



# MIHA Data Snapshot, San Francisco Bay Area, 2013-2014

## Maternal and Infant Health Assessment (MIHA) Survey

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

|  |   | San Francisco Bay Area |             |                     | California |             |                     |
|--|---|------------------------|-------------|---------------------|------------|-------------|---------------------|
|  |   | %                      | 95% CI      | Population Estimate | %          | 95% CI      | Population Estimate |
| <b>Health Status Before Pregnancy</b>                          |   |                        |             |                     |            |             |                     |
| In good to excellent health                                    | ✓ | 94.9                   | 93.9 - 95.9 | 81,200              | 92.4       | 91.5 - 93.3 | 452,800             |
| Chronic conditions   |   |                        |             |                     |            |             |                     |
| Diabetes†  | ♦ | 2.0                    | 1.4 - 2.5   | 1,700               | 2.3        | 1.8 - 2.8   | 10,900              |
| Hypertension†  | ✓ | 1.7                    | 1.2 - 2.2   | 1,500               | 2.5        | 2.0 - 2.9   | 11,900              |
| Asthma†  | ♦ | 8.1                    | 6.8 - 9.4   | 6,900               | 7.8        | 7.0 - 8.6   | 37,500              |
| <b>Nutrition and Weight</b>                                    |   |                        |             |                     |            |             |                     |
| Daily folic acid use, month before pregnancy                   | ✓ | 38.4                   | 35.8 - 41.1 | 32,900              | 32.7       | 31.1 - 34.3 | 159,900             |
| Overweight before pregnancy                                    | ♦ | 22.9                   | 20.7 - 25.2 | 18,700              | 24.7       | 23.2 - 26.2 | 114,900             |
| Obese before pregnancy   | ✓ | 16.0                   | 14.1 - 17.8 | 13,000              | 20.3       | 18.9 - 21.7 | 94,400              |
| Inadequate weight gain during pregnancy                        | ♦ | 18.5                   | 16.2 - 20.8 | 13,500              | 17.7       | 16.2 - 19.2 | 72,900              |
| Excessive weight gain during pregnancy                         | ♦ | 41.0                   | 38.1 - 44.0 | 29,900              | 41.4       | 39.5 - 43.2 | 170,100             |
| Food insecurity during pregnancy                               | ✓ | 12.8                   | 11.3 - 14.4 | 10,900              | 16.6       | 15.4 - 17.9 | 80,500              |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |   |                        |             |                     |            |             |                     |
| Physical or psychological IPV during pregnancy                 | ♦ | 5.9                    | 4.6 - 7.2   | 5,000               | 7.1        | 6.2 - 7.9   | 34,500              |
| Prenatal depressive symptoms                                   | ♦ | 13.3                   | 11.6 - 15.0 | 11,400              | 14.1       | 12.9 - 15.3 | 68,900              |
| Postpartum depressive symptoms                                 | ♦ | 12.2                   | 10.5 - 13.9 | 10,400              | 13.0       | 11.8 - 14.1 | 63,200              |
| <b>Hardships and Support during Pregnancy</b>                  |   |                        |             |                     |            |             |                     |
| Experienced two or more hardships during childhood             | ✓ | 20.3                   | 18.3 - 22.3 | 17,200              | 25.3       | 23.8 - 26.7 | 121,600             |
| Homeless or did not have a regular place to sleep              | ♦ | 2.9                    | 2.3 - 3.5   | 2,500               | 2.9        | 2.4 - 3.4   | 14,000              |
| Moved due to problems paying rent or mortgage                  | ✓ | 5.1                    | 4.2 - 6.0   | 4,400               | 6.9        | 6.0 - 7.7   | 33,600              |
| Woman or partner lost job                                      | ✓ | 11.5                   | 9.8 - 13.2  | 9,800               | 14.6       | 13.4 - 15.8 | 71,000              |
| Woman or partner had pay or hours cut back                     | ♦ | 11.5                   | 9.7 - 13.3  | 9,800               | 11.8       | 10.7 - 12.8 | 57,100              |
| Became separated or divorced                                   | ✓ | 4.8                    | 3.9 - 5.7   | 4,100               | 7.6        | 6.7 - 8.5   | 37,000              |
| Had no practical or emotional support                          | ♦ | 4.0                    | 3.0 - 5.1   | 3,500               | 4.4        | 3.7 - 5.2   | 21,700              |
| <b>Substance Use</b>   |   |                        |             |                     |            |             |                     |
| Any smoking, 3 months before pregnancy                         | ✓ | 8.7                    | 7.5 - 10.0  | 7,400               | 11.6       | 10.5 - 12.7 | 56,500              |
| Any smoking, 3rd trimester†                                    | ✓ | 1.9                    | 1.4 - 2.4   | 1,600               | 2.9        | 2.3 - 3.4   | 13,900              |
| Any smoking, postpartum  | ✓ | 4.1                    | 3.3 - 4.9   | 3,500               | 5.6        | 4.8 - 6.3   | 27,300              |
| Any binge drinking, 3 months before pregnancy                  | ♦ | 13.6                   | 11.7 - 15.4 | 11,500              | 15.1       | 13.8 - 16.3 | 72,900              |
| Any alcohol use, 3rd trimester†                                | ✗ | 10.9                   | 9.1 - 12.7  | 9,300               | 7.6        | 6.6 - 8.6   | 37,000              |
| <b>Pregnancy Intention and Family Planning</b>                 |   |                        |             |                     |            |             |                     |
| Mistimed or unwanted pregnancy                                 | ✓ | 25.1                   | 22.9 - 27.3 | 21,500              | 31.2       | 29.6 - 32.8 | 151,800             |
| Unsure of pregnancy intentions                                 | ✓ | 11.2                   | 9.6 - 12.7  | 9,500               | 12.9       | 11.8 - 14.0 | 62,700              |
| Postpartum birth control use†                                  | ♦ | 81.4                   | 79.2 - 83.6 | 68,500              | 81.6       | 80.3 - 83.0 | 390,200             |
| <b>Infant Sleep and Breastfeeding</b>                          |   |                        |             |                     |            |             |                     |
| Placed infant on back to sleep                                 | ♦ | 82.0                   | 79.7 - 84.4 | 69,200              | 79.7       | 78.3 - 81.1 | 383,200             |
| Infant always or often shared bed                              | ♦ | 35.2                   | 32.6 - 37.7 | 29,700              | 34.1       | 32.5 - 35.7 | 163,700             |
| Intended to breastfeed, before birth                           | ✓ | 94.8                   | 93.6 - 95.9 | 80,000              | 92.4       | 91.5 - 93.4 | 444,100             |
| Intended to breastfeed exclusively, before birth               | ✓ | 69.7                   | 67.3 - 72.2 | 58,900              | 64.2       | 62.6 - 65.9 | 308,500             |
| Breastfeeding practices  |   |                        |             |                     |            |             |                     |
| Any breastfeeding, 1 month after delivery                      | ✓ | 89.2                   | 87.6 - 90.8 | 75,000              | 83.5       | 82.3 - 84.8 | 398,500             |
| Exclusive breastfeeding, 1 month after delivery                | ✓ | 50.0                   | 47.2 - 52.8 | 41,300              | 42.7       | 41.0 - 44.4 | 200,700             |
| Any breastfeeding, 3 months after delivery                     | ✓ | 77.0                   | 74.5 - 79.5 | 52,100              | 66.2       | 64.3 - 68.2 | 244,200             |
| Exclusive breastfeeding, 3 months after delivery               | ✓ | 36.3                   | 33.2 - 39.4 | 24,200              | 27.4       | 25.7 - 29.1 | 99,800              |



# MIHA Data Snapshot, San Francisco Bay Area, 2013-2014

## Maternal and Infant Health Assessment (MIHA) Survey

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

|   |   | San Francisco Bay Area |             |                     | 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                        | ↑ | 77.1                   | 74.9 - 79.4 | 66,100              | 70.4       | 68.8 - 71.9 | 344,100             |
| Initiated prenatal care in 1st trimester                        | ♦ | 91.0                   | 89.7 - 92.3 | 76,900              | 89.7       | 88.7 - 90.6 | 433,500             |
| Had a postpartum medical visit                                  | ↑ | 93.0                   | 91.7 - 94.3 | 79,700              | 87.5       | 86.4 - 88.7 | 427,500             |
| Mom or infant needed but couldn't afford care postpartum        | ↓ | 10.4                   | 8.8 - 12.0  | 8,700               | 12.6       | 11.4 - 13.7 | 59,700              |
| Participated in WIC during pregnancy†                           | ↓ | 36.8                   | 34.9 - 38.6 | 30,600              | 54.1       | 52.9 - 55.4 | 259,300             |
| Received CalFresh (food stamps) during pregnancy                | ↓ | 15.4                   | 13.9 - 16.8 | 13,100              | 24.9       | 23.6 - 26.3 | 121,000             |
| <b>Health Insurance Coverage</b>                                |   |                        |             |                     |            |             |                     |
| Pre-pregnancy insurance   |   |                        |             |                     |            |             |                     |
| Medi-Cal  | ↓ | 18.6                   | 16.9 - 20.2 | 15,900              | 24.5       | 23.1 - 25.8 | 119,600             |
| Uninsured   | ↓ | 14.8                   | 13.3 - 16.3 | 12,600              | 24.0       | 22.6 - 25.4 | 117,500             |
| Private   | ↑ | 63.5                   | 61.5 - 65.4 | 54,200              | 47.5       | 46.2 - 48.9 | 232,500             |
| Prenatal insurance  |   |                        |             |                     |            |             |                     |
| Medi-Cal  | ↓ | 34.7                   | 32.8 - 36.5 | 29,600              | 49.7       | 48.4 - 51.0 | 242,800             |
| Uninsured   | ♦ | 1.6                    | 1.1 - 2.2   | 1,400               | 1.6        | 1.2 - 2.0   | 7,900               |
| Private   | ↑ | 61.3                   | 59.4 - 63.2 | 52,400              | 44.5       | 43.1 - 45.8 | 217,100             |
| Maternal postpartum insurance                                   |   |                        |             |                     |            |             |                     |
| Medi-Cal  | ↓ | 25.4                   | 23.6 - 27.1 | 21,600              | 36.2       | 34.7 - 37.6 | 175,700             |
| Uninsured   | ↓ | 9.0                    | 7.7 - 10.2  | 7,600               | 15.0       | 13.8 - 16.2 | 72,800              |
| Private   | ↑ | 62.7                   | 60.7 - 64.6 | 53,500              | 45.7       | 44.3 - 47.0 | 221,900             |
| Infant health insurance   |   |                        |             |                     |            |             |                     |
| Medi-Cal  | ↓ | 36.0                   | 34.2 - 37.9 | 30,300              | 52.2       | 50.9 - 53.6 | 250,400             |
| Uninsured   | ♦ | 2.6                    | 1.8 - 3.4   | 2,200               | 2.9        | 2.2 - 3.5   | 13,700              |
| Private   | ↑ | 58.8                   | 56.9 - 60.8 | 49,500              | 41.3       | 40.0 - 42.6 | 198,000             |
| <b>Maternal Demographics</b>                                    |   |                        |             |                     |            |             |                     |
| Age   |   |                        |             |                     |            |             |                     |
| 15-19   | ↓ | 3.2                    | 2.5 - 3.9   | 2,700               | 5.6        | 4.9 - 6.4   | 27,500              |
| 20-34   | ↓ | 69.8                   | 67.2 - 72.3 | 59,800              | 74.5       | 73.0 - 76.0 | 365,300             |
| 35+   | ↑ | 27.1                   | 24.6 - 29.5 | 23,200              | 19.9       | 18.5 - 21.3 | 97,400              |
| Did not complete high school (or GED)                           | ↓ | 11.3                   | 10.0 - 12.6 | 9,600               | 16.5       | 15.2 - 17.7 | 79,900              |
| Unmarried   | ↓ | 30.3                   | 28.3 - 32.2 | 25,800              | 40.9       | 39.4 - 42.4 | 199,000             |
| Race/Ethnicity  |   |                        |             |                     |            |             |                     |
| Hispanic  | ↓ | 31.9                   | 29.8 - 34.0 | 26,300              | 49.2       | 47.7 - 50.7 | 236,500             |
| Black   | ♦ | 6.0                    | 5.6 - 6.5   | 5,000               | 5.7        | 5.3 - 6.1   | 27,400              |
| White   | ↑ | 32.5                   | 30.0 - 35.0 | 26,900              | 29.3       | 27.9 - 30.7 | 140,900             |
| Asian/Pacific Islander  | ↑ | 29.3                   | 26.6 - 32.0 | 24,200              | 15.3       | 13.9 - 16.7 | 73,700              |
| Nativity and Language   |   |                        |             |                     |            |             |                     |
| Born outside the U.S.   | ↑ | 46.0                   | 43.4 - 48.7 | 39,400              | 37.9       | 36.2 - 39.6 | 185,700             |
| Speaks non-English language at home                             | ↑ | 35.4                   | 32.8 - 38.0 | 29,600              | 30.1       | 28.5 - 31.7 | 144,800             |
| Lives in a high poverty neighborhood                            | ↓ | 18.2                   | 16.3 - 20.1 | 15,200              | 38.9       | 37.3 - 40.5 | 182,900             |
| Income as a percent of the Federal Poverty Guideline            |   |                        |             |                     |            |             |                     |
| 0-100%  | ↓ | 26.0                   | 24.2 - 27.7 | 21,000              | 41.0       | 39.5 - 42.4 | 188,800             |
| 101-200%  | ↓ | 16.5                   | 14.7 - 18.3 | 13,300              | 20.8       | 19.4 - 22.2 | 96,000              |
| > 200%  | ↑ | 57.5                   | 55.4 - 59.7 | 46,500              | 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 San Francisco Bay Area was 3,537. 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).

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