



MIHA Data Snapshot, North/Mountain Region by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			<High School			High School Graduate or GED			Some College			College Graduate		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		13,000	12.3	10.0 - 14.5	1,600	22.4	19.5 - 25.2	2,800	44.7	41.2 - 48.1	5,700	20.7	18.0 - 23.3	2,600
Health Status before Pregnancy															
In good to excellent health	89.9	87.7 - 92.2	11,600	76.2	67.7 - 84.7	1,200	88.8	84.0 - 93.7	2,500	90.4	86.6 - 94.2	5,100	98.1*	96.7 - 99.6	2,600
Chronic conditions															
Diabetes†	2.3	1.3 - 3.3	300	--			2.9*	0.5 - 5.3	<100	1.9*	0.7 - 3.0	100	--		
Hypertension†	4.2	2.7 - 5.8	500	7.7*	1.4 - 14.1	100	4.1*	1.1 - 7.2	100	4.0	1.7 - 6.3	200	--		
Asthma†	11.1	9.0 - 13.2	1,400	16.7	8.9 - 24.6	300	11.3	7.0 - 15.5	300	8.4	6.1 - 10.7	500	14.2	8.0 - 20.4	400
Nutrition and Weight															
Daily folic acid use, month before pregnancy	30.6	27.4 - 33.8	4,000	18.6	11.2 - 26.1	300	27.7	21.0 - 34.5	800	27.7	22.8 - 32.6	1,600	47.4	40.2 - 54.5	1,200
Overweight before pregnancy	24.2	21.1 - 27.3	3,000	18.8	12.1 - 25.6	300	25.8	19.2 - 32.4	700	26.8	21.6 - 32.1	1,500	20.4	15.0 - 25.9	500
Obese before pregnancy	21.0	18.3 - 23.7	2,600	25.6	16.8 - 34.4	400	25.1	18.5 - 31.6	700	22.9	18.7 - 27.1	1,300	10.7	6.6 - 14.9	300
Inadequate weight gain during pregnancy	12.2	9.9 - 14.5	1,400	19.0	10.8 - 27.1	200	7.7	3.7 - 11.6	200	12.6	8.8 - 16.4	600	12.5	8.3 - 16.8	300
Excessive weight gain during pregnancy	50.2	46.5 - 53.9	5,600	38.7	28.5 - 48.8	500	59.9	52.2 - 67.6	1,400	51.4	45.7 - 57.1	2,500	42.2	34.8 - 49.6	1,000
Food insecurity during pregnancy	21.4	18.4 - 24.3	2,700	43.0	33.0 - 53.1	700	23.3	17.3 - 29.4	700	20.9	16.3 - 25.5	1,200	5.8	2.6 - 9.0	200
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	9.9	7.9 - 11.9	1,300	32.1	22.6 - 41.7	500	8.7	5.0 - 12.3	200	7.0	4.4 - 9.5	400	3.9	1.6 - 6.1	100
Prenatal depressive symptoms	17.2	14.6 - 19.8	2,200	34.3	24.6 - 44.0	500	18.0	12.4 - 23.5	500	17.1	13.0 - 21.2	1,000	5.7	3.2 - 8.2	100
Postpartum depressive symptoms	17.1	14.4 - 19.8	2,200	33.3	23.6 - 43.0	500	16.2	10.5 - 22.0	500	16.3	12.3 - 20.4	900	8.3	5.1 - 11.6	200
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	35.8	32.4 - 39.1	4,500	50.5	40.7 - 60.4	800	44.1	36.8 - 51.5	1,200	36.8	31.6 - 42.1	2,000	16.5	11.6 - 21.4	400
Homeless or did not have a regular place to sleep	6.1	4.3 - 8.0	800	11.6*	4.4 - 18.9	200	8.1	4.2 - 12.0	200	5.1	2.4 - 7.7	300	--		
Moved due to problems paying rent or mortgage	8.2	6.5 - 9.9	1,100	12.9	6.6 - 19.2	200	9.9	6.1 - 13.8	300	8.1	5.4 - 10.8	500	1.9*	0.6 - 3.1	<100
Woman or partner lost job	13.7	11.5 - 15.9	1,800	16.7	9.6 - 23.7	300	16.2	11.1 - 21.4	500	13.5	10.1 - 16.9	800	9.5	5.7 - 13.3	200
Woman or partner had pay or hours cut back	14.0	11.6 - 16.3	1,800	10.7	5.9 - 15.6	200	9.8	6.1 - 13.6	300	17.9	13.8 - 21.9	1,000	11.3	6.0 - 16.7	300
Became separated or divorced	9.0	7.1 - 11.0	1,200	19.4	12.1 - 26.6	300	7.4	4.2 - 10.7	200	10.1	6.6 - 13.7	600	2.2*	0.9 - 3.5	<100
Had no practical or emotional support	3.2	2.1 - 4.4	400	7.2*	2.6 - 11.8	100	2.3*	0.1 - 4.5	<100	2.3*	0.9 - 3.7	100	3.7*	0.8 - 6.7	<100
Substance Use															
Any smoking, 3 months before pregnancy	27.0	24.0 - 30.1	3,500	39.8	30.4 - 49.2	600	35.0	28.2 - 41.7	1,000	27.7	22.7 - 32.6	1,600	8.5	4.7 - 12.4	200
Any smoking, 3rd trimester†	12.4	10.0 - 14.8	1,600	32.7	23.7 - 41.7	500	16.5	11.2 - 21.9	500	10.5	6.7 - 14.2	600	--		
Any smoking, postpartum	17.4	14.7 - 20.1	2,200	37.6	28.4 - 46.9	600	20.6	14.9 - 26.3	600	16.0	11.7 - 20.3	900	4.5*	1.1 - 7.9	100
Any binge drinking, 3 months before pregnancy	22.3	19.3 - 25.2	2,800	14.9	8.2 - 21.7	200	25.1	18.4 - 31.8	700	23.6	19.1 - 28.2	1,300	20.7	14.9 - 26.5	500
Any alcohol use, 3rd trimester†	7.4	5.7 - 9.1	900	5.0*	1.6 - 8.5	<100	2.5*	0.5 - 4.5	<100	5.8	3.5 - 8.0	300	17.4	11.7 - 23.0	500
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	31.8	28.4 - 35.1	4,100	39.2	29.4 - 49.0	600	33.6	26.7 - 40.4	1,000	35.6	30.3 - 41.0	2,000	18.4	12.3 - 24.5	500
Unsure of pregnancy intentions	16.4	13.9 - 18.9	2,100	20.2	12.7 - 27.8	300	22.2	15.9 - 28.5	600	14.1	10.8 - 17.5	800	9.5	5.6 - 13.4	200
Postpartum birth control use†	85.7	83.4 - 88.0	10,800	79.4	72.1 - 86.8	1,200	86.8	82.4 - 91.2	2,400	85.9	82.0 - 89.9	4,800	87.1	83.1 - 91.2	2,300
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.4	77.7 - 83.1	10,200	79.0	71.8 - 86.3	1,200	83.2	78.1 - 88.3	2,300	79.3	74.9 - 83.8	4,400	80.8	75.5 - 86.2	2,100
Infant always or often shared bed	42.8	39.4 - 46.2	5,400	45.8	35.9 - 55.7	700	39.2	32.0 - 46.3	1,100	46.5	41.1 - 52.0	2,600	36.2	29.5 - 42.9	900
Intended to breastfeed, before birth	93.2	91.3 - 95.1	11,800	89.8	84.7 - 94.8	1,300	93.1	90.1 - 96.1	2,600	92.4	88.8 - 95.9	5,200	--		
Intended to breastfeed exclusively, before birth	79.4	76.5 - 82.3	10,100	62.6	53.2 - 72.0	900	80.6	75.5 - 85.6	2,200	80.8	76.2 - 85.3	4,500	85.6	79.6 - 91.6	2,200
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	87.2	85.0 - 89.5	11,000	78.3	70.7 - 85.8	1,200	83.5	78.3 - 88.6	2,300	87.4	83.7 - 91.1	4,900	96.4*	93.3 - 99.5	2,500
Exclusive breastfeeding, 1 month after delivery	62.1	58.7 - 65.5	7,700	53.7	43.8 - 63.7	800	59.2	51.9 - 66.4	1,600	63.1	57.8 - 68.4	3,400	69.3	62.3 - 76.2	1,800
Any breastfeeding, 3 months after delivery	76.3	73.0 - 79.6	7,400	54.8	44.0 - 65.7	700	73.8	66.9 - 80.6	1,600	76.8	71.5 - 82.0	3,200	92.9*	88.5 - 97.3	1,900
Exclusive breastfeeding, 3 months after delivery	47.3	43.3 - 51.3	4,500	26.1	16.0 - 36.2	300	40.7	32.6 - 48.8	900	50.4	44.0 - 56.8	2,000	63.2	55.3 - 71.1	1,300



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Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			<High School			High School Graduate or GED			Some College			College Graduate		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage															
Had a usual source of pre-pregnancy care	63.4	60.1 - 66.7	8,200	57.2	47.5 - 66.9	900	61.8	54.7 - 68.8	1,700	62.3	57.1 - 67.5	3,500	73.1	67.3 - 78.8	1,900
Initiated prenatal care in 1st trimester	82.7	79.7 - 85.7	10,600	73.3	63.7 - 82.8	1,100	80.2	73.7 - 86.7	2,200	84.2	79.8 - 88.6	4,700	89.9	84.1 - 95.6	2,400
Mom or infant needed but couldn't afford care postpartum	13.2	10.8 - 15.6	1,700	21.5	12.8 - 30.2	300	12.4	7.3 - 17.6	300	14.2	10.5 - 18.0	800	6.2	3.1 - 9.3	200
Participated in WIC during pregnancy†	58.5	55.2 - 61.9	7,400	82.8	74.4 - 91.2	1,300	74.1	67.8 - 80.4	2,100	60.1	54.8 - 65.4	3,400	22.3	16.0 - 28.6	600
Received CalFresh (food stamps) during pregnancy	33.0	29.8 - 36.1	4,200	62.5	52.8 - 72.1	1,000	46.2	39.0 - 53.4	1,300	29.3	24.6 - 33.9	1,600	9.0	4.7 - 13.2	200
Pre-pregnancy insurance															
Medi-Cal	37.3	34.0 - 40.7	4,800	71.3	62.4 - 80.3	1,100	46.3	39.2 - 53.5	1,300	35.3	30.1 - 40.5	2,000	8.7	4.5 - 13.0	200
Uninsured	20.6	17.8 - 23.4	2,700	22.2	13.6 - 30.7	300	23.6	17.3 - 30.0	700	22.4	17.8 - 27.0	1,300	12.3	8.2 - 16.4	300
Private	38.6	35.3 - 41.9	5,000	3.8*	0.7 - 7.0	<100	28.3	21.6 - 34.9	800	37.1	32.1 - 42.1	2,100	76.6	70.9 - 82.3	2,000
Prenatal insurance															
Medi-Cal	66.2	63.2 - 69.3	8,500	95.0*	91.1 - 98.8	1,500	82.1	77.0 - 87.2	2,300	67.0	62.2 - 71.8	3,800	28.5	21.4 - 35.6	700
Uninsured	0.7	0.4 - 1.0	<100	--			--			0.5*	0.2 - 0.9	<100	1.2*	0.2 - 2.2	<100
Private	29.3	26.3 - 32.2	3,800	--			16.6	11.6 - 21.7	500	26.7	22.2 - 31.1	1,500	66.3	59.2 - 73.3	1,700
Maternal postpartum insurance															
Medi-Cal	56.6	53.2 - 59.9	7,200	80.9	73.8 - 87.9	1,300	68.5	61.8 - 75.1	1,900	59.7	54.6 - 64.9	3,400	21.3	14.7 - 28.0	600
Uninsured	9.3	7.4 - 11.1	1,200	13.6	7.4 - 19.7	200	10.4	6.2 - 14.7	300	8.8	5.8 - 11.9	500	6.8	4.0 - 9.5	200
Private	32.6	29.5 - 35.7	4,200	3.3*	0.2 - 6.4	<100	20.7	14.9 - 26.5	600	29.1	24.5 - 33.7	1,600	70.9	64.1 - 77.7	1,900
Infant health insurance															
Medi-Cal	70.4	67.4 - 73.3	8,900	96.5*	94.2 - 98.8	1,500	84.4	79.3 - 89.5	2,400	72.2	67.5 - 76.8	4,000	35.2	27.9 - 42.5	900
Uninsured	2.1	1.3 - 3.0	300	--			1.8*	0.6 - 3.0	<100	2.5*	0.9 - 4.0	100	2.1*	0.3 - 3.9	<100
Private	25.4	22.6 - 28.2	3,200	--			11.6	7.2 - 16.0	300	22.7	18.5 - 26.9	1,300	60.9	53.6 - 68.2	1,600
Maternal Demographics															
Unmarried	49.8	46.4 - 53.2	6,400	70.0	60.9 - 79.1	1,100	64.3	57.6 - 71.1	1,800	51.2	45.8 - 56.6	2,900	17.3	11.5 - 23.1	500
Race/Ethnicity															
White	70.4	67.2 - 73.6	9,100	50.3	40.5 - 60.0	800	60.9	53.7 - 68.2	1,700	77.5	73.0 - 82.1	4,400	79.6	73.5 - 85.7	2,000
Hispanic	21.3	18.2 - 24.4	2,700	38.2	28.5 - 47.8	600	30.4	23.2 - 37.7	900	14.3	10.1 - 18.5	800	15.1	9.1 - 21.1	400
Asian/Pacific Islander	2.9	2.0 - 3.8	400	--			2.2	1.0 - 3.3	<100	3.8	1.9 - 5.6	200	3.2	1.8 - 4.6	<100
Black	1.1	0.8 - 1.3	100	--			--			1.1	0.6 - 1.6	<100	1.2*	0.3 - 2.1	<100
Born outside the U.S.	12.4	10.1 - 14.8	1,600	25.5	16.7 - 34.3	400	17.5	11.4 - 23.5	500	8.0	4.7 - 11.3	500	9.5	6.1 - 12.9	200
Speaks non-English language at home	10.4	8.1 - 12.6	1,300	22.4	13.9 - 30.8	300	17.1	11.3 - 22.9	500	6.4	3.3 - 9.5	400	5.1	2.6 - 7.7	100
Lives in a high poverty neighborhood	42.5	39.0 - 46.0	5,100	57.6	47.3 - 67.8	800	49.4	41.9 - 56.9	1,300	39.6	34.0 - 45.1	2,100	33.0	26.4 - 39.5	800
Income as a percent of the Federal Poverty Guideline															
0-100%	44.7	41.3 - 48.2	5,500	78.2	69.4 - 87.1	1,100	54.9	47.4 - 62.3	1,500	45.0	39.5 - 50.5	2,500	13.1	7.2 - 19.0	300
101-200%	27.8	24.6 - 31.0	3,400	19.5	11.0 - 28.0	300	32.5	25.2 - 39.8	900	30.9	25.8 - 36.0	1,700	21.0	14.9 - 27.0	500
> 200%	27.4	24.5 - 30.4	3,400	--			12.6	7.7 - 17.5	300	24.1	19.6 - 28.6	1,300	65.9	58.7 - 73.2	1,700

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

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

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of North/Mountain Region was 2,023. 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 2013-2015. Population estimate (N) is a three-year average. 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.

Table Citation: Maternal and Infant Health Assessment (MIHA) Survey County and Regional Data Snapshots for Subgroups, 2013-2015. California Department of Public Health; 2018.



MIHA Data Snapshot, North/Mountain Region by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		13,000	18.3	16.9 - 19.7	2,200	81.7	80.3 - 83.1	9,800
Health Status before Pregnancy									
In good to excellent health	89.9	87.7 - 92.2	11,600	91.1	88.2 - 94.0	2,000	89.8	87.0 - 92.6	8,700
Chronic conditions									
Diabetes†	2.3	1.3 - 3.3	300	1.8 *	0.6 - 2.9	<100	2.4	1.1 - 3.7	200
Hypertension†	4.2	2.7 - 5.8	500	3.5	1.5 - 5.5	<100	4.5	2.5 - 6.5	400
Asthma†	11.1	9.0 - 13.2	1,400	11.9	9.0 - 14.8	300	10.7	8.2 - 13.1	1,000
Nutrition and Weight									
Daily folic acid use, month before pregnancy	30.6	27.4 - 33.8	4,000	28.4	24.3 - 32.6	600	31.5	27.6 - 35.5	3,100
Overweight before pregnancy	24.2	21.1 - 27.3	3,000	20.9	17.2 - 24.6	500	25.4	21.5 - 29.3	2,400
Obese before pregnancy	21.0	18.3 - 23.7	2,600	17.4	13.9 - 21.0	400	21.4	18.0 - 24.7	2,000
Inadequate weight gain during pregnancy	12.2	9.9 - 14.5	1,400	14.2	10.8 - 17.7	300	12.2	9.3 - 15.1	1,000
Excessive weight gain during pregnancy	50.2	46.5 - 53.9	5,600	49.9	45.1 - 54.8	1,000	49.5	44.9 - 54.1	4,100
Food insecurity during pregnancy	21.4	18.4 - 24.3	2,700	20.0	16.1 - 24.0	400	21.4	17.8 - 25.1	2,100
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	9.9	7.9 - 11.9	1,300	9.4	6.5 - 12.3	200	9.9	7.4 - 12.3	1,000
Prenatal depressive symptoms	17.2	14.6 - 19.8	2,200	17.6	13.7 - 21.4	400	16.7	13.5 - 19.9	1,600
Postpartum depressive symptoms	17.1	14.4 - 19.8	2,200	15.8	12.1 - 19.6	300	16.6	13.4 - 19.9	1,600
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	35.8	32.4 - 39.1	4,500	36.3	31.7 - 40.8	800	35.9	31.8 - 40.1	3,400
Homeless or did not have a regular place to sleep	6.1	4.3 - 8.0	800	6.2	3.7 - 8.6	100	5.9	3.6 - 8.1	600
Moved due to problems paying rent or mortgage	8.2	6.5 - 9.9	1,100	9.0	6.2 - 11.8	200	7.4	5.4 - 9.3	700
Woman or partner lost job	13.7	11.5 - 15.9	1,800	14.5	11.0 - 18.0	300	13.8	11.1 - 16.5	1,300
Woman or partner had pay or hours cut back	14.0	11.6 - 16.3	1,800	14.7	11.4 - 18.0	300	13.9	11.0 - 16.9	1,300
Became separated or divorced	9.0	7.1 - 11.0	1,200	8.2	5.5 - 10.9	200	9.2	6.7 - 11.7	900
Had no practical or emotional support	3.2	2.1 - 4.4	400	2.7 *	0.8 - 4.6	<100	3.6	2.2 - 5.1	400
Substance Use									
Any smoking, 3 months before pregnancy	27.0	24.0 - 30.1	3,500	27.1	22.8 - 31.3	600	26.4	22.6 - 30.1	2,600
Any smoking, 3rd trimester†	12.4	10.0 - 14.8	1,600	12.8	9.2 - 16.3	300	12.1	9.2 - 15.0	1,200
Any smoking, postpartum	17.4	14.7 - 20.1	2,200	17.0	13.2 - 20.7	400	17.4	14.1 - 20.7	1,700
Any binge drinking, 3 months before pregnancy	22.3	19.3 - 25.2	2,800	22.4	18.5 - 26.2	500	21.8	18.3 - 25.4	2,100
Any alcohol use, 3rd trimester†	7.4	5.7 - 9.1	900	9.1	6.5 - 11.7	200	7.2	5.1 - 9.4	700
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	31.8	28.4 - 35.1	4,100	30.5	26.2 - 34.7	700	32.2	28.1 - 36.3	3,100
Unsure of pregnancy intentions	16.4	13.9 - 18.9	2,100	14.7	11.2 - 18.3	300	16.6	13.4 - 19.7	1,600
Postpartum birth control use†	85.7	83.4 - 88.0	10,800	85.5	82.2 - 88.7	1,800	86.5	83.8 - 89.3	8,300
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.4	77.7 - 83.1	10,200	79.9	76.3 - 83.6	1,700	80.0	76.6 - 83.4	7,600
Infant always or often shared bed	42.8	39.4 - 46.2	5,400	37.0	32.5 - 41.5	800	43.6	39.3 - 47.9	4,100
Intended to breastfeed, before birth	93.2	91.3 - 95.1	11,800	95.7	93.7 - 97.6	2,100	92.4	90.0 - 94.8	8,800
Intended to breastfeed exclusively, before birth	79.4	76.5 - 82.3	10,100	80.1	76.2 - 84.0	1,700	79.7	76.3 - 83.2	7,600
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	87.2	85.0 - 89.5	11,000	88.0	84.7 - 91.4	1,900	87.5	84.8 - 90.2	8,300
Exclusive breastfeeding, 1 month after delivery	62.1	58.7 - 65.5	7,700	63.1	58.6 - 67.6	1,300	62.6	58.5 - 66.7	5,800
Any breastfeeding, 3 months after delivery	76.3	73.0 - 79.6	7,400	78.7	74.2 - 83.2	1,300	75.7	71.7 - 79.8	5,600
Exclusive breastfeeding, 3 months after delivery	47.3	43.3 - 51.3	4,500	48.0	42.6 - 53.4	800	47.8	42.9 - 52.7	3,500



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Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region				Urban				Rural/Frontier			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	63.4	60.1	- 66.7	8,200	62.6	58.2	- 67.0	1,400	63.8	59.7	- 67.9	6,200
Initiated prenatal care in 1st trimester	82.7	79.7	- 85.7	10,600	82.9	78.9	- 86.9	1,800	83.2	79.5	- 86.9	8,000
Mom or infant needed but couldn't afford care postpartum	13.2	10.8	- 15.6	1,700	10.7	7.9	- 13.5	200	13.6	10.6	- 16.6	1,300
Participated in WIC during pregnancy†	58.5	55.2	- 61.9	7,400	53.0	48.4	- 57.6	1,100	58.4	54.2	- 62.6	5,600
Received CalFresh (food stamps) during pregnancy	33.0	29.8	- 36.1	4,200	32.8	28.3	- 37.3	700	31.4	27.6	- 35.2	3,000
Pre-pregnancy insurance												
Medi-Cal	37.3	34.0	- 40.7	4,800	33.4	28.9	- 37.9	700	37.7	33.5	- 41.8	3,700
Uninsured	20.6	17.8	- 23.4	2,700	17.0	13.4	- 20.6	400	21.2	17.7	- 24.7	2,100
Private	38.6	35.3	- 41.9	5,000	46.9	42.4	- 51.5	1,000	37.2	33.2	- 41.3	3,600
Prenatal insurance												
Medi-Cal	66.2	63.2	- 69.3	8,500	55.5	50.9	- 60.0	1,200	67.8	64.0	- 71.6	6,600
Uninsured	0.7	0.4	- 1.0	<100	1.7 *	0.6	- 2.8	<100	0.4 *	0.1	- 0.7	<100
Private	29.3	26.3	- 32.2	3,800	38.0	33.6	- 42.3	800	28.1	24.5	- 31.8	2,700
Maternal postpartum insurance												
Medi-Cal	56.6	53.2	- 59.9	7,200	47.3	42.7	- 51.9	1,000	57.9	53.7	- 62.0	5,600
Uninsured	9.3	7.4	- 11.1	1,200	9.3	6.7	- 11.9	200	9.5	7.1	- 11.9	900
Private	32.6	29.5	- 35.7	4,200	41.9	37.4	- 46.4	900	30.9	27.2	- 34.7	3,000
Infant health insurance												
Medi-Cal	70.4	67.4	- 73.3	8,900	60.9	56.5	- 65.3	1,300	71.5	67.7	- 75.2	6,700
Uninsured	2.1	1.3	- 3.0	300	1.8 *	0.7	- 2.9	<100	2.3	1.2	- 3.4	200
Private	25.4	22.6	- 28.2	3,200	35.2	30.9	- 39.5	800	23.9	20.5	- 27.4	2,300
Maternal Demographics												
Age												
15-19	6.7	4.9	- 8.5	900	5.3	3.0	- 7.5	100	7.2	4.9	- 9.5	700
20-34	79.7	77.0	- 82.5	10,300	81.8	78.1	- 85.6	1,800	78.5	75.0	- 82.0	7,700
35+	13.6	11.3	- 15.9	1,800	12.9	9.7	- 16.1	300	14.3	11.4	- 17.2	1,400
Did not complete high school (or GED)	12.3	10.0	- 14.5	1,600	9.5	6.3	- 12.6	200	12.4	9.7	- 15.1	1,200
Unmarried	49.8	46.4	- 53.2	6,400	46.7	42.0	- 51.4	1,000	48.8	44.5	- 53.0	4,700
Race/Ethnicity												
White	70.4	67.2	- 73.6	9,100	74.5	70.5	- 78.5	1,600	70.6	66.7	- 74.5	6,900
Hispanic	21.3	18.2	- 24.4	2,700	15.5	12.1	- 19.0	300	22.3	18.5	- 26.1	2,200
Asian/Pacific Islander	2.9	2.0	- 3.8	400	5.5	3.3	- 7.8	100	2.6	1.5	- 3.7	200
Black	1.1	0.8	- 1.3	100	2.1	1.3	- 2.9	<100	0.9	0.5	- 1.3	<100
Born outside the U.S.	12.4	10.1	- 14.8	1,600	7.2	4.8	- 9.7	200	13.7	10.7	- 16.6	1,300
Speaks non-English language at home	10.4	8.1	- 12.6	1,300	4.7	2.6	- 6.7	100	11.6	8.8	- 14.4	1,100
Lives in a high poverty neighborhood	42.5	39.0	- 46.0	5,100	47.5	42.8	- 52.1	1,000	41.4	37.2	- 45.5	4,000
Income as a percent of the Federal Poverty Guideline												
0-100%	44.7	41.3	- 48.2	5,500	40.8	36.2	- 45.5	900	44.4	40.1	- 48.7	4,100
101-200%	27.8	24.6	- 31.0	3,400	23.2	19.2	- 27.2	500	29.2	25.2	- 33.2	2,700
> 200%	27.4	24.5	- 30.4	3,400	36.0	31.6	- 40.4	800	26.4	22.7	- 30.1	2,500

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

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

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of North/Mountain Region was 2,023. 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 2013-2015. Population estimate (N) is a three-year average. Urban and Rural/Frontier designations are based on the population size or densities of Medical Service Study Areas. 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.



MIHA Data Snapshot, North/Mountain Region by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			0-100% Federal Poverty Guideline			101-200% Federal Poverty Guideline			> 200% Federal Poverty Guideline		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		13,000	44.7	41.3 - 48.2	5,500	27.8	24.6 - 31.0	3,400	27.4	24.5 - 30.4	3,400
Health Status before Pregnancy												
In good to excellent health	89.9	87.7 - 92.2	11,600	83.6	79.2 - 88.0	4,600	92.9	89.8 - 96.1	3,200	95.5 *	92.1 - 99.0	3,200
Chronic conditions												
Diabetes†	2.3	1.3 - 3.3	300	3.2	1.5 - 5.0	200	2.7 *	0.2 - 5.2	<100	--		
Hypertension†	4.2	2.7 - 5.8	500	6.1	3.3 - 8.9	300	4.7 *	1.2 - 8.1	200	1.2 *	0.1 - 2.3	<100
Asthma†	11.1	9.0 - 13.2	1,400	11.6	8.5 - 14.8	600	13.0	8.0 - 18.0	400	9.3	5.8 - 12.8	300
Nutrition and Weight												
Daily folic acid use, month before pregnancy	30.6	27.4 - 33.8	4,000	19.1	15.0 - 23.3	1,100	31.8	25.0 - 38.6	1,100	48.4	42.2 - 54.6	1,600
Overweight before pregnancy	24.2	21.1 - 27.3	3,000	23.6	18.8 - 28.4	1,200	25.0	18.7 - 31.2	800	26.4	20.4 - 32.4	900
Obese before pregnancy	21.0	18.3 - 23.7	2,600	26.3	21.7 - 30.9	1,400	19.9	14.7 - 25.1	700	11.6	8.3 - 14.9	400
Inadequate weight gain during pregnancy	12.2	9.9 - 14.5	1,400	13.2	9.3 - 17.0	600	13.0	8.2 - 17.7	400	10.7	7.1 - 14.2	300
Excessive weight gain during pregnancy	50.2	46.5 - 53.9	5,600	51.4	45.6 - 57.2	2,300	48.1	40.7 - 55.5	1,400	48.6	42.2 - 55.0	1,500
Food insecurity during pregnancy	21.4	18.4 - 24.3	2,700	34.6	29.4 - 39.8	1,900	20.1	14.2 - 26.0	700	1.5 *	0.3 - 2.8	<100
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	9.9	7.9 - 11.9	1,300	16.4	12.6 - 20.1	900	7.5	3.5 - 11.5	300	2.0 *	0.6 - 3.4	<100
Prenatal depressive symptoms	17.2	14.6 - 19.8	2,200	24.7	20.1 - 29.4	1,400	16.1	10.9 - 21.3	600	6.3	3.2 - 9.3	200
Postpartum depressive symptoms	17.1	14.4 - 19.8	2,200	20.9	16.5 - 25.3	1,100	19.2	13.3 - 25.0	700	9.7	6.1 - 13.3	300
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	35.8	32.4 - 39.1	4,500	45.2	39.8 - 50.6	2,400	37.9	31.1 - 44.7	1,300	21.6	16.6 - 26.7	700
Homeless or did not have a regular place to sleep	6.1	4.3 - 8.0	800	12.6	8.8 - 16.5	700	2.3 *	0.1 - 4.5	<100	--		
Moved due to problems paying rent or mortgage	8.2	6.5 - 9.9	1,100	13.2	10.0 - 16.4	700	6.1	2.8 - 9.4	200	2.6 *	0.8 - 4.4	<100
Woman or partner lost job	13.7	11.5 - 15.9	1,800	19.8	15.9 - 23.6	1,100	12.7	8.2 - 17.2	400	6.2	3.2 - 9.1	200
Woman or partner had pay or hours cut back	14.0	11.6 - 16.3	1,800	16.6	12.8 - 20.3	900	14.1	9.8 - 18.4	500	10.3	5.6 - 15.1	300
Became separated or divorced	9.0	7.1 - 11.0	1,200	15.1	11.3 - 18.8	800	5.2 *	1.7 - 8.7	200	2.4 *	0.6 - 4.3	<100
Had no practical or emotional support	3.2	2.1 - 4.4	400	4.0	2.1 - 5.8	200	3.9 *	1.3 - 6.4	100	--		
Substance Use												
Any smoking, 3 months before pregnancy	27.0	24.0 - 30.1	3,500	35.0	30.1 - 40.0	1,900	29.1	22.8 - 35.5	1,000	14.7	9.2 - 20.1	500
Any smoking, 3rd trimester†	12.4	10.0 - 14.8	1,600	19.5	15.6 - 23.5	1,100	11.2	6.2 - 16.1	400	--		
Any smoking, postpartum	17.4	14.7 - 20.1	2,200	25.3	20.9 - 29.7	1,400	16.8	11.2 - 22.5	600	6.6 *	2.2 - 11.0	200
Any binge drinking, 3 months before pregnancy	22.3	19.3 - 25.2	2,800	19.7	15.5 - 23.8	1,100	20.7	15.3 - 26.0	700	28.5	22.3 - 34.6	1,000
Any alcohol use, 3rd trimester†	7.4	5.7 - 9.1	900	3.9	2.6 - 5.3	200	5.4	2.3 - 8.5	200	15.1	10.2 - 20.0	500
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	31.8	28.4 - 35.1	4,100	41.7	36.3 - 47.1	2,300	32.2	25.5 - 38.9	1,100	17.2	12.4 - 22.0	600
Unsure of pregnancy intentions	16.4	13.9 - 18.9	2,100	19.1	15.3 - 22.9	1,000	15.3	10.4 - 20.2	500	10.6	6.5 - 14.8	400
Postpartum birth control use†	85.7	83.4 - 88.0	10,800	83.9	80.3 - 87.5	4,500	85.0	79.9 - 90.2	2,900	89.4	85.7 - 93.0	3,000
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.4	77.7 - 83.1	10,200	76.2	71.5 - 80.8	4,100	84.8	80.4 - 89.1	2,900	83.5	79.0 - 88.1	2,800
Infant always or often shared bed	42.8	39.4 - 46.2	5,400	47.1	41.6 - 52.5	2,500	47.2	40.2 - 54.2	1,600	32.1	26.4 - 37.7	1,100
Intended to breastfeed, before birth	93.2	91.3 - 95.1	11,800	90.0	86.3 - 93.7	4,800	95.4 *	92.5 - 98.3	3,300	97.1 *	95.1 - 99.1	3,300
Intended to breastfeed exclusively, before birth	79.4	76.5 - 82.3	10,100	72.7	67.8 - 77.6	3,900	83.3	77.9 - 88.6	2,800	88.4	84.4 - 92.3	3,000
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	87.2	85.0 - 89.5	11,000	82.0	78.0 - 86.0	4,400	89.5	84.9 - 94.2	3,000	94.3	91.9 - 96.7	3,200
Exclusive breastfeeding, 1 month after delivery	62.1	58.7 - 65.5	7,700	54.8	49.3 - 60.2	2,900	66.2	59.4 - 72.9	2,200	69.7	64.1 - 75.4	2,300
Any breastfeeding, 3 months after delivery	76.3	73.0 - 79.6	7,400	68.8	63.2 - 74.4	2,900	78.0	71.4 - 84.6	2,000	88.5	84.2 - 92.7	2,300
Exclusive breastfeeding, 3 months after delivery	47.3	43.3 - 51.3	4,500	38.4	32.1 - 44.6	1,600	49.3	41.4 - 57.1	1,200	60.5	53.4 - 67.7	1,500



MIHA Data Snapshot, North/Mountain Region by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			0-100% Federal Poverty Guideline			101-200% Federal Poverty Guideline			> 200% Federal Poverty Guideline		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	63.4	60.1 - 66.7	8,200	58.9	53.6 - 64.2	3,200	58.7	52.0 - 65.5	2,000	76.7	71.9 - 81.5	2,600
Initiated prenatal care in 1st trimester	82.7	79.7 - 85.7	10,600	72.8	67.4 - 78.2	4,000	87.6	82.8 - 92.3	3,000	95.5 *	92.6 - 98.4	3,200
Mom or infant needed but couldn't afford care postpartum	13.2	10.8 - 15.6	1,700	14.6	10.9 - 18.3	800	19.4	13.5 - 25.3	700	4.1	2.0 - 6.2	100
Participated in WIC during pregnancy†	58.5	55.2 - 61.9	7,400	80.3	75.7 - 84.9	4,400	67.4	60.9 - 73.9	2,300	10.7	6.4 - 15.0	400
Received CalFresh (food stamps) during pregnancy	33.0	29.8 - 36.1	4,200	62.7	57.5 - 68.0	3,400	18.2	12.8 - 23.5	600	2.0 *	0.6 - 3.5	<100
Pre-pregnancy insurance												
Medi-Cal	37.3	34.0 - 40.7	4,800	62.2	57.0 - 67.4	3,400	27.9	21.5 - 34.2	1,000	6.2 *	2.3 - 10.1	200
Uninsured	20.6	17.8 - 23.4	2,700	23.2	18.5 - 27.9	1,300	28.1	22.0 - 34.3	1,000	7.8	4.7 - 10.8	300
Private	38.6	35.3 - 41.9	5,000	11.1	7.7 - 14.4	600	40.1	33.2 - 46.9	1,400	82.8	77.5 - 88.0	2,800
Prenatal insurance												
Medi-Cal	66.2	63.2 - 69.3	8,500	94.2	91.8 - 96.5	5,200	73.1	67.6 - 78.7	2,500	14.2	9.4 - 19.1	500
Uninsured	0.7	0.4 - 1.0	<100	0.7 *	0.2 - 1.3	<100	1.0 *	0.3 - 1.6	<100	0.4 *	0.0 - 0.7	<100
Private	29.3	26.3 - 32.2	3,800	4.1	2.2 - 6.1	200	20.3	15.3 - 25.2	700	79.3	73.8 - 84.7	2,700
Maternal postpartum insurance												
Medi-Cal	56.6	53.2 - 59.9	7,200	87.7	84.7 - 90.7	4,800	49.6	42.6 - 56.5	1,700	12.8	7.7 - 17.9	400
Uninsured	9.3	7.4 - 11.1	1,200	6.6	4.4 - 8.7	400	17.5	12.1 - 23.0	600	5.3	3.0 - 7.5	200
Private	32.6	29.5 - 35.7	4,200	4.8	2.8 - 6.8	300	31.3	24.9 - 37.7	1,100	79.0	73.2 - 84.7	2,700
Infant health insurance												
Medi-Cal	70.4	67.4 - 73.3	8,900	95.2	93.2 - 97.3	5,100	82.5	77.9 - 87.1	2,800	19.3	13.9 - 24.7	600
Uninsured	2.1	1.3 - 3.0	300	2.3 *	0.8 - 3.8	100	2.7 *	1.0 - 4.4	<100	1.6 *	0.3 - 3.0	<100
Private	25.4	22.6 - 28.2	3,200	1.9 *	0.6 - 3.3	100	10.9	7.6 - 14.2	400	76.2	70.4 - 82.0	2,600
Maternal Demographics												
Did not complete high school (or GED)	12.3	10.0 - 14.5	1,600	21.1	16.8 - 25.4	1,100	8.4	4.5 - 12.4	300	--		
Unmarried	49.8	46.4 - 53.2	6,400	72.3	67.5 - 77.1	4,000	42.4	35.4 - 49.4	1,500	21.3	15.8 - 26.7	700
Race/Ethnicity												
White	70.4	67.2 - 73.6	9,100	61.4	56.2 - 66.7	3,400	71.1	64.8 - 77.4	2,400	86.4	82.7 - 90.1	2,900
Hispanic	21.3	18.2 - 24.4	2,700	26.4	21.2 - 31.5	1,500	24.1	17.9 - 30.4	800	7.5	4.4 - 10.5	200
Asian/Pacific Islander	2.9	2.0 - 3.8	400	3.3	1.5 - 5.2	200	2.3	1.3 - 3.4	<100	2.8	1.5 - 4.2	<100
Black	1.1	0.8 - 1.3	100	1.8	1.2 - 2.5	100	--			0.6 *	0.1 - 1.1	<100
Born outside the U.S.	12.4	10.1 - 14.8	1,600	14.4	10.4 - 18.4	800	14.0	9.1 - 18.9	500	6.4	3.2 - 9.7	200
Speaks non-English language at home	10.4	8.1 - 12.6	1,300	14.5	10.4 - 18.7	800	10.9	6.6 - 15.2	400	2.2 *	0.7 - 3.7	<100
Lives in a high poverty neighborhood	42.5	39.0 - 46.0	5,100	50.4	44.7 - 56.1	2,500	46.8	39.8 - 53.9	1,500	27.3	22.2 - 32.4	900

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

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

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of North/Mountain Region was 2,023. 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 2013-2015. Population estimate (N) is a three-year average. 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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MIHA Data Snapshot, North/Mountain Region by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			15-19 Years			20-34 Years			35 Years or Older		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		13,000	6.7	4.9 - 8.5	900	79.7	77.0 - 82.5	10,300	13.6	11.3 - 15.9	1,800
Health Status before Pregnancy												
In good to excellent health	89.9	87.7 - 92.2	11,600	90.0*	82.8 - 97.1	800	89.8	87.1 - 92.4	9,300	90.9*	85.3 - 96.5	1,600
Chronic conditions												
Diabetes†	2.3	1.3 - 3.3	300	--			2.2	1.0 - 3.3	200	4.0*	0.3 - 7.6	<100
Hypertension†	4.2	2.7 - 5.8	500	--			3.5	2.0 - 5.0	400	7.8*	2.4 - 13.2	100
Asthma†	11.1	9.0 - 13.2	1,400	22.5	10.0 - 34.9	200	10.8	8.5 - 13.1	1,100	7.6	3.4 - 11.9	100
Nutrition and Weight												
Daily folic acid use, month before pregnancy	30.6	27.4 - 33.8	4,000	31.1	16.7 - 45.5	300	29.7	26.2 - 33.3	3,100	35.3	26.7 - 43.9	600
Overweight before pregnancy	24.2	21.1 - 27.3	3,000	16.4	7.9 - 24.9	100	24.6	21.1 - 28.2	2,500	25.2	16.8 - 33.5	400
Obese before pregnancy	21.0	18.3 - 23.7	2,600	19.0	8.3 - 29.7	200	21.4	18.4 - 24.4	2,200	19.7	12.3 - 27.0	300
Inadequate weight gain during pregnancy	12.2	9.9 - 14.5	1,400	14.5*	5.2 - 23.8	<100	11.6	9.1 - 14.2	1,100	14.8	8.5 - 21.1	200
Excessive weight gain during pregnancy	50.2	46.5 - 53.9	5,600	51.1	36.4 - 65.8	300	50.1	46.0 - 54.2	4,500	50.2	40.5 - 60.0	700
Food insecurity during pregnancy	21.4	18.4 - 24.3	2,700	27.8	16.1 - 39.4	200	22.1	18.7 - 25.5	2,300	13.9	7.6 - 20.2	200
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	9.9	7.9 - 11.9	1,300	24.6	13.3 - 35.8	200	9.4	7.1 - 11.6	1,000	5.4	2.3 - 8.4	<100
Prenatal depressive symptoms	17.2	14.6 - 19.8	2,200	23.6	12.9 - 34.3	200	17.4	14.4 - 20.4	1,800	12.6	6.7 - 18.5	200
Postpartum depressive symptoms	17.1	14.4 - 19.8	2,200	16.3*	5.6 - 27.1	100	17.7	14.7 - 20.7	1,800	14.1	7.2 - 21.0	200
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	35.8	32.4 - 39.1	4,500	45.3	31.5 - 59.1	400	37.2	33.4 - 41.0	3,800	22.4	15.4 - 29.4	400
Homeless or did not have a regular place to sleep	6.1	4.3 - 8.0	800	7.2*	1.1 - 13.2	<100	6.0	3.9 - 8.1	600	6.4*	1.7 - 11.2	100
Moved due to problems paying rent or mortgage	8.2	6.5 - 9.9	1,100	9.8*	2.1 - 17.4	<100	8.2	6.3 - 10.1	800	7.6*	2.7 - 12.5	100
Woman or partner lost job	13.7	11.5 - 15.9	1,800	26.1	15.0 - 37.2	200	13.3	10.8 - 15.7	1,400	10.3	5.3 - 15.3	200
Woman or partner had pay or hours cut back	14.0	11.6 - 16.3	1,800	8.7*	2.8 - 14.6	<100	15.0	12.2 - 17.7	1,500	10.7	5.5 - 15.8	200
Became separated or divorced	9.0	7.1 - 11.0	1,200	11.9*	4.5 - 19.2	100	8.5	6.2 - 10.7	900	11.0	5.5 - 16.5	200
Had no practical or emotional support	3.2	2.1 - 4.4	400	--			2.5	1.4 - 3.5	300	7.9*	2.6 - 13.2	100
Substance Use												
Any smoking, 3 months before pregnancy	27.0	24.0 - 30.1	3,500	25.5	14.3 - 36.7	200	28.8	25.3 - 32.4	3,000	17.1	9.8 - 24.4	300
Any smoking, 3rd trimester†	12.4	10.0 - 14.8	1,600	13.2*	5.2 - 21.2	100	13.6	10.7 - 16.4	1,400	5.1*	1.8 - 8.4	<100
Any smoking, postpartum	17.4	14.7 - 20.1	2,200	20.9	10.4 - 31.3	200	18.9	15.7 - 22.0	1,900	6.7	2.9 - 10.6	100
Any binge drinking, 3 months before pregnancy	22.3	19.3 - 25.2	2,800	13.3*	3.9 - 22.8	100	24.2	20.8 - 27.5	2,500	15.3	8.9 - 21.6	300
Any alcohol use, 3rd trimester†	7.4	5.7 - 9.1	900	--			7.4	5.4 - 9.4	800	10.3	5.5 - 15.1	200
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	31.8	28.4 - 35.1	4,100	57.0	42.8 - 71.1	500	31.6	27.9 - 35.3	3,300	20.4	12.0 - 28.8	400
Unsure of pregnancy intentions	16.4	13.9 - 18.9	2,100	17.7*	6.5 - 28.9	200	15.4	12.6 - 18.2	1,600	21.7	14.4 - 29.0	400
Postpartum birth control use†	85.7	83.4 - 88.0	10,800	89.2	82.9 - 95.5	700	85.5	82.8 - 88.2	8,600	85.4	79.8 - 91.0	1,500
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.4	77.7 - 83.1	10,200	81.4	71.4 - 91.4	700	81.4	78.6 - 84.3	8,300	73.9	65.0 - 82.8	1,300
Infant always or often shared bed	42.8	39.4 - 46.2	5,400	39.3	25.3 - 53.4	300	43.2	39.3 - 47.0	4,400	42.3	33.2 - 51.4	700
Intended to breastfeed, before birth	93.2	91.3 - 95.1	11,800	88.2*	76.8 - 99.5	700	93.1	91.0 - 95.2	9,400	96.5*	94.0 - 99.1	1,600
Intended to breastfeed exclusively, before birth	79.4	76.5 - 82.3	10,100	72.0	59.4 - 84.6	600	79.7	76.5 - 82.9	8,100	81.6	74.5 - 88.7	1,400
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	87.2	85.0 - 89.5	11,000	73.0	60.3 - 85.7	600	87.5	85.0 - 89.9	8,800	92.7*	87.7 - 97.7	1,600
Exclusive breastfeeding, 1 month after delivery	62.1	58.7 - 65.5	7,700	49.5	35.2 - 63.8	400	62.8	59.0 - 66.5	6,200	64.5	55.8 - 73.2	1,100
Any breastfeeding, 3 months after delivery	76.3	73.0 - 79.6	7,400	48.0	31.6 - 64.5	300	77.7	74.2 - 81.3	6,000	81.8	72.8 - 90.8	1,100
Exclusive breastfeeding, 3 months after delivery	47.3	43.3 - 51.3	4,500	31.4	16.5 - 46.4	200	48.5	44.0 - 53.0	3,700	48.2	37.4 - 59.1	600



MIHA Data Snapshot, North/Mountain Region by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region				15-19 Years				20-34 Years				35 Years or Older			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage																
Had a usual source of pre-pregnancy care	63.4	60.1 - 66.7		8,200	55.6	41.4 - 69.8		500	62.6	58.9 - 66.3		6,500	71.8	63.1 - 80.5		1,300
Initiated prenatal care in 1st trimester	82.7	79.7 - 85.7		10,600	68.0	54.2 - 81.9		600	83.1	79.7 - 86.5		8,500	87.1	81.2 - 93.0		1,500
Mom or infant needed but couldn't afford care postpartum	13.2	10.8 - 15.6		1,700	14.0*	5.5 - 22.6		100	13.2	10.5 - 15.9		1,300	12.6	6.4 - 18.8		200
Participated in WIC during pregnancy†	58.5	55.2 - 61.9		7,400	76.0*	61.7 - 90.3		700	59.8	56.1 - 63.6		6,100	41.9	32.6 - 51.2		700
Received CalFresh (food stamps) during pregnancy	33.0	29.8 - 36.1		4,200	47.6	33.6 - 61.7		400	33.6	30.0 - 37.1		3,400	22.2	15.2 - 29.3		400
Pre-pregnancy insurance																
Medi-Cal	37.3	34.0 - 40.7		4,800	75.8	65.0 - 86.6		700	36.2	32.5 - 40.0		3,700	24.7	16.9 - 32.5		400
Uninsured	20.6	17.8 - 23.4		2,700	12.2*	3.6 - 20.8		100	21.5	18.3 - 24.7		2,200	19.3	11.5 - 27.1		300
Private	38.6	35.3 - 41.9		5,000	10.5*	3.4 - 17.5		<100	38.5	34.8 - 42.2		4,000	52.9	43.8 - 62.0		900
Prenatal insurance																
Medi-Cal	66.2	63.2 - 69.3		8,500	91.4*	85.3 - 97.5		800	67.2	63.7 - 70.6		6,900	48.4	39.3 - 57.5		800
Uninsured	0.7	0.4 - 1.0		<100	--				0.7	0.3 - 1.0		<100	--			
Private	29.3	26.3 - 32.2		3,800	5.6*	1.1 - 10.1		<100	28.5	25.3 - 31.8		2,900	45.3	36.3 - 54.3		800
Maternal postpartum insurance																
Medi-Cal	56.6	53.2 - 59.9		7,200	88.3*	80.8 - 95.8		800	57.1	53.3 - 60.8		5,800	37.7	28.5 - 46.9		700
Uninsured	9.3	7.4 - 11.1		1,200	--				9.3	7.2 - 11.4		900	11.9	6.1 - 17.7		200
Private	32.6	29.5 - 35.7		4,200	7.1*	2.3 - 11.9		<100	31.7	28.2 - 35.1		3,200	50.4	41.3 - 59.5		900
Infant health insurance																
Medi-Cal	70.4	67.4 - 73.3		8,900	94.2*	89.3 - 99.2		800	71.0	67.7 - 74.3		7,200	54.6	45.4 - 63.7		900
Uninsured	2.1	1.3 - 3.0		300	--				2.0	1.1 - 2.9		200	--			
Private	25.4	22.6 - 28.2		3,200	--				24.6	21.6 - 27.7		2,500	41.6	32.6 - 50.5		700
Maternal Demographics																
Did not complete high school (or GED)	12.3	10.0 - 14.5		1,600	39.9	26.1 - 53.8		300	10.0	7.7 - 12.3		1,000	12.1	6.4 - 17.8		200
Unmarried	49.8	46.4 - 53.2		6,400	87.9*	79.3 - 96.5		700	49.8	46.0 - 53.7		5,100	31.0	22.4 - 39.6		500
Race/Ethnicity																
White	70.4	67.2 - 73.6		9,100	61.7	47.7 - 75.8		500	71.3	67.8 - 74.8		7,300	69.3	60.6 - 78.1		1,200
Hispanic	21.3	18.2 - 24.4		2,700	21.9	9.7 - 34.1		200	20.3	16.8 - 23.7		2,100	27.0	18.4 - 35.7		500
Asian/Pacific Islander	2.9	2.0 - 3.8		400	--				2.7	2.0 - 3.4		300	1.9*	0.7 - 3.1		<100
Black	1.1	0.8 - 1.3		100	--				1.3	1.0 - 1.6		100	--			
Born outside the U.S.	12.4	10.1 - 14.8		1,600	0.8*	0.1 - 1.5		<100	11.5	8.9 - 14.0		1,200	23.8	15.5 - 32.2		400
Speaks non-English language at home	10.4	8.1 - 12.6		1,300	--				8.8	6.6 - 11.0		900	20.5	12.1 - 28.8		400
Lives in a high poverty neighborhood	42.5	39.0 - 46.0		5,100	56.4	41.8 - 70.9		500	42.9	38.9 - 46.9		4,100	33.2	24.7 - 41.8		600

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

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

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of North/Mountain Region was 2,023. 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 2013-2015. Population estimate (N) is a three-year average. 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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MIHA Data Snapshot, North/Mountain Region by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			0-4.9% of Residents below Poverty			5-9.9% of Residents below Poverty			10-19.9% of Residents below Poverty			≥ 20% of Residents below Poverty		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		13,000	2.6	1.5 - 3.7	300	13.2	10.5 - 15.8	1,600	41.7	38.2 - 45.2	5,000	42.5	39.0 - 46.0	5,100
Health Status before Pregnancy															
In good to excellent health	89.9	87.7 - 92.2	11,600	--			92.9 *	86.6 - 99.1	1,500	90.4	86.8 - 94.0	4,500	88.7	85.0 - 92.5	4,500
Chronic conditions															
Diabetes†	2.3	1.3 - 3.3	300	--			--			1.5 *	0.4 - 2.7	<100	3.5 *	1.3 - 5.8	200
Hypertension†	4.2	2.7 - 5.8	500	--			--			3.1 *	1.3 - 5.0	200	5.7	2.8 - 8.7	300
Asthma†	11.1	9.0 - 13.2	1,400	15.5 *	1.4 - 29.7	<100	9.4 *	3.1 - 15.7	100	9.4	6.4 - 12.4	500	12.6	9.3 - 15.9	600
Nutrition and Weight															
Daily folic acid use, month before pregnancy	30.6	27.4 - 33.8	4,000	40.4	19.4 - 61.4	100	32.6	22.7 - 42.5	500	34.5	29.2 - 39.7	1,700	26.4	21.6 - 31.2	1,300
Overweight before pregnancy	24.2	21.1 - 27.3	3,000	22.3 *	4.0 - 40.7	<100	25.9	16.0 - 35.9	400	23.0	18.0 - 28.0	1,100	25.8	20.9 - 30.8	1,300
Obese before pregnancy	21.0	18.3 - 23.7	2,600	9.6 *	1.9 - 17.3	<100	20.3	11.8 - 28.8	300	19.2	15.0 - 23.4	900	22.8	18.4 - 27.2	1,100
Inadequate weight gain during pregnancy	12.2	9.9 - 14.5	1,400	--			10.0	4.8 - 15.3	100	12.4	8.3 - 16.4	500	13.4	9.7 - 17.0	600
Excessive weight gain during pregnancy	50.2	46.5 - 53.9	5,600	44.6	22.3 - 66.9	100	44.8	33.3 - 56.2	600	49.7	43.9 - 55.5	2,100	51.4	45.5 - 57.2	2,200
Food insecurity during pregnancy	21.4	18.4 - 24.3	2,700	--			16.5	8.8 - 24.1	200	18.5	14.2 - 22.8	900	25.9	20.8 - 31.1	1,300
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	9.9	7.9 - 11.9	1,300	--			4.7 *	1.2 - 8.3	<100	7.8	4.9 - 10.6	400	13.4	9.7 - 17.1	700
Prenatal depressive symptoms	17.2	14.6 - 19.8	2,200	16.7 *	1.1 - 32.3	<100	13.9	6.1 - 21.6	200	15.2	11.6 - 18.7	800	19.5	14.9 - 24.0	1,000
Postpartum depressive symptoms	17.1	14.4 - 19.8	2,200	--			16.4	7.5 - 25.3	200	14.6	10.9 - 18.3	700	18.6	14.1 - 23.1	900
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	35.8	32.4 - 39.1	4,500	16.7 *	2.3 - 31.1	<100	27.0	17.4 - 36.5	400	32.2	27.1 - 37.2	1,600	43.7	38.3 - 49.2	2,200
Homeless or did not have a regular place to sleep	6.1	4.3 - 8.0	800	--			4.6 *	0.2 - 9.0	<100	5.5	3.0 - 8.0	300	7.0	3.6 - 10.3	400
Moved due to problems paying rent or mortgage	8.2	6.5 - 9.9	1,100	--			4.7 *	0.4 - 8.9	<100	7.8	5.1 - 10.4	400	8.8	6.1 - 11.5	400
Woman or partner lost job	13.7	11.5 - 15.9	1,800	--			7.8	3.5 - 12.0	100	14.9	10.9 - 18.8	700	14.8	11.4 - 18.1	700
Woman or partner had pay or hours cut back	14.0	11.6 - 16.3	1,800	--			12.4	6.1 - 18.7	200	16.0	11.9 - 20.2	800	13.4	9.8 - 17.0	700
Became separated or divorced	9.0	7.1 - 11.0	1,200	--			--			8.9	5.8 - 12.1	400	11.0	7.4 - 14.5	600
Had no practical or emotional support	3.2	2.1 - 4.4	400	--			--			3.2 *	1.3 - 5.2	200	4.7	2.5 - 6.9	200
Substance Use															
Any smoking, 3 months before pregnancy	27.0	24.0 - 30.1	3,500	--			18.4	10.6 - 26.3	300	23.1	18.5 - 27.7	1,100	33.1	27.8 - 38.3	1,700
Any smoking, 3rd trimester†	12.4	10.0 - 14.8	1,600	--			3.7 *	0.5 - 7.0	<100	11.9	8.1 - 15.8	600	15.7	11.5 - 19.9	800
Any smoking, postpartum	17.4	14.7 - 20.1	2,200	--			7.4 *	2.5 - 12.3	100	15.7	11.6 - 19.8	800	23.0	18.2 - 27.8	1,200
Any binge drinking, 3 months before pregnancy	22.3	19.3 - 25.2	2,800	28.1 *	7.9 - 48.3	<100	19.8	11.6 - 28.0	300	22.2	17.5 - 27.0	1,100	21.9	17.5 - 26.3	1,100
Any alcohol use, 3rd trimester†	7.4	5.7 - 9.1	900	--			4.3 *	1.6 - 6.9	<100	9.7	6.4 - 13.0	500	6.3	3.9 - 8.7	300
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	31.8	28.4 - 35.1	4,100	23.1 *	3.7 - 42.5	<100	30.0	19.9 - 40.0	500	32.6	27.4 - 37.8	1,600	32.4	27.1 - 37.7	1,600
Unsure of pregnancy intentions	16.4	13.9 - 18.9	2,100	--			16.3 *	6.7 - 25.8	300	16.2	12.2 - 20.3	800	16.7	13.0 - 20.5	800
Postpartum birth control use†	85.7	83.4 - 88.0	10,800	--			85.8	78.5 - 93.1	1,300	87.7	84.3 - 91.1	4,300	84.5	80.6 - 88.3	4,200
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.4	77.7 - 83.1	10,200	80.8 *	64.3 - 97.3	300	77.7	68.0 - 87.4	1,100	80.2	76.0 - 84.3	3,900	80.5	76.3 - 84.7	4,000
Infant always or often shared bed	42.8	39.4 - 46.2	5,400	29.9 *	9.9 - 49.9	<100	31.9	22.4 - 41.4	500	42.4	37.0 - 47.8	2,100	46.3	40.7 - 51.8	2,300
Intended to breastfeed, before birth	93.2	91.3 - 95.1	11,800	--			--			94.0	90.8 - 97.1	4,600	90.7	87.5 - 94.0	4,500
Intended to breastfeed exclusively, before birth	79.4	76.5 - 82.3	10,100	--			81.0	71.8 - 90.1	1,200	84.8	80.7 - 88.8	4,100	74.2	69.5 - 78.9	3,700
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	87.2	85.0 - 89.5	11,000	--			94.3 *	89.1 - 99.4	1,400	89.8	86.9 - 92.8	4,400	83.0	78.9 - 87.2	4,100
Exclusive breastfeeding, 1 month after delivery	62.1	58.7 - 65.5	7,700	78.9 *	62.1 - 95.6	200	73.2	64.0 - 82.3	1,000	63.1	57.8 - 68.4	3,000	58.3	52.8 - 63.7	2,900
Any breastfeeding, 3 months after delivery	76.3	73.0 - 79.6	7,400	--			74.2	62.2 - 86.2	900	83.7	79.6 - 87.7	3,200	69.0	63.4 - 74.7	2,600
Exclusive breastfeeding, 3 months after delivery	47.3	43.3 - 51.3	4,500	54.5	29.9 - 79.1	100	56.8	44.5 - 69.1	700	52.3	45.9 - 58.7	2,000	40.0	33.8 - 46.3	1,500



MIHA Data Snapshot, North/Mountain Region by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			0-4.9% of Residents below Poverty			5-9.9% of Residents below Poverty			10-19.9% of Residents below Poverty			≥ 20% of Residents below Poverty		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage															
Had a usual source of pre-pregnancy care	63.4	60.1 - 66.7	8,200	55.8	33.4 - 78.3	200	69.4	59.3 - 79.4	1,100	67.3	62.4 - 72.3	3,400	58.6	53.2 - 63.9	3,000
Initiated prenatal care in 1st trimester	82.7	79.7 - 85.7	10,600	--			77.2	66.1 - 88.3	1,200	85.7	81.4 - 90.1	4,200	81.6	76.7 - 86.5	4,100
Mom or infant needed but couldn't afford care postpartum	13.2	10.8 - 15.6	1,700	--			13.2	5.6 - 20.7	200	10.9	7.9 - 13.9	500	15.3	11.0 - 19.6	700
Participated in WIC during pregnancy†	58.5	55.2 - 61.9	7,400	33.2 *	13.0 - 53.4	100	46.4	35.6 - 57.1	700	51.4	45.9 - 56.8	2,500	68.0	62.9 - 73.0	3,400
Received CalFresh (food stamps) during pregnancy	33.0	29.8 - 36.1	4,200	--			20.5	12.8 - 28.2	300	27.7	22.9 - 32.6	1,400	40.5	35.3 - 45.7	2,000
Pre-pregnancy insurance															
Medi-Cal	37.3	34.0 - 40.7	4,800	15.5 *	3.3 - 27.6	<100	29.9	19.3 - 40.5	500	33.3	28.0 - 38.5	1,700	44.0	38.7 - 49.3	2,200
Uninsured	20.6	17.8 - 23.4	2,700	--			16.4	8.9 - 23.9	300	18.5	14.3 - 22.7	900	23.5	18.7 - 28.2	1,200
Private	38.6	35.3 - 41.9	5,000	62.1	40.8 - 83.4	200	44.1	33.4 - 54.8	700	45.0	39.7 - 50.3	2,200	30.1	25.3 - 34.8	1,500
Prenatal insurance															
Medi-Cal	66.2	63.2 - 69.3	8,500	46.3	24.7 - 68.0	100	54.9	44.4 - 65.4	800	60.3	55.1 - 65.5	3,000	75.0	70.8 - 79.2	3,800
Uninsured	0.7	0.4 - 1.0	<100	--			--			0.8 *	0.2 - 1.4	<100	0.6 *	0.2 - 0.9	<100
Private	29.3	26.3 - 32.2	3,800	52.5	30.9 - 74.1	200	36.4	26.6 - 46.1	500	36.3	31.2 - 41.4	1,800	20.3	16.5 - 24.1	1,000
Maternal postpartum insurance															
Medi-Cal	56.6	53.2 - 59.9	7,200	33.6 *	12.7 - 54.5	100	45.2	34.4 - 56.0	700	49.8	44.4 - 55.3	2,500	66.6	61.8 - 71.4	3,300
Uninsured	9.3	7.4 - 11.1	1,200	--			8.6 *	3.0 - 14.1	100	9.6	6.6 - 12.6	500	9.6	6.5 - 12.6	500
Private	32.6	29.5 - 35.7	4,200	55.3	33.7 - 77.0	200	40.5	30.3 - 50.6	600	39.8	34.6 - 45.1	2,000	22.5	18.5 - 26.5	1,100
Infant health insurance															
Medi-Cal	70.4	67.4 - 73.3	8,900	45.8	24.2 - 67.4	100	56.8	46.3 - 67.4	800	65.0	60.0 - 70.1	3,200	79.2	75.3 - 83.1	3,900
Uninsured	2.1	1.3 - 3.0	300	--			1.4 *	0.3 - 2.5	<100	3.1 *	1.2 - 5.0	200	1.7 *	0.7 - 2.7	<100
Private	25.4	22.6 - 28.2	3,200	54.2	32.6 - 75.8	200	37.7	27.7 - 47.7	600	30.9	26.1 - 35.8	1,500	15.9	12.6 - 19.2	800
Maternal Demographics															
Age															
15-19	6.7	4.9 - 8.5	900	--			6.4 *	0.4 - 12.4	100	5.1	2.5 - 7.8	300	9.1	5.9 - 12.2	500
20-34	79.7	77.0 - 82.5	10,300	70.0 *	49.8 - 90.3	200	83.0	74.1 - 91.8	1,300	77.7	73.1 - 82.2	3,900	79.9	75.7 - 84.2	4,100
35+	13.6	11.3 - 15.9	1,800	30.0 *	9.7 - 50.2	<100	10.6 *	3.4 - 17.8	200	17.2	13.2 - 21.2	900	11.0	7.8 - 14.2	600
Did not complete high school (or GED)	12.3	10.0 - 14.5	1,600	--			9.6 *	3.1 - 16.1	100	8.4	5.4 - 11.3	400	16.1	12.1 - 20.1	800
Unmarried	49.8	46.4 - 53.2	6,400	33.4 *	12.3 - 54.4	100	29.6	20.7 - 38.5	400	45.3	39.9 - 50.8	2,200	58.0	52.8 - 63.3	2,900
Race/Ethnicity															
White	70.4	67.2 - 73.6	9,100	75.0 *	55.9 - 94.1	200	72.7	62.1 - 83.2	1,100	75.0	70.1 - 79.9	3,700	67.1	62.0 - 72.1	3,400
Hispanic	21.3	18.2 - 24.4	2,700	23.5 *	4.4 - 42.6	<100	22.0	11.5 - 32.5	300	19.4	14.7 - 24.2	1,000	22.1	17.4 - 26.9	1,100
Asian/Pacific Islander	2.9	2.0 - 3.8	400	--			2.1 *	0.7 - 3.6	<100	2.0	1.1 - 2.9	<100	4.6	2.5 - 6.7	200
Black	1.1	0.8 - 1.3	100	--			--			1.2	0.7 - 1.7	<100	1.2	0.5 - 1.8	<100
Born outside the U.S.	12.4	10.1 - 14.8	1,600	--			16.6	7.2 - 26.0	300	12.4	8.6 - 16.1	600	11.2	8.0 - 14.5	600
Speaks non-English language at home	10.4	8.1 - 12.6	1,300	--			8.6 *	1.1 - 16.2	100	10.1	6.5 - 13.7	500	10.8	7.5 - 14.1	500
Income as a percent of the Federal Poverty Guideline															
0-100%	44.7	41.3 - 48.2	5,500	--			37.1	26.1 - 48.0	500	39.4	34.0 - 44.9	1,900	51.4	45.9 - 56.9	2,500
101-200%	27.8	24.6 - 31.0	3,400	23.2 *	4.8 - 41.6	<100	24.6	15.2 - 34.0	300	26.8	21.9 - 31.6	1,300	30.7	25.4 - 36.0	1,500
> 200%	27.4	24.5 - 30.4	3,400	59.1	36.9 - 81.3	200	38.3	27.9 - 48.7	500	33.8	28.6 - 39.0	1,600	18.0	14.4 - 21.5	900

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

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

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of North/Mountain Region was 2,023. 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 2013-2015. Population estimate (N) is a three-year average. Neighborhood poverty is the percentage of residents with incomes below poverty in a woman's census tract. 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.



MIHA Data Snapshot, North/Mountain Region by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		13,000	66.2	63.2 - 69.3	8,500	29.3	26.3 - 32.2	3,800
Health Status before Pregnancy									
In good to excellent health	89.9	87.7 - 92.2	11,600	87.1	84.0 - 90.2	7,400	97.1 *	95.2 - 99.0	3,700
Chronic conditions									
Diabetes†	2.3	1.3 - 3.3	300	3.3	1.7 - 4.8	300	--		
Hypertension†	4.2	2.7 - 5.8	500	5.1	3.0 - 7.2	400	2.0 *	0.4 - 3.5	<100
Asthma†	11.1	9.0 - 13.2	1,400	11.4	8.7 - 14.1	1,000	10.3	6.7 - 14.0	400
Nutrition and Weight									
Daily folic acid use, month before pregnancy	30.6	27.4 - 33.8	4,000	24.6	20.6 - 28.6	2,100	45.6	39.9 - 51.4	1,700
Overweight before pregnancy	24.2	21.1 - 27.3	3,000	25.8	21.7 - 29.8	2,100	20.4	15.7 - 25.1	800
Obese before pregnancy	21.0	18.3 - 23.7	2,600	22.3	18.8 - 25.7	1,800	20.3	15.4 - 25.3	800
Inadequate weight gain during pregnancy	12.2	9.9 - 14.5	1,400	12.6	9.6 - 15.7	900	12.8	8.8 - 16.9	400
Excessive weight gain during pregnancy	50.2	46.5 - 53.9	5,600	51.8	47.0 - 56.6	3,700	46.0	40.0 - 52.0	1,600
Food insecurity during pregnancy	21.4	18.4 - 24.3	2,700	27.7	23.7 - 31.8	2,300	6.2	3.1 - 9.2	200
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	9.9	7.9 - 11.9	1,300	13.7	10.8 - 16.6	1,200	1.3 *	0.4 - 2.2	<100
Prenatal depressive symptoms	17.2	14.6 - 19.8	2,200	20.3	16.8 - 23.8	1,700	8.4	5.4 - 11.3	300
Postpartum depressive symptoms	17.1	14.4 - 19.8	2,200	20.5	16.8 - 24.1	1,700	9.4	6.4 - 12.4	400
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	35.8	32.4 - 39.1	4,500	41.8	37.3 - 46.2	3,500	24.3	19.2 - 29.4	900
Homeless or did not have a regular place to sleep	6.1	4.3 - 8.0	800	8.4	5.8 - 11.0	700	--		
Moved due to problems paying rent or mortgage	8.2	6.5 - 9.9	1,100	10.4	8.0 - 12.7	900	2.4 *	0.6 - 4.2	<100
Woman or partner lost job	13.7	11.5 - 15.9	1,800	17.5	14.4 - 20.6	1,500	5.7	3.1 - 8.4	200
Woman or partner had pay or hours cut back	14.0	11.6 - 16.3	1,800	15.4	12.6 - 18.3	1,300	10.5	5.9 - 15.1	400
Became separated or divorced	9.0	7.1 - 11.0	1,200	11.8	9.0 - 14.6	1,000	1.8 *	0.6 - 3.1	<100
Had no practical or emotional support	3.2	2.1 - 4.4	400	3.6	2.2 - 5.1	300	--		
Substance Use									
Any smoking, 3 months before pregnancy	27.0	24.0 - 30.1	3,500	33.7	29.6 - 37.8	2,900	11.7	7.9 - 15.6	400
Any smoking, 3rd trimester†	12.4	10.0 - 14.8	1,600	17.1	13.8 - 20.4	1,500	2.7 *	0.3 - 5.1	100
Any smoking, postpartum	17.4	14.7 - 20.1	2,200	22.2	18.6 - 25.8	1,900	7.4	3.8 - 11.1	300
Any binge drinking, 3 months before pregnancy	22.3	19.3 - 25.2	2,800	21.7	18.1 - 25.3	1,800	22.7	17.6 - 27.8	800
Any alcohol use, 3rd trimester†	7.4	5.7 - 9.1	900	4.9	3.3 - 6.5	400	12.8	8.4 - 17.2	500
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	31.8	28.4 - 35.1	4,100	37.9	33.5 - 42.2	3,200	17.8	13.4 - 22.1	700
Unsure of pregnancy intentions	16.4	13.9 - 18.9	2,100	18.3	15.1 - 21.4	1,600	11.9	7.9 - 15.9	400
Postpartum birth control use†	85.7	83.4 - 88.0	10,800	84.3	81.2 - 87.4	7,000	90.5	88.0 - 93.0	3,400
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.4	77.7 - 83.1	10,200	79.4	76.0 - 82.8	6,600	82.0	77.6 - 86.4	3,100
Infant always or often shared bed	42.8	39.4 - 46.2	5,400	47.0	42.5 - 51.4	3,900	32.3	26.9 - 37.7	1,200
Intended to breastfeed, before birth	93.2	91.3 - 95.1	11,800	91.7	89.0 - 94.4	7,700	96.3 *	93.9 - 98.7	3,600
Intended to breastfeed exclusively, before birth	79.4	76.5 - 82.3	10,100	76.0	72.2 - 79.9	6,400	86.2	82.1 - 90.2	3,200
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	87.2	85.0 - 89.5	11,000	84.5	81.4 - 87.6	7,000	93.3	90.2 - 96.3	3,500
Exclusive breastfeeding, 1 month after delivery	62.1	58.7 - 65.5	7,700	58.6	54.2 - 63.0	4,800	68.5	63.0 - 74.0	2,500
Any breastfeeding, 3 months after delivery	76.3	73.0 - 79.6	7,400	71.7	67.3 - 76.1	4,600	87.2	82.6 - 91.8	2,400
Exclusive breastfeeding, 3 months after delivery	47.3	43.3 - 51.3	4,500	41.2	36.1 - 46.2	2,600	59.7	53.0 - 66.5	1,600



MIHA Data Snapshot, North/Mountain Region by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region				Medi-Cal				Private			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	63.4	60.1	- 66.7	8,200	59.0	54.7	- 63.3	5,000	75.9	71.1	- 80.7	2,900
Initiated prenatal care in 1st trimester	82.7	79.7	- 85.7	10,600	78.2	74.2	- 82.3	6,600	94.7	91.8	- 97.5	3,600
Mom or infant needed but couldn't afford care postpartum	13.2	10.8	- 15.6	1,700	15.4	12.2	- 18.7	1,300	6.9	3.7	- 10.1	300
Participated in WIC during pregnancy†	58.5	55.2	- 61.9	7,400	79.1	75.4	- 82.8	6,700	14.0	10.1	- 17.8	500
Received CalFresh (food stamps) during pregnancy	33.0	29.8	- 36.1	4,200	49.0	44.7	- 53.3	4,100	--			
Pre-pregnancy insurance												
Medi-Cal	37.3	34.0	- 40.7	4,800	55.8	51.4	- 60.1	4,800	--			
Uninsured	20.6	17.8	- 23.4	2,700	26.7	22.8	- 30.6	2,300	3.1 *	1.1	- 5.1	100
Private	38.6	35.3	- 41.9	5,000	14.7	11.4	- 18.0	1,300	96.2	94.1	- 98.3	3,600
Maternal postpartum insurance												
Medi-Cal	56.6	53.2	- 59.9	7,200	82.6	79.3	- 85.8	7,000	3.9 *	1.2	- 6.6	100
Uninsured	9.3	7.4	- 11.1	1,200	10.7	8.1	- 13.3	900	2.3 *	0.6	- 3.9	<100
Private	32.6	29.5	- 35.7	4,200	6.3	4.1	- 8.5	500	93.7	90.6	- 96.8	3,500
Infant health insurance												
Medi-Cal	70.4	67.4	- 73.3	8,900	96.8	95.4	- 98.2	8,000	16.3	11.8	- 20.7	600
Uninsured	2.1	1.3	- 3.0	300	0.6 *	0.2	- 1.0	<100	3.9 *	1.4	- 6.3	100
Private	25.4	22.6	- 28.2	3,200	1.8	0.9	- 2.7	100	79.6	74.7	- 84.4	3,000
Maternal Demographics												
Age												
15-19	6.7	4.9	- 8.5	900	9.3	6.6	- 11.9	800	1.3 *	0.3	- 2.3	<100
20-34	79.7	77.0	- 82.5	10,300	80.8	77.3	- 84.3	6,900	77.7	72.9	- 82.5	2,900
35+	13.6	11.3	- 15.9	1,800	9.9	7.3	- 12.5	800	21.0	16.3	- 25.7	800
Did not complete high school (or GED)	12.3	10.0	- 14.5	1,600	17.7	14.4	- 21.0	1,500	--			
Unmarried	49.8	46.4	- 53.2	6,400	66.0	61.8	- 70.1	5,600	17.7	13.4	- 22.0	700
Race/Ethnicity												
White	70.4	67.2	- 73.6	9,100	63.7	59.5	- 67.9	5,400	84.9	81.1	- 88.7	3,200
Hispanic	21.3	18.2	- 24.4	2,700	26.3	22.2	- 30.5	2,200	9.7	6.3	- 13.1	400
Asian/Pacific Islander	2.9	2.0	- 3.8	400	3.2	1.9	- 4.4	300	2.8	1.5	- 4.0	100
Black	1.1	0.8	- 1.3	100	1.3	0.9	- 1.7	100	0.7 *	0.2	- 1.2	<100
Born outside the U.S.	12.4	10.1	- 14.8	1,600	14.9	11.7	- 18.2	1,300	6.7	4.1	- 9.4	300
Speaks non-English language at home	10.4	8.1	- 12.6	1,300	13.9	10.7	- 17.0	1,200	3.8	1.7	- 5.9	100
Lives in a high poverty neighborhood	42.5	39.0	- 46.0	5,100	48.8	44.2	- 53.4	3,800	29.0	23.9	- 34.0	1,000
Income as a percent of the Federal Poverty Guideline												
0-100%	44.7	41.3	- 48.2	5,500	63.5	59.1	- 67.9	5,200	6.3	3.3	- 9.3	200
101-200%	27.8	24.6	- 31.0	3,400	30.6	26.4	- 34.9	2,500	19.3	14.8	- 23.8	700
> 200%	27.4	24.5	- 30.4	3,400	5.9	3.7	- 8.0	500	74.4	69.4	- 79.5	2,700

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

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

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

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MIHA Data Snapshot, North/Mountain Region by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		13,000	21.3	18.2 - 24.4	2,700	1.1	0.8 - 1.3	100	70.4	67.2 - 73.6	9,100	2.9	2.0 - 3.8	400
Health Status before Pregnancy															
In good to excellent health	89.9	87.7 - 92.2	11,600	85.1	78.0 - 92.1	2,300	79.2 *	59.4 - 99.0	100	91.7	89.4 - 94.0	8,300	92.1 *	85.4 - 98.8	300
Chronic conditions															
Diabetes†	2.3	1.3 - 3.3	300	3.1 *	0.5 - 5.6	<100	--			1.5 *	0.4 - 2.5	100	4.6 *	0.3 - 8.9	<100
Hypertension†	4.2	2.7 - 5.8	500	2.8 *	0.3 - 5.3	<100	--			4.4	2.5 - 6.4	400	--		
Asthma†	11.1	9.0 - 13.2	1,400	7.8 *	2.6 - 12.9	200	27.3 *	7.3 - 47.3	<100	12.3	9.8 - 14.8	1,100	5.6 *	0.7 - 10.5	<100
Nutrition and Weight															
Daily folic acid use, month before pregnancy	30.6	27.4 - 33.8	4,000	27.8	20.0 - 35.5	800	31.6 *	11.1 - 52.1	<100	31.6	27.9 - 35.4	2,900	31.9	13.1 - 50.6	100
Overweight before pregnancy	24.2	21.1 - 27.3	3,000	29.4	20.9 - 37.9	700	19.2 *	1.6 - 36.8	<100	22.5	19.0 - 26.0	2,000	23.2	12.4 - 34.0	<100
Obese before pregnancy	21.0	18.3 - 23.7	2,600	24.1	16.8 - 31.4	600	34.5 *	13.1 - 55.9	<100	19.7	16.6 - 22.8	1,800	13.6	6.6 - 20.7	<100
Inadequate weight gain during pregnancy	12.2	9.9 - 14.5	1,400	17.2	9.6 - 24.8	400	22.0 *	2.1 - 42.0	<100	9.8	7.6 - 11.9	800	26.5	14.8 - 38.3	<100
Excessive weight gain during pregnancy	50.2	46.5 - 53.9	5,600	43.4	33.8 - 53.1	1,000	61.7 *	40.0 - 83.4	<100	53.0	48.7 - 57.3	4,200	24.0	14.8 - 33.2	<100
Food insecurity during pregnancy	21.4	18.4 - 24.3	2,700	24.0	16.4 - 31.5	600	16.4 *	4.4 - 28.4	<100	20.4	16.9 - 23.8	1,800	19.1	9.2 - 29.0	<100
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	9.9	7.9 - 11.9	1,300	10.2	5.5 - 14.9	300	26.7 *	5.4 - 47.9	<100	9.2	6.9 - 11.6	800	6.0 *	0.8 - 11.3	<100
Prenatal depressive symptoms	17.2	14.6 - 19.8	2,200	22.8	15.3 - 30.3	600	25.8 *	5.5 - 46.1	<100	15.6	12.7 - 18.4	1,400	10.2 *	4.1 - 16.3	<100
Postpartum depressive symptoms	17.1	14.4 - 19.8	2,200	20.6	13.8 - 27.5	600	--			16.1	13.0 - 19.2	1,500	10.2 *	4.1 - 16.2	<100
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	35.8	32.4 - 39.1	4,500	28.7	20.9 - 36.5	800	56.9	37.5 - 76.3	<100	38.2	34.2 - 42.2	3,400	15.0 *	5.5 - 24.5	<100
Homeless or did not have a regular place to sleep	6.1	4.3 - 8.0	800	5.2 *	1.3 - 9.2	100	--			6.2	4.0 - 8.5	600	--		
Moved due to problems paying rent or mortgage	8.2	6.5 - 9.9	1,100	5.2	2.2 - 8.3	100	--			8.6	6.5 - 10.8	800	10.1 *	2.0 - 18.3	<100
Woman or partner lost job	13.7	11.5 - 15.9	1,800	12.0	7.0 - 17.0	300	22.4 *	5.0 - 39.8	<100	14.3	11.6 - 17.0	1,300	9.3 *	1.4 - 17.2	<100
Woman or partner had pay or hours cut back	14.0	11.6 - 16.3	1,800	14.2	8.3 - 20.2	400	17.3 *	2.8 - 31.9	<100	14.3	11.5 - 17.1	1,300	11.0 *	3.2 - 18.9	<100
Became separated or divorced	9.0	7.1 - 11.0	1,200	8.1 *	2.8 - 13.4	200	--			9.9	7.6 - 12.1	900	--		
Had no practical or emotional support	3.2	2.1 - 4.4	400	5.9	2.7 - 9.1	200	--			2.5	1.2 - 3.8	200	--		
Substance Use															
Any smoking, 3 months before pregnancy	27.0	24.0 - 30.1	3,500	13.0	7.9 - 18.1	400	44.4	24.7 - 64.0	<100	31.5	27.7 - 35.4	2,800	6.5 *	1.9 - 11.2	<100
Any smoking, 3rd trimester†	12.4	10.0 - 14.8	1,600	3.7 *	0.3 - 7.0	100	--			14.9	11.8 - 18.0	1,300	--		
Any smoking, postpartum	17.4	14.7 - 20.1	2,200	9.7	4.8 - 14.6	300	31.0 *	12.1 - 50.0	<100	19.8	16.4 - 23.2	1,800	--		
Any binge drinking, 3 months before pregnancy	22.3	19.3 - 25.2	2,800	16.0	9.8 - 22.2	400	--			24.8	21.2 - 28.4	2,200	--		
Any alcohol use, 3rd trimester†	7.4	5.7 - 9.1	900	4.2 *	1.6 - 6.7	100	--			8.3	6.1 - 10.5	700	--		
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	31.8	28.4 - 35.1	4,100	37.6	28.9 - 46.3	1,000	26.1	12.6 - 39.7	<100	31.0	27.2 - 34.8	2,800	21.9	11.6 - 32.1	<100
Unsure of pregnancy intentions	16.4	13.9 - 18.9	2,100	18.8	11.6 - 26.1	500	19.9 *	1.8 - 37.9	<100	14.6	11.9 - 17.3	1,300	10.9 *	2.9 - 19.0	<100
Postpartum birth control use†	85.7	83.4 - 88.0	10,800	92.8	89.5 - 96.1	2,500	--			84.5	81.5 - 87.4	7,500	82.7	73.5 - 92.0	300
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.4	77.7 - 83.1	10,200	82.2	76.3 - 88.2	2,200	80.0 *	65.7 - 94.3	<100	80.8	77.6 - 84.1	7,200	76.4	65.5 - 87.4	300
Infant always or often shared bed	42.8	39.4 - 46.2	5,400	46.4	37.9 - 54.8	1,200	58.2	39.1 - 77.4	<100	40.7	36.7 - 44.7	3,600	65.4	51.9 - 78.9	200
Intended to breastfeed, before birth	93.2	91.3 - 95.1	11,800	92.9 *	87.6 - 98.2	2,500	--			94.6	92.8 - 96.5	8,400	63.0	44.9 - 81.1	200
Intended to breastfeed exclusively, before birth	79.4	76.5 - 82.3	10,100	67.3	59.0 - 75.6	1,800	77.7 *	60.2 - 95.1	<100	85.3	82.6 - 88.0	7,600	32.0	19.0 - 45.0	100
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	87.2	85.0 - 89.5	11,000	89.8	85.1 - 94.5	2,400	72.4	60.3 - 84.5	<100	88.1	85.5 - 90.8	7,800	50.4	33.9 - 66.8	200
Exclusive breastfeeding, 1 month after delivery	62.1	58.7 - 65.5	7,700	53.9	45.3 - 62.5	1,400	38.4	20.7 - 56.1	<100	66.6	62.8 - 70.4	5,800	25.2	13.7 - 36.7	<100
Any breastfeeding, 3 months after delivery	76.3	73.0 - 79.6	7,400	77.1	69.0 - 85.2	1,700	50.5	27.8 - 73.2	<100	79.1	75.5 - 82.7	5,300	36.7	20.2 - 53.3	100
Exclusive breastfeeding, 3 months after delivery	47.3	43.3 - 51.3	4,500	36.0	26.9 - 45.1	800	--			53.8	49.1 - 58.5	3,500	17.1 *	5.8 - 28.3	<100



MIHA Data Snapshot, North/Mountain Region by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage															
Had a usual source of pre-pregnancy care	63.4	60.1 - 66.7	8,200	59.5	51.1 - 68.0	1,600	71.8*	53.4 - 90.1	<100	63.1	59.3 - 67.0	5,700	55.5	38.8 - 72.2	200
Initiated prenatal care in 1st trimester	82.7	79.7 - 85.7	10,600	75.6	66.9 - 84.4	2,000	66.0	47.2 - 84.7	<100	85.2	82.0 - 88.4	7,600	82.2	73.5 - 90.8	300
Mom or infant needed but couldn't afford care postpartum	13.2	10.8 - 15.6	1,700	12.9	7.8 - 18.0	300	--			14.0	11.0 - 17.0	1,200	5.7*	0.5 - 10.9	<100
Participated in WIC during pregnancy†	58.5	55.2 - 61.9	7,400	78.8	71.8 - 85.8	2,100	82.7*	70.5 - 94.9	100	50.7	46.6 - 54.7	4,500	74.5	63.0 - 86.0	300
Received CalFresh (food stamps) during pregnancy	33.0	29.8 - 36.1	4,200	37.0	29.0 - 45.1	1,000	65.7	52.1 - 79.4	<100	29.0	25.4 - 32.5	2,600	52.0	36.4 - 67.6	200
Pre-pregnancy insurance															
Medi-Cal	37.3	34.0 - 40.7	4,800	44.9	36.3 - 53.4	1,200	51.9	36.5 - 67.3	<100	32.6	28.9 - 36.4	3,000	54.0	38.6 - 69.3	200
Uninsured	20.6	17.8 - 23.4	2,700	31.8	24.0 - 39.7	900	--			18.2	15.1 - 21.3	1,600	9.5*	1.5 - 17.5	<100
Private	38.6	35.3 - 41.9	5,000	22.5	15.9 - 29.1	600	22.1*	8.5 - 35.7	<100	45.2	41.2 - 49.2	4,100	34.3	21.1 - 47.5	100
Prenatal insurance															
Medi-Cal	66.2	63.2 - 69.3	8,500	83.7	78.5 - 88.8	2,200	81.8*	69.7 - 93.8	100	59.9	56.0 - 63.8	5,400	71.3	59.0 - 83.6	300
Uninsured	0.7	0.4 - 1.0	<100	--			--			0.8	0.4 - 1.2	<100	--		
Private	29.3	26.3 - 32.2	3,800	13.5	8.7 - 18.2	400	18.2*	6.2 - 30.3	<100	34.8	31.1 - 38.5	3,200	27.3	15.3 - 39.3	100
Maternal postpartum insurance															
Medi-Cal	56.6	53.2 - 59.9	7,200	62.1	54.2 - 70.0	1,600	83.9*	72.5 - 95.3	100	53.0	49.0 - 57.0	4,800	65.5	52.2 - 78.9	200
Uninsured	9.3	7.4 - 11.1	1,200	17.1	11.5 - 22.8	500	--			7.8	5.8 - 9.9	700	--		
Private	32.6	29.5 - 35.7	4,200	20.1	13.5 - 26.7	500	15.1*	4.1 - 26.1	<100	37.4	33.6 - 41.2	3,400	32.9	19.8 - 46.0	100
Infant health insurance															
Medi-Cal	70.4	67.4 - 73.3	8,900	88.8	84.7 - 92.8	2,400	82.0*	69.4 - 94.6	100	63.9	60.1 - 67.7	5,600	79.1	68.2 - 89.9	300
Uninsured	2.1	1.3 - 3.0	300	0.9*	0.1 - 1.8	<100	--			2.6	1.5 - 3.8	200	--		
Private	25.4	22.6 - 28.2	3,200	9.9	6.0 - 13.9	300	16.9*	4.7 - 29.1	<100	30.8	27.2 - 34.4	2,700	20.9	10.1 - 31.8	<100
Maternal Demographics															
Age															
15-19	6.7	4.9 - 8.5	900	6.8*	2.6 - 11.1	200	--			5.8	3.9 - 7.8	500	--		
20-34	79.7	77.0 - 82.5	10,300	76.0	68.9 - 83.1	2,100	--			80.9	77.8 - 84.0	7,300	73.8*	54.6 - 93.0	300
35+	13.6	11.3 - 15.9	1,800	17.1	11.0 - 23.3	500	--			13.3	10.6 - 15.9	1,200	8.8*	2.9 - 14.6	<100
Did not complete high school (or GED)															
Unmarried	12.3	10.0 - 14.5	1,600	22.4	15.7 - 29.0	600	26.3*	2.0 - 50.6	<100	8.7	6.4 - 11.0	800	--		
Born outside the U.S.	49.8	46.4 - 53.2	6,400	53.7	45.3 - 62.1	1,400	84.8*	71.9 - 97.7	100	46.4	42.4 - 50.5	4,200	52.5	36.9 - 68.1	200
Speaks non-English language at home	12.4	10.1 - 14.8	1,600	44.3	35.9 - 52.6	1,200	--			2.4*	0.9 - 3.8	200	46.7	31.3 - 62.2	200
Lives in a high poverty neighborhood	10.4	8.1 - 12.6	1,300	38.8	30.6 - 47.1	1,000	--			0.7*	0.2 - 1.2	<100	56.1	40.6 - 71.7	200
Income as a percent of the Federal Poverty Guideline															
0-100%	42.5	39.0 - 46.0	5,100	44.8	36.1 - 53.5	1,100	44.6	26.1 - 63.2	<100	40.0	35.9 - 44.1	3,400	62.6	48.6 - 76.6	200
101-200%	44.7	41.3 - 48.2	5,500	57.4	49.0 - 65.9	1,500	75.9	61.9 - 89.9	100	38.9	34.9 - 42.9	3,400	51.2	34.9 - 67.5	200
> 200%	27.8	24.6 - 31.0	3,400	32.7	24.5 - 40.8	800	--			28.0	24.2 - 31.8	2,400	22.4	11.8 - 33.0	<100
	27.4	24.5 - 30.4	3,400	9.9	5.8 - 13.9	200	14.6*	3.0 - 26.3	<100	33.1	29.3 - 36.9	2,900	26.4	14.2 - 38.6	<100

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

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

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of North/Mountain Region was 2,023. 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 2013-2015. Population estimate (N) is a three-year average. 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.

Table Citation: Maternal and Infant Health Assessment (MIHA) Survey County and Regional Data Snapshots for Subgroups, 2013-2015. California Department of Public Health; 2018.



MIHA Data Snapshot, North/Mountain Region by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		13,000	39.1	35.7 - 42.4	5,100	60.9	57.6 - 64.3	7,900
Health Status before Pregnancy									
In good to excellent health	89.9	87.7 - 92.2	11,600	90.1	86.2 - 94.0	4,600	89.8	87.0 - 92.6	7,100
Chronic conditions									
Diabetes†	2.3	1.3 - 3.3	300	2.3 *	0.4 - 4.1	100	2.3	1.1 - 3.5	200
Hypertension†	4.2	2.7 - 5.8	500	4.6	1.9 - 7.3	200	4.0	2.2 - 5.8	300
Asthma†	11.1	9.0 - 13.2	1,400	14.1	10.3 - 17.9	700	9.2	6.7 - 11.6	700
Nutrition and Weight									
Daily folic acid use, month before pregnancy	30.6	27.4 - 33.8	4,000	33.3	28.1 - 38.5	1,700	28.9	24.8 - 32.9	2,300
Overweight before pregnancy	24.2	21.1 - 27.3	3,000	21.3	16.5 - 26.0	1,100	26.0	22.0 - 30.1	2,000
Obese before pregnancy	21.0	18.3 - 23.7	2,600	17.7	13.6 - 21.8	900	23.2	19.6 - 26.8	1,800
Inadequate weight gain during pregnancy	12.2	9.9 - 14.5	1,400	10.7	6.9 - 14.5	500	13.2	10.3 - 16.1	900
Excessive weight gain during pregnancy	50.2	46.5 - 53.9	5,600	56.9	51.2 - 62.7	2,500	45.8	41.0 - 50.6	3,100
Food insecurity during pregnancy	21.4	18.4 - 24.3	2,700	18.7	14.4 - 23.0	900	23.1	19.1 - 27.0	1,800
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	9.9	7.9 - 11.9	1,300	9.6	6.4 - 12.8	500	10.0	7.5 - 12.6	800
Prenatal depressive symptoms	17.2	14.6 - 19.8	2,200	14.3	10.6 - 18.1	700	19.0	15.5 - 22.6	1,500
Postpartum depressive symptoms	17.1	14.4 - 19.8	2,200	17.1	12.8 - 21.4	900	17.1	13.7 - 20.4	1,300
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	35.8	32.4 - 39.1	4,500	37.2	31.9 - 42.6	1,900	34.8	30.5 - 39.1	2,700
Homeless or did not have a regular place to sleep	6.1	4.3 - 8.0	800	5.5	3.2 - 7.7	300	6.6	4.0 - 9.2	500
Moved due to problems paying rent or mortgage	8.2	6.5 - 9.9	1,100	8.6	5.9 - 11.4	400	7.9	5.7 - 10.1	600
Woman or partner lost job	13.7	11.5 - 15.9	1,800	17.4	13.3 - 21.6	900	11.3	8.9 - 13.8	900
Woman or partner had pay or hours cut back	14.0	11.6 - 16.3	1,800	15.0	11.0 - 19.0	800	13.3	10.4 - 16.2	1,000
Became separated or divorced	9.0	7.1 - 11.0	1,200	8.7	5.6 - 11.8	400	9.3	6.7 - 11.8	700
Had no practical or emotional support	3.2	2.1 - 4.4	400	1.8 *	0.4 - 3.2	<100	4.1	2.5 - 5.8	300
Substance Use									
Any smoking, 3 months before pregnancy	27.0	24.0 - 30.1	3,500	27.3	22.5 - 32.1	1,400	26.9	22.9 - 30.8	2,100
Any smoking, 3rd trimester†	12.4	10.0 - 14.8	1,600	8.0	5.1 - 10.8	400	15.2	11.9 - 18.6	1,200
Any smoking, postpartum	17.4	14.7 - 20.1	2,200	14.6	10.7 - 18.6	700	19.2	15.6 - 22.8	1,500
Any binge drinking, 3 months before pregnancy	22.3	19.3 - 25.2	2,800	29.6	24.6 - 34.6	1,500	17.4	14.0 - 20.9	1,300
Any alcohol use, 3rd trimester†	7.4	5.7 - 9.1	900	8.5	5.3 - 11.8	400	6.6	4.7 - 8.4	500
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	31.8	28.4 - 35.1	4,100	33.4	28.2 - 38.6	1,700	30.7	26.4 - 35.1	2,400
Unsure of pregnancy intentions	16.4	13.9 - 18.9	2,100	13.6	9.8 - 17.3	700	18.2	14.8 - 21.6	1,400
Postpartum birth control use†	85.7	83.4 - 88.0	10,800	85.0	81.2 - 88.7	4,200	86.2	83.2 - 89.2	6,600
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.4	77.7 - 83.1	10,200	82.3	78.3 - 86.2	4,100	79.2	75.7 - 82.8	6,100
Infant always or often shared bed	42.8	39.4 - 46.2	5,400	46.2	40.7 - 51.7	2,300	40.5	36.1 - 44.9	3,100
Intended to breastfeed, before birth	93.2	91.3 - 95.1	11,800	94.2	90.9 - 97.6	4,700	92.6	90.3 - 94.9	7,100
Intended to breastfeed exclusively, before birth	79.4	76.5 - 82.3	10,100	84.6	80.4 - 88.9	4,200	76.0	72.2 - 79.8	5,800
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	87.2	85.0 - 89.5	11,000	87.3	83.5 - 91.1	4,300	87.2	84.3 - 90.0	6,700
Exclusive breastfeeding, 1 month after delivery	62.1	58.7 - 65.5	7,700	62.5	57.2 - 67.9	3,100	61.8	57.4 - 66.2	4,600
Any breastfeeding, 3 months after delivery	76.3	73.0 - 79.6	7,400	77.5	72.5 - 82.6	3,000	75.5	71.2 - 79.9	4,500
Exclusive breastfeeding, 3 months after delivery	47.3	43.3 - 51.3	4,500	46.6	40.3 - 52.8	1,800	47.8	42.5 - 53.0	2,800



MIHA Data Snapshot, North/Mountain Region by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	North/Mountain Region				First Live Birth				Second Live Birth or More			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	63.4	60.1 - 66.7		8,200	60.3	55.1 - 65.5		3,100	65.3	61.1 - 69.6		5,100
Initiated prenatal care in 1st trimester	82.7	79.7 - 85.7		10,600	85.8	81.3 - 90.2		4,300	80.7	76.6 - 84.7		6,300
Mom or infant needed but couldn't afford care postpartum	13.2	10.8 - 15.6		1,700	11.3	8.0 - 14.7		600	14.4	11.1 - 17.6		1,100
Participated in WIC during pregnancy†	58.5	55.2 - 61.9		7,400	55.3	49.8 - 60.7		2,700	60.6	56.3 - 65.0		4,700
Received CalFresh (food stamps) during pregnancy	33.0	29.8 - 36.1		4,200	26.6	21.8 - 31.4		1,300	37.1	33.0 - 41.3		2,900
Pre-pregnancy insurance												
Medi-Cal	37.3	34.0 - 40.7		4,800	25.1	20.2 - 30.0		1,300	45.2	40.7 - 49.6		3,600
Uninsured	20.6	17.8 - 23.4		2,700	25.1	20.4 - 29.8		1,300	17.7	14.2 - 21.2		1,400
Private	38.6	35.3 - 41.9		5,000	45.2	39.9 - 50.6		2,300	34.4	30.2 - 38.5		2,700
Prenatal insurance												
Medi-Cal	66.2	63.2 - 69.3		8,500	61.8	56.7 - 66.9		3,100	69.1	65.3 - 73.0		5,400
Uninsured	0.7	0.4 - 1.0		<100	0.5 *	0.1 - 0.9		<100	0.8	0.4 - 1.2		<100
Private	29.3	26.3 - 32.2		3,800	33.7	28.8 - 38.6		1,700	26.4	22.8 - 30.1		2,100
Maternal postpartum insurance												
Medi-Cal	56.6	53.2 - 59.9		7,200	53.8	48.5 - 59.2		2,700	58.3	54.0 - 62.6		4,500
Uninsured	9.3	7.4 - 11.1		1,200	8.4	5.6 - 11.3		400	9.8	7.3 - 12.3		800
Private	32.6	29.5 - 35.7		4,200	35.7	30.8 - 40.6		1,800	30.6	26.6 - 34.5		2,400
Infant health insurance												
Medi-Cal	70.4	67.4 - 73.3		8,900	67.4	62.6 - 72.3		3,400	72.2	68.5 - 76.0		5,500
Uninsured	2.1	1.3 - 3.0		300	2.3 *	0.8 - 3.8		100	2.0	1.0 - 3.0		200
Private	25.4	22.6 - 28.2		3,200	27.6	23.1 - 32.1		1,400	24.0	20.4 - 27.5		1,800
Maternal Demographics												
Age												
15-19	6.7	4.9 - 8.5		900	15.5	11.3 - 19.7		800	1.0 *	0.2 - 1.9		<100
20-34	79.7	77.0 - 82.5		10,300	76.6	71.9 - 81.2		3,900	81.8	78.4 - 85.1		6,500
35+	13.6	11.3 - 15.9		1,800	8.0	5.3 - 10.7		400	17.2	13.9 - 20.5		1,400
Did not complete high school (or GED)	12.3	10.0 - 14.5		1,600	8.4	5.2 - 11.6		400	14.8	11.7 - 17.9		1,100
Unmarried	49.8	46.4 - 53.2		6,400	57.2	51.8 - 62.5		2,900	45.0	40.6 - 49.5		3,500
Race/Ethnicity												
White	70.4	67.2 - 73.6		9,100	76.1	71.4 - 80.9		3,800	66.7	62.5 - 71.0		5,300
Hispanic	21.3	18.2 - 24.4		2,700	17.2	12.8 - 21.6		900	23.9	19.7 - 28.0		1,900
Asian/Pacific Islander	2.9	2.0 - 3.8		400	2.6 *	0.7 - 4.6		100	3.1	2.3 - 4.0		200
Black	1.1	0.8 - 1.3		100	1.0	0.5 - 1.5		<100	1.1	0.6 - 1.6		<100
Born outside the U.S.	12.4	10.1 - 14.8		1,600	6.9	3.9 - 9.9		400	15.9	12.6 - 19.3		1,300
Speaks non-English language at home	10.4	8.1 - 12.6		1,300	6.2	3.1 - 9.2		300	13.1	10.0 - 16.2		1,000
Lives in a high poverty neighborhood	42.5	39.0 - 46.0		5,100	43.0	37.5 - 48.4		2,000	42.1	37.6 - 46.7		3,100
Income as a percent of the Federal Poverty Guideline												
0-100%	44.7	41.3 - 48.2		5,500	37.2	31.8 - 42.6		1,800	49.4	45.0 - 53.9		3,800
101-200%	27.8	24.6 - 31.0		3,400	29.7	24.4 - 35.0		1,400	26.6	22.6 - 30.6		2,000
> 200%	27.4	24.5 - 30.4		3,400	33.1	28.0 - 38.1		1,600	24.0	20.3 - 27.6		1,800

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