.6	87.3 - 96.0	11,200	89.8	88.1 - 91.5	395,800
Infant Sleep and Breastfeeding							
Placed infant on back to sleep	♦	71.1	64.5 - 77.8	9,200	76.1	74.1 - 78.1	366,400
Intended to breastfeed, before birth	♦	92.1	88.1 - 96.1	11,900	92.2	90.9 - 93.5	444,100
Intended to breastfeed exclusively, before birth	✓	73.9	67.3 - 80.5	9,500	62.0	59.9 - 64.2	298,800
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	♦	84.7	79.2 - 90.3	11,000	82.7	81.0 - 84.4	393,200
Exclusive breastfeeding, 1 month after delivery	✓	58.7	51.3 - 66.0	7,500	41.9	39.7 - 44.1	196,500
Any breastfeeding, 3 months after delivery	✓	73.5	66.1 - 80.9	7,700	64.9	62.4 - 67.5	245,000
Exclusive breastfeeding, 3 months after delivery	✓	38.1	30.0 - 46.2	3,900	26.5	24.3 - 28.7	98,600



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		North/Mountain Region			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Care Utilization and Public Program Participation							
Had a usual source of pre-pregnancy care	♦	67.3	60.3 - 74.3	8,800	72.0	70.1 - 74.0	356,600
Initiated prenatal care in 1st trimester †	♦	84.2	78.8 - 89.7	10,900	88.0	86.6 - 89.4	430,000
Had a dental visit during pregnancy	♦	44.7	37.4 - 52.1	5,800	42.1	40.0 - 44.3	208,300
Had a postpartum medical visit	♦	87.4	82.5 - 92.3	11,400	88.3	87.0 - 89.7	434,500
Mom or infant needed but couldn't afford care postpartum	♦	13.1	8.1 - 18.2	1,700	14.8	13.2 - 16.4	71,500
Participated in WIC during pregnancy	↑	63.8	56.6 - 71.0	8,200	55.6	54.1 - 57.1	269,800
Received CalFresh (food stamps) during pregnancy	♦	25.3	18.9 - 31.7	3,300	24.7	23.0 - 26.5	121,900
Health Insurance Coverage							
Pre-pregnancy insurance							
Medi-Cal	♦	29.1	22.5 - 35.7	3,800	24.5	22.7 - 26.3	120,700
Uninsured	♦	28.5	21.7 - 35.3	3,700	24.7	22.9 - 26.4	121,500
Private	↓	35.7	28.6 - 42.9	4,700	47.0	45.2 - 48.7	231,300
Prenatal insurance							
Medi-Cal	↑	62.3	55.0 - 69.5	8,100	49.8	48.2 - 51.5	246,200
Uninsured		*			1.7	1.2 - 2.1	8,200
Private	↓	27.6	20.8 - 34.3	3,600	43.5	41.8 - 45.1	214,800
Maternal postpartum insurance							
Medi-Cal	↑	43.7	36.4 - 51.0	5,700	34.6	32.8 - 36.5	169,700
Uninsured	♦	15.9	10.4 - 21.4	2,100	16.7	15.2 - 18.1	81,600
Private	↓	35.8	28.7 - 43.0	4,700	45.1	43.4 - 46.8	221,000
Infant health insurance							
Medi-Cal	↑	61.2	53.9 - 68.5	7,900	49.2	47.4 - 51.0	237,400
Healthy Families	♦	4.6	1.6 - 7.6	600	5.1	4.2 - 6.1	24,800
Uninsured		*			2.4	1.5 - 3.3	11,800
Private	↓	29.0	22.2 - 35.9	3,800	40.7	39.0 - 42.4	196,200
Maternal Demographics							
Age							
15-19	♦	7.8	4.4 - 11.2	1,000	7.0	5.8 - 8.2	34,500
20-34	♦	79.9	74.1 - 85.8	10,400	74.0	72.0 - 76.1	366,900
35+	↓	12.3	7.2 - 17.4	1,600	19.0	17.2 - 20.8	94,100
Did not complete high school (or GED)	↓	11.8	6.8 - 16.7	1,500	18.2	16.4 - 19.9	89,700
Unmarried	♦	40.8	33.6 - 48.1	5,300	41.7	39.7 - 43.6	205,400
Race/Ethnicity							
Hispanic	↓	22.5	16.5 - 28.5	2,900	50.1	48.2 - 52.0	242,700
Black	↓	1.2	0.8 - 1.6	200	5.8	5.2 - 6.5	28,300
White	↑	69.0	62.6 - 75.5	8,900	28.7	26.9 - 30.5	139,000
Asian/Pacific Islander	↓	3.7	0.7 - 6.6	500	14.8	13.2 - 16.5	71,900
Nativity and Language							
Born outside the U.S.	↓	12.8	7.6 - 17.9	1,700	39.3	37.2 - 41.5	194,800
Speaks non-English language at home	↓	10.8	5.9 - 15.6	1,400	30.8	28.8 - 32.8	150,100
Income as a percent of the Federal Poverty Guideline							
0-100%	♦	45.1	37.6 - 52.7	5,700	43.4	41.5 - 45.3	198,900
101-200%	↑	24.9	18.3 - 31.5	3,100	18.6	16.9 - 20.3	85,200
>200%	↓	30.0	22.9 - 37.0	3,800	38.0	36.2 - 39.8	174,200

* Data are not presented because fewer than 10 women reported. † In 2012, the measure changed for this indicator and is not comparable to prior years (see Technical Document).

Notes: MIHA is an annual population-based survey of California resident women with a live birth in 2012, with a sample size of 6,810. The sample size of North/Mountain Region was 243. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (N), i.e., numerator of the percent rounded to the nearest hundred, are weighted to represent all women with a live birth in California and the region in 2012. Symbols indicate whether the health indicator in the region was statistically different from the rest of the state (p-value <0.05, chi-square test). 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.