



MIHA Data Snapshot, California by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	California			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		487,900	50.1	49.0 - 51.1	243,600	44.1	43.1 - 45.2	214,700
Health Status before Pregnancy									
In good to excellent health	92.0	91.2 - 92.7	448,000	87.2	85.8 - 88.5	211,800	97.2	96.6 - 97.9	208,600
Chronic conditions									
Diabetes†	2.5	2.1 - 3.0	12,200	3.5	2.7 - 4.2	8,300	1.6	1.1 - 2.1	3,400
Hypertension†	2.6	2.3 - 3.0	12,600	2.8	2.3 - 3.3	6,700	2.5	1.9 - 3.1	5,300
Asthma†	8.4	7.6 - 9.1	40,000	9.0	7.9 - 10.0	21,300	8.1	7.1 - 9.2	17,200
Nutrition and Weight									
Daily folic acid use, month before pregnancy	33.8	32.5 - 35.0	164,400	22.3	20.7 - 23.9	54,300	46.9	44.7 - 49.0	100,500
Overweight before pregnancy	25.1	23.8 - 26.3	116,100	27.7	25.9 - 29.5	62,100	22.3	20.6 - 24.1	47,100
Obese before pregnancy	20.1	19.0 - 21.2	93,000	25.0	23.3 - 26.7	56,100	15.6	14.2 - 17.1	33,100
Inadequate weight gain during pregnancy	18.2	17.0 - 19.4	74,300	20.9	19.0 - 22.8	40,000	15.3	13.6 - 16.9	29,300
Excessive weight gain during pregnancy	41.2	39.7 - 42.6	168,100	40.5	38.4 - 42.6	77,400	42.3	40.1 - 44.5	81,200
Food insecurity during pregnancy	15.6	14.6 - 16.5	75,100	25.5	23.8 - 27.2	61,200	4.5	3.7 - 5.3	9,500
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	7.0	6.3 - 7.7	34,000	10.7	9.6 - 11.9	26,000	2.7	2.0 - 3.4	5,800
Prenatal depressive symptoms	14.1	13.1 - 15.0	68,500	19.1	17.6 - 20.6	46,400	7.6	6.6 - 8.6	16,200
Postpartum depressive symptoms	13.5	12.6 - 14.4	65,700	17.0	15.6 - 18.5	41,300	9.8	8.6 - 11.0	21,000
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	24.6	23.4 - 25.7	116,800	31.2	29.4 - 32.9	73,500	16.7	15.2 - 18.2	35,200
Homeless or did not have a regular place to sleep	3.0	2.6 - 3.4	14,500	5.1	4.3 - 5.9	12,400	0.6	0.3 - 0.9	1,300
Moved due to problems paying rent or mortgage	6.4	5.8 - 7.1	31,100	10.0	8.8 - 11.1	24,000	2.3	1.7 - 3.0	5,000
Woman or partner lost job	14.3	13.3 - 15.2	68,700	21.0	19.4 - 22.6	50,300	6.9	5.9 - 7.9	14,700
Woman or partner had pay or hours cut back	11.4	10.5 - 12.2	54,700	15.2	13.9 - 16.6	36,500	7.3	6.3 - 8.4	15,500
Became separated or divorced	7.0	6.3 - 7.7	34,000	11.0	9.8 - 12.2	26,500	2.4	1.7 - 3.1	5,100
Had no practical or emotional support	4.6	4.0 - 5.2	22,500	7.0	6.0 - 8.1	17,100	1.9	1.3 - 2.5	4,000
Substance Use									
Any smoking, 3 months before pregnancy	10.8	9.9 - 11.6	52,100	14.1	12.8 - 15.4	34,100	6.4	5.4 - 7.3	13,600
Any smoking, 3rd trimester†	2.7	2.3 - 3.1	13,200	4.2	3.5 - 4.9	10,200	0.7	0.4 - 0.9	1,400
Any smoking, postpartum	5.4	4.8 - 6.0	26,100	7.8	6.9 - 8.8	19,000	2.4	1.8 - 2.9	5,000
Any binge drinking, 3 months before pregnancy	15.1	14.1 - 16.0	72,600	13.5	12.2 - 14.8	32,400	15.6	14.1 - 17.0	33,200
Any alcohol use, 3rd trimester†	7.3	6.6 - 8.1	35,600	3.8	3.0 - 4.7	9,300	11.1	9.9 - 12.4	23,700
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	30.5	29.3 - 31.8	147,900	39.9	38.0 - 41.8	96,500	19.8	18.1 - 21.5	42,100
Unsure of pregnancy intentions	12.8	11.9 - 13.7	62,100	16.6	15.2 - 18.0	40,100	8.5	7.4 - 9.7	18,200
Postpartum birth control use†	81.0	79.9 - 82.1	386,400	82.8	81.3 - 84.2	196,900	80.0	78.3 - 81.8	168,400
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.3	79.2 - 81.4	384,100	76.6	74.9 - 78.3	181,700	85.3	83.7 - 86.8	180,800
Infant always or often shared bed	34.6	33.3 - 35.9	165,100	39.4	37.5 - 41.3	93,300	28.5	26.6 - 30.5	60,500
Intended to breastfeed, before birth	92.4	91.7 - 93.2	441,900	90.9	89.8 - 91.9	215,300	94.6	93.6 - 95.7	200,900
Intended to breastfeed exclusively, before birth	64.7	63.3 - 66.0	309,100	57.8	55.9 - 59.7	136,900	72.7	70.8 - 74.7	154,400
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	83.8	82.8 - 84.8	397,900	78.6	77.0 - 80.2	184,600	90.0	88.7 - 91.2	190,100
Exclusive breastfeeding, 1 month after delivery	44.2	42.9 - 45.6	206,800	39.3	37.4 - 41.2	90,700	49.6	47.5 - 51.8	103,700
Any breastfeeding, 3 months after delivery	67.3	65.8 - 68.8	252,100	58.8	56.6 - 61.0	112,500	78.0	75.9 - 80.0	125,000
Exclusive breastfeeding, 3 months after delivery	29.1	27.7 - 30.5	107,600	21.1	19.4 - 22.8	39,900	38.2	35.8 - 40.6	60,800



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	California				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	70.6	69.4	- 71.9	343,800	58.9	56.9	- 60.8	142,900	84.8	83.2	- 86.4	181,800
Initiated prenatal care in 1st trimester	89.4	88.6	- 90.2	428,900	84.2	82.8	- 85.5	200,900	96.1	95.3	- 97.0	204,100
Mom or infant needed but couldn't afford care postpartum	11.5	10.6	- 12.4	54,200	16.7	15.2	- 18.2	39,200	5.2	4.3	- 6.1	10,900
Participated in WIC during pregnancy†	53.4	52.4	- 54.4	254,400	86.6	85.5	- 87.8	208,800	15.6	14.0	- 17.1	32,200
Received CalFresh (food stamps) during pregnancy	25.2	24.1	- 26.2	121,600	47.3	45.4	- 49.2	114,100	2.2	1.6	- 2.8	4,700
Pre-pregnancy insurance												
Medi-Cal	26.7	25.6	- 27.8	129,800	52.3	50.4	- 54.2	126,900	0.6	0.3	- 0.8	1,200
Uninsured	21.6	20.5	- 22.7	105,000	37.6	35.7	- 39.5	91,300	1.6	1.1	- 2.0	3,300
Private	47.8	46.7	- 48.9	232,400	8.1	7.1	- 9.0	19,600	97.6	97.0	- 98.2	209,300
Maternal postpartum insurance												
Medi-Cal	38.4	37.3	- 39.5	185,700	73.6	71.9	- 75.3	176,700	2.5	1.9	- 3.1	5,300
Uninsured	13.0	12.0	- 13.9	62,600	21.2	19.5	- 22.8	50,800	2.0	1.3	- 2.7	4,300
Private	45.3	44.2	- 46.3	218,800	4.2	3.5	- 4.9	10,100	95.3	94.3	- 96.2	204,500
Infant health insurance												
Medi-Cal	52.8	51.7	- 53.8	251,800	93.5	92.6	- 94.4	221,400	9.7	8.5	- 10.9	20,600
Uninsured	2.8	2.3	- 3.2	13,100	2.7	2.0	- 3.4	6,400	1.9	1.3	- 2.5	4,000
Private	40.9	39.8	- 41.9	195,000	2.8	2.2	- 3.3	6,600	87.6	86.3	- 89.0	186,000
Maternal Demographics												
Age												
15-19	5.4	4.8	- 6.0	26,200	9.2	8.1	- 10.3	22,400	1.3	0.8	- 1.8	2,800
20-34	74.4	73.2	- 75.7	363,200	78.0	76.4	- 79.6	190,000	69.9	67.9	- 71.9	150,100
35+	20.2	19.1	- 21.3	98,500	12.8	11.5	- 14.1	31,200	28.8	26.9	- 30.8	61,900
Did not complete high school (or GED)	16.3	15.3	- 17.3	78,500	28.8	27.0	- 30.6	69,200	2.4	1.7	- 3.1	5,200
Unmarried	40.5	39.2	- 41.7	196,000	63.9	62.0	- 65.7	154,000	15.8	14.4	- 17.3	33,900
Race/Ethnicity												
White	29.3	28.1	- 30.4	140,000	15.7	14.4	- 17.0	37,800	44.1	42.1	- 46.2	92,100
Hispanic	49.2	48.0	- 50.4	235,200	69.1	67.5	- 70.7	166,000	27.5	25.6	- 29.4	57,400
Asian/Pacific Islander	15.4	14.3	- 16.5	73,800	7.0	5.9	- 8.1	16,800	24.9	22.9	- 26.9	52,000
Black	5.6	5.4	- 5.9	26,900	7.5	7.0	- 8.0	18,000	3.2	2.8	- 3.6	6,600
Born outside the U.S.	37.7	36.3	- 39.0	183,800	42.3	40.4	- 44.2	103,000	32.1	30.0	- 34.3	69,000
Speaks non-English language at home	30.7	29.4	- 32.0	147,700	38.2	36.3	- 40.1	91,900	21.7	19.7	- 23.6	45,900
Lives in a high poverty neighborhood	38.8	37.5	- 40.1	182,400	56.8	54.9	- 58.7	131,600	20.2	18.5	- 22.0	42,400
Income as a percent of the Federal Poverty Guideline												
0-100%	40.0	38.9	- 41.2	181,800	72.7	71.0	- 74.4	161,800	6.4	5.4	- 7.5	13,200
101-200%	21.0	19.8	- 22.1	95,300	23.5	21.9	- 25.2	52,400	16.3	14.7	- 17.9	33,400
> 200%	39.0	37.9	- 40.1	177,000	3.8	3.1	- 4.4	8,400	77.3	75.5	- 79.1	158,700

-- 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 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. 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 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.