



# MIHA Data Snapshot, North/Mountain Region, 2013-2014

## 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
<b>Health Status Before Pregnancy</b>							
In good to excellent health	✗	88.5	85.5 - 91.6	11,400	92.4	91.5 - 93.3	452,800
<b>Chronic conditions</b>							
Diabetes†	♦	2.6	1.3 - 3.9	300	2.3	1.8 - 2.8	10,900
Hypertension†	✗	5.0	3.0 - 7.0	600	2.5	2.0 - 2.9	11,900
Asthma†	✗	10.6	8.2 - 13.0	1,400	7.8	7.0 - 8.6	37,500
<b>Nutrition and Weight</b>							
Daily folic acid use, month before pregnancy	♦	29.4	25.6 - 33.1	3,800	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	22.9	19.4 - 26.5	2,800	24.7	23.2 - 26.2	114,900
Obese before pregnancy	♦	20.0	16.7 - 23.3	2,500	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	✓	12.6	9.6 - 15.5	1,400	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	✗	50.6	46.1 - 55.0	5,500	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	✗	23.0	19.3 - 26.7	2,900	16.6	15.4 - 17.9	80,500
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>							
Physical or psychological IPV during pregnancy	✗	10.0	7.5 - 12.5	1,300	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	♦	16.9	13.7 - 20.1	2,200	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	✗	17.1	13.9 - 20.3	2,200	13.0	11.8 - 14.1	63,200
<b>Hardships and Support during Pregnancy</b>							
Experienced two or more hardships during childhood	✗	37.5	33.3 - 41.6	4,700	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	✗	6.4	4.2 - 8.5	800	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	♦	8.9	6.6 - 11.2	1,100	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	14.9	12.0 - 17.9	1,900	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	✗	14.8	11.9 - 17.8	1,900	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	9.6	6.9 - 12.3	1,200	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	3.7	2.2 - 5.2	500	4.4	3.7 - 5.2	21,700
<b>Substance Use</b>							
Any smoking, 3 months before pregnancy	✗	26.9	23.3 - 30.5	3,500	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	✗	11.5	8.9 - 14.1	1,500	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	✗	17.4	14.3 - 20.6	2,200	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	✗	21.9	18.5 - 25.3	2,800	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	♦	6.8	5.0 - 8.7	900	7.6	6.6 - 8.6	37,000
<b>Pregnancy Intention and Family Planning</b>							
Mistimed or unwanted pregnancy	♦	31.5	27.5 - 35.5	4,100	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	✗	16.4	13.3 - 19.6	2,100	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	✓	86.1	83.5 - 88.7	10,800	81.6	80.3 - 83.0	390,200
<b>Infant Sleep and Breastfeeding</b>							
Placed infant on back to sleep	♦	79.1	75.8 - 82.4	10,000	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	✗	41.4	37.3 - 45.5	5,200	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	♦	92.8	90.3 - 95.3	11,800	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	✓	78.7	75.2 - 82.3	10,000	64.2	62.6 - 65.9	308,500
<b>Breastfeeding practices</b>							
Any breastfeeding, 1 month after delivery	♦	85.4	82.4 - 88.4	10,700	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✓	58.4	54.3 - 62.6	7,200	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	✓	74.3	70.1 - 78.6	7,100	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	✓	42.3	37.5 - 47.1	3,900	27.4	25.7 - 29.1	99,800



# MIHA Data Snapshot, North/Mountain Region, 2013-2014

## Maternal and Infant Health Assessment (MIHA) Survey

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

		North/Mountain Region			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
<b>Health Care Utilization and Public Program Participation</b>							
Had a usual source of pre-pregnancy care	↓	63.5	59.5 - 67.6	8,200	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	↓	82.2	78.5 - 85.9	10,500	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	♦	85.1	82.0 - 88.2	10,900	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	♦	13.8	10.9 - 16.7	1,700	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	↑	59.3	55.3 - 63.4	7,500	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	↑	34.3	30.4 - 38.3	4,400	24.9	23.6 - 26.3	121,000
<b>Health Insurance Coverage</b>							
Pre-pregnancy insurance							
Medi-Cal	↑	35.0	31.0 - 39.1	4,500	24.5	23.1 - 25.8	119,600
Uninsured	♦	24.0	20.3 - 27.6	3,100	24.0	22.6 - 25.4	117,500
Private	↓	37.2	33.3 - 41.0	4,800	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	↑	65.3	61.6 - 69.0	8,400	49.7	48.4 - 51.0	242,800
Uninsured	↓	0.6 *	0.3 - 1.0	100	1.6	1.2 - 2.0	7,900
Private	↓	29.6	26.1 - 33.1	3,800	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	↑	54.8	50.8 - 58.8	7,000	36.2	34.7 - 37.6	175,700
Uninsured	↓	10.8	8.5 - 13.2	1,400	15.0	13.8 - 16.2	72,800
Private	↓	32.9	29.3 - 36.6	4,200	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	↑	69.5	65.9 - 73.0	8,700	52.2	50.9 - 53.6	250,400
Uninsured	♦	2.5	1.3 - 3.8	300	2.9	2.2 - 3.5	13,700
Private	↓	26.1	22.8 - 29.4	3,300	41.3	40.0 - 42.6	198,000
<b>Maternal Demographics</b>							
Age							
15-19	♦	7.2	4.8 - 9.6	900	5.6	4.9 - 6.4	27,500
20-34	↑	79.9	76.6 - 83.3	10,300	74.5	73.0 - 76.0	365,300
35+	↓	12.8	10.2 - 15.5	1,700	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	♦	13.5	10.6 - 16.4	1,700	16.5	15.2 - 17.7	79,900
Unmarried	↑	50.5	46.4 - 54.6	6,400	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	↓	20.5	16.7 - 24.4	2,700	49.2	47.7 - 50.7	236,500
Black	↓	1.2	0.9 - 1.5	200	5.7	5.3 - 6.1	27,400
White	↑	70.6	66.7 - 74.5	9,100	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	↓	3.0	1.7 - 4.2	400	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	↓	12.2	9.3 - 15.0	1,600	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	↓	10.4	7.6 - 13.2	1,300	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	♦	41.2	37.0 - 45.4	4,900	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	↑	47.0	42.8 - 51.1	5,800	41.0	39.5 - 42.4	188,800
101-200%	↑	26.2	22.4 - 29.9	3,200	20.8	19.4 - 22.2	96,000
> 200%	↓	26.9	23.5 - 30.2	3,300	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 North/Mountain Region was 1,381. 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 region in 2013-2014. Population estimate is a two-year average. 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). 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](http://www.cdph.ca.gov/MIHA).

Table Citation: Maternal and Infant Health Assessment (MIHA) Survey Data Snapshots, 2013-2014. California Department of Public Health. 2016.