



# MIHA Data Snapshot, Sacramento County, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

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

		Sacramento County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
<b>Health Status Before Pregnancy</b>							
In good to excellent health	♦	92.3	89.6 - 95.0	17,800	92.4	91.5 - 93.3	452,800
Chronic conditions							
Diabetes†	♦	2.3 *	0.9 - 3.6	400	2.3	1.8 - 2.8	10,900
Hypertension†	✗	4.4	2.4 - 6.4	800	2.5	2.0 - 2.9	11,900
Asthma†	♦	10.1	6.9 - 13.2	1,900	7.8	7.0 - 8.6	37,500
<b>Nutrition and Weight</b>							
Daily folic acid use, month before pregnancy	♦	32.5	27.3 - 37.7	6,300	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	26.5	21.5 - 31.5	5,000	24.7	23.2 - 26.2	114,900
Obese before pregnancy	♦	23.0	18.3 - 27.7	4,400	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	♦	14.8	10.7 - 19.0	2,500	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	♦	44.4	38.5 - 50.3	7,500	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	♦	14.8	11.0 - 18.6	2,800	16.6	15.4 - 17.9	80,500
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>							
Physical or psychological IPV during pregnancy	♦	8.1	5.4 - 10.9	1,500	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	♦	12.5	9.0 - 16.0	2,400	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	♦	11.7	8.4 - 15.0	2,200	13.0	11.8 - 14.1	63,200
<b>Hardships and Support during Pregnancy</b>							
Experienced two or more hardships during childhood	♦	26.7	21.9 - 31.4	5,000	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	♦	3.4	1.6 - 5.3	700	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	♦	8.1	5.1 - 11.1	1,600	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	12.1	8.5 - 15.7	2,300	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	♦	12.1	8.9 - 15.4	2,300	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	7.9	5.2 - 10.6	1,500	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	3.0	1.2 - 4.7	600	4.4	3.7 - 5.2	21,700
<b>Substance Use</b>							
Any smoking, 3 months before pregnancy	♦	13.1	9.4 - 16.7	2,500	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	♦	2.9	1.3 - 4.4	500	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	✗	8.6	5.6 - 11.6	1,600	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	♦	18.6	14.5 - 22.8	3,600	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	♦	7.7	5.0 - 10.3	1,500	7.6	6.6 - 8.6	37,000
<b>Pregnancy Intention and Family Planning</b>							
Mistimed or unwanted pregnancy	♦	31.7	26.5 - 36.8	6,100	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	♦	14.4	10.7 - 18.1	2,800	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	♦	83.8	80.0 - 87.6	15,500	81.6	80.3 - 83.0	390,200
<b>Infant Sleep and Breastfeeding</b>							
Placed infant on back to sleep	♦	79.4	75.0 - 83.7	15,000	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	♦	36.4	31.1 - 41.6	6,900	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	♦	91.1	87.8 - 94.3	17,400	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	✓	71.2	66.2 - 76.3	13,600	64.2	62.6 - 65.9	308,500
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	♦	83.2	79.2 - 87.3	15,800	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✓	53.3	47.7 - 58.9	9,900	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	♦	66.4	60.5 - 72.3	9,400	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	♦	31.5	25.6 - 37.4	4,400	27.4	25.7 - 29.1	99,800



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## Maternal and Infant Health Assessment (MIHA) Survey

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

		Sacramento County			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	♦	70.9	65.9 - 75.9	13,600	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	♦	89.8	86.2 - 93.4	17,000	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	♦	86.0	82.5 - 89.5	16,500	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	♦	12.9	9.2 - 16.5	2,400	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	♦	56.4	52.3 - 60.5	10,600	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	↑	33.3	28.5 - 38.0	6,300	24.9	23.6 - 26.3	121,000
<b>Health Insurance Coverage</b>							
Pre-pregnancy insurance							
Medi-Cal	↑	29.8	25.4 - 34.2	5,700	24.5	23.1 - 25.8	119,600
Uninsured	♦	20.4	16.2 - 24.6	3,900	24.0	22.6 - 25.4	117,500
Private	♦	48.0	43.6 - 52.3	9,200	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	♦	51.0	46.6 - 55.3	9,800	49.7	48.4 - 51.0	242,800
Uninsured		--			1.6	1.2 - 2.0	7,900
Private	♦	45.5	41.2 - 49.9	8,700	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	↑	41.3	36.7 - 46.0	7,900	36.2	34.7 - 37.6	175,700
Uninsured	♦	12.1	8.6 - 15.7	2,300	15.0	13.8 - 16.2	72,800
Private	♦	44.8	40.4 - 49.1	8,600	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	♦	52.2	47.5 - 56.9	9,900	52.2	50.9 - 53.6	250,400
Uninsured	♦	2.2 *	0.9 - 3.6	400	2.9	2.2 - 3.5	13,700
Private	♦	42.4	37.7 - 47.0	8,000	41.3	40.0 - 42.6	198,000
<b>Maternal Demographics</b>							
Age							
15-19	♦	5.3	2.8 - 7.9	1,000	5.6	4.9 - 6.4	27,500
20-34	♦	78.4	73.8 - 82.9	15,100	74.5	73.0 - 76.0	365,300
35+	♦	16.3	12.4 - 20.3	3,200	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	↓	11.3	7.8 - 14.9	2,100	16.5	15.2 - 17.7	79,900
Unmarried	♦	43.1	37.9 - 48.3	8,300	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	↓	27.8	23.0 - 32.6	5,400	49.2	47.7 - 50.7	236,500
Black	↑	11.8	10.0 - 13.6	2,300	5.7	5.3 - 6.1	27,400
White	↑	41.3	36.2 - 46.4	8,000	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	♦	18.6	14.0 - 23.3	3,600	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	↓	31.1	26.1 - 36.2	6,000	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	↓	23.8	19.0 - 28.6	4,400	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	♦	42.7	37.4 - 47.9	8,000	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	♦	40.6	35.6 - 45.6	7,400	41.0	39.5 - 42.4	188,800
101-200%	♦	24.2	19.1 - 29.3	4,400	20.8	19.4 - 22.2	96,000
> 200%	♦	35.2	31.0 - 39.3	6,400	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 Sacramento County was 441. 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 county in 2013-2014. Population estimate is a two-year average. Symbols indicate whether the health indicator in the county 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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