



MIHA Data Snapshot, California by Education, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

	California			<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		490,200	16.5	15.2 - 17.7	79,900	19.8	18.5 - 21.2	96,100	31.6	30.0 - 33.1	153,100	32.1	30.6 - 33.5	155,500
Health Status before Pregnancy															
In good to excellent health	92.4	91.5 - 93.3	452,800	84.7	81.6 - 87.8	67,600	87.8	85.1 - 90.6	84,300	93.7	92.3 - 95.0	143,300	98.3	97.6 - 99.0	152,700
Chronic conditions															
Diabetes†	2.3	1.8 - 2.8	10,900	4.3	2.6 - 6.0	3,400	2.9	1.3 - 4.5	2,700	1.9	1.3 - 2.6	2,900	1.2	0.6 - 1.8	1,800
Hypertension†	2.5	2.0 - 2.9	11,900	2.5	1.5 - 3.5	1,900	2.9	1.9 - 3.9	2,700	2.5	1.7 - 3.2	3,700	2.2	1.3 - 3.2	3,400
Asthma†	7.8	7.0 - 8.6	37,500	7.3	5.3 - 9.3	5,700	7.6	5.9 - 9.2	7,100	9.4	7.8 - 11.0	14,200	6.5	5.0 - 8.0	10,000
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.7	31.1 - 34.3	159,900	19.5	16.4 - 22.6	15,500	25.8	22.3 - 29.2	24,700	30.5	27.6 - 33.3	46,600	45.8	42.6 - 49.0	71,200
Overweight before pregnancy	24.7	23.2 - 26.2	114,900	30.9	26.3 - 35.5	20,700	27.8	24.2 - 31.3	25,000	25.5	23.0 - 28.1	38,400	19.5	17.1 - 22.0	29,800
Obese before pregnancy	20.3	18.9 - 21.7	94,400	29.4	24.9 - 33.9	19,700	25.0	21.5 - 28.6	22,600	23.8	21.3 - 26.4	35,800	10.2	8.4 - 11.9	15,500
Inadequate weight gain during pregnancy	17.7	16.2 - 19.2	72,900	21.3	17.2 - 25.5	11,900	20.1	16.5 - 23.7	15,600	17.1	14.4 - 19.7	22,700	15.3	12.9 - 17.7	21,400
Excessive weight gain during pregnancy	41.4	39.5 - 43.2	170,100	36.5	31.6 - 41.5	20,400	39.7	35.4 - 44.0	30,800	46.0	42.8 - 49.1	61,000	40.0	36.7 - 43.3	56,100
Food insecurity during pregnancy	16.6	15.4 - 17.9	80,500	28.3	24.3 - 32.3	22,100	22.9	19.7 - 26.1	21,700	18.6	16.3 - 21.0	28,400	4.4	3.0 - 5.7	6,800
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	7.1	6.2 - 7.9	34,500	11.4	8.8 - 13.9	9,000	8.9	6.8 - 10.9	8,500	7.0	5.5 - 8.5	10,700	3.6	2.4 - 4.8	5,600
Prenatal depressive symptoms	14.1	12.9 - 15.3	68,900	23.1	19.3 - 26.9	18,400	17.7	14.8 - 20.5	16,900	12.6	10.8 - 14.4	19,300	8.4	6.6 - 10.2	13,000
Postpartum depressive symptoms	13.0	11.8 - 14.1	63,200	17.6	14.1 - 21.1	14,100	14.8	12.1 - 17.5	14,200	13.5	11.7 - 15.3	20,600	8.8	7.0 - 10.5	13,600
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	25.3	23.8 - 26.7	121,600	35.9	31.5 - 40.2	27,900	32.9	29.3 - 36.6	31,000	29.8	27.1 - 32.5	44,800	10.9	9.2 - 12.6	16,900
Homeless or did not have a regular place to sleep	2.9	2.4 - 3.4	14,000	5.1	3.5 - 6.6	4,000	4.1	2.6 - 5.5	3,900	3.0	2.1 - 3.9	4,600	0.8*	0.3 - 1.3	1,200
Moved due to problems paying rent or mortgage	6.9	6.0 - 7.7	33,600	11.3	8.2 - 14.4	9,000	7.4	5.8 - 9.0	7,000	8.8	7.1 - 10.4	13,400	2.5	1.5 - 3.4	3,800
Woman or partner lost job	14.6	13.4 - 15.8	71,000	21.5	17.7 - 25.2	16,800	17.4	14.4 - 20.4	16,500	16.8	14.6 - 18.9	25,500	7.5	5.9 - 9.1	11,600
Woman or partner had pay or hours cut back	11.8	10.7 - 12.8	57,100	14.9	11.7 - 18.1	11,700	12.6	10.2 - 15.0	11,900	14.2	12.3 - 16.1	21,600	7.4	5.7 - 9.1	11,500
Became separated or divorced	7.6	6.7 - 8.5	37,000	12.7	9.8 - 15.7	10,100	10.4	8.2 - 12.6	9,900	8.0	6.3 - 9.8	12,300	2.8	1.7 - 3.9	4,300
Had no practical or emotional support	4.4	3.7 - 5.2	21,700	9.5	6.6 - 12.5	7,600	6.5	4.6 - 8.3	6,200	3.0	2.1 - 3.9	4,600	1.9	1.0 - 2.8	3,000
Substance Use															
Any smoking, 3 months before pregnancy	11.6	10.5 - 12.7	56,500	13.5	10.5 - 16.5	10,700	14.7	11.9 - 17.5	14,100	14.8	12.7 - 16.9	22,600	5.2	3.9 - 6.6	8,100
Any smoking, 3rd trimester†	2.9	2.3 - 3.4	13,900	4.7	3.1 - 6.3	3,700	3.8	2.4 - 5.3	3,700	3.6	2.5 - 4.8	5,600	0.5*	0.0 - 1.0	800
Any smoking, postpartum	5.6	4.8 - 6.3	27,300	8.1	6.0 - 10.2	6,500	8.0	5.9 - 10.2	7,700	6.7	5.4 - 8.0	10,200	1.7	0.8 - 2.6	2,600
Any binge drinking, 3 months before pregnancy	15.1	13.8 - 16.3	72,900	9.9	7.0 - 12.7	7,700	12.8	10.3 - 15.2	12,200	19.2	16.8 - 21.5	29,000	15.3	13.0 - 17.5	23,500
Any alcohol use, 3rd trimester†	7.6	6.6 - 8.6	37,000	4.8	2.4 - 7.3	3,800	2.5	1.3 - 3.7	2,400	7.1	5.4 - 8.7	10,800	12.9	10.8 - 14.9	19,900
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	31.2	29.6 - 32.8	151,800	41.0	36.5 - 45.5	32,600	39.2	35.4 - 43.0	37,500	34.5	31.7 - 37.3	52,500	17.9	15.4 - 20.3	27,500
Unsure of pregnancy intentions	12.9	11.8 - 14.0	62,700	16.7	13.3 - 20.0	13,300	14.4	12.1 - 16.6	13,700	15.2	13.0 - 17.3	23,100	7.7	6.0 - 9.4	11,800
Postpartum birth control use†	81.6	80.3 - 83.0	390,200	82.1	78.6 - 85.5	62,600	83.7	81.0 - 86.5	78,800	83.4	81.2 - 85.6	125,700	78.2	75.4 - 80.9	118,800
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	79.7	78.3 - 81.1	383,200	72.0	67.8 - 76.3	56,700	77.0	73.7 - 80.3	72,300	79.5	77.1 - 81.9	120,300	85.5	83.2 - 87.7	130,800
Infant always or often shared bed	34.1	32.5 - 35.7	163,700	37.2	33.1 - 41.4	29,200	34.5	31.1 - 38.0	32,500	36.7	33.9 - 39.5	55,500	29.7	26.7 - 32.7	45,400
Intended to breastfeed, before birth	92.4	91.5 - 93.4	444,100	88.8	86.3 - 91.4	69,100	89.5	87.2 - 91.8	84,100	92.6	91.0 - 94.2	140,100	96.1	94.8 - 97.4	147,000
Intended to breastfeed exclusively, before birth	64.2	62.6 - 65.9	308,500	46.2	41.8 - 50.7	36,000	55.8	51.9 - 59.6	52,400	68.1	65.2 - 70.9	103,000	75.0	72.1 - 77.9	114,700
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	83.5	82.3 - 84.8	398,500	78.6	74.9 - 82.2	61,200	75.9	72.6 - 79.3	70,600	83.4	81.3 - 85.5	124,800	91.0	89.1 - 93.0	138,700
Exclusive breastfeeding, 1 month after delivery	42.7	41.0 - 44.4	200,700	37.0	32.6 - 41.4	28,300	35.2	31.7 - 38.8	32,100	44.7	41.8 - 47.7	66,200	48.2	45.0 - 51.4	72,300
Any breastfeeding, 3 months after delivery	66.2	64.3 - 68.2	244,200	56.5	51.4 - 61.5	36,900	53.8	49.4 - 58.2	40,500	64.2	60.8 - 67.5	73,900	82.9	80.0 - 85.8	90,800
Exclusive breastfeeding, 3 months after delivery	27.4	25.7 - 29.1	99,800	15.8	12.4 - 19.3	10,200	18.6	15.3 - 21.8	13,800	29.0	26.0 - 32.1	33,400	38.6	35.0 - 42.3	41,600



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	%	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	70.4	68.8 - 71.9	344,100	60.4	56.0 - 64.7	48,200	63.1	59.3 - 66.8	60,400	69.7	66.9 - 72.4	106,400	80.8	78.3 - 83.3	125,200
Initiated prenatal care in 1st trimester	89.7	88.7 - 90.6	433,500	81.5	78.2 - 84.9	63,300	85.5	82.9 - 88.1	81,300	89.2	87.6 - 90.8	135,300	97.0	96.1 - 97.9	148,900
Had a postpartum medical visit	87.5	86.4 - 88.7	427,500	74.1	70.0 - 78.2	59,000	84.3	81.8 - 86.8	80,600	88.1	86.1 - 90.2	134,600	96.2	94.9 - 97.4	149,300
Mom or infant needed but couldn't afford care postpartum	12.6	11.4 - 13.7	59,700	17.4	14.0 - 20.8	13,500	16.3	13.2 - 19.4	15,100	14.5	12.4 - 16.6	21,700	5.5	4.1 - 6.8	8,300
Participated in WIC during pregnancy†	54.1	52.9 - 55.4	259,300	90.9	88.5 - 93.3	71,900	82.5	79.7 - 85.4	78,200	55.2	52.4 - 58.0	83,000	15.4	13.1 - 17.6	23,200
Received CalFresh (food stamps) during pregnancy	24.9	23.6 - 26.3	121,000	50.6	46.2 - 55.1	40,000	36.9	33.3 - 40.5	35,200	25.4	23.0 - 27.9	38,700	3.4	2.6 - 4.3	5,300
Pre-pregnancy insurance															
Medi-Cal	24.5	23.1 - 25.8	119,600	49.7	45.2 - 54.1	39,600	38.4	34.8 - 42.1	36,800	23.6	21.2 - 26.0	36,000	3.1	2.2 - 4.0	4,800
Uninsured	24.0	22.6 - 25.4	117,500	39.7	35.2 - 44.1	31,600	37.6	33.8 - 41.4	36,000	22.1	19.7 - 24.6	33,800	9.6	7.7 - 11.5	15,000
Private	47.5	46.2 - 48.9	232,500	8.3	5.9 - 10.8	6,700	21.3	18.2 - 24.4	20,400	48.2	45.4 - 51.1	73,700	83.6	81.3 - 85.8	129,900
Prenatal insurance															
Medi-Cal	49.7	48.4 - 51.0	242,800	88.4	85.6 - 91.2	70,300	78.5	75.3 - 81.6	75,300	49.0	46.2 - 51.8	74,900	12.1	10.3 - 14.0	18,800
Uninsured	1.6	1.2 - 2.0	7,900	3.6	1.8 - 5.4	2,900	1.5	0.9 - 2.1	1,400	1.0*	0.4 - 1.6	1,500	1.2*	0.5 - 1.9	1,800
Private	44.5	43.1 - 45.8	217,100	6.6	4.4 - 8.8	5,300	16.7	13.9 - 19.6	16,100	43.3	40.4 - 46.1	66,100	82.8	80.6 - 85.0	128,400
Maternal postpartum insurance															
Medi-Cal	36.2	34.7 - 37.6	175,700	64.1	59.9 - 68.3	50,800	59.4	55.6 - 63.2	56,100	36.6	33.9 - 39.3	55,700	7.0	5.7 - 8.3	10,900
Uninsured	15.0	13.8 - 16.2	72,800	27.2	23.3 - 31.2	21,600	21.3	18.1 - 24.5	20,100	13.4	11.2 - 15.5	20,400	6.4	4.8 - 8.1	10,000
Private	45.7	44.3 - 47.0	221,900	7.3	5.2 - 9.5	5,800	17.2	14.4 - 20.0	16,300	44.8	42.0 - 47.7	68,300	83.7	81.6 - 85.9	130,200
Infant health insurance															
Medi-Cal	52.2	50.9 - 53.6	250,400	90.9	88.3 - 93.4	71,300	81.1	78.1 - 84.0	75,600	52.4	49.5 - 55.3	79,200	14.2	12.1 - 16.2	21,700
Uninsured	2.9	2.2 - 3.5	13,700	4.3	2.3 - 6.2	3,300	3.9	2.3 - 5.6	3,700	3.0	1.9 - 4.0	4,500	1.4*	0.5 - 2.3	2,200
Private	41.3	40.0 - 42.6	198,000	3.3	2.0 - 4.7	2,600	12.5	10.0 - 14.9	11,600	38.7	35.9 - 41.5	58,500	81.3	79.0 - 83.6	124,400
Maternal Demographics															
Unmarried	40.9	39.4 - 42.4	199,000	65.0	60.8 - 69.2	51,800	60.5	56.7 - 64.3	58,100	44.4	41.5 - 47.3	67,600	12.4	10.3 - 14.5	19,300
Race/Ethnicity															
Hispanic	49.2	47.7 - 50.7	236,500	84.6	82.0 - 87.3	67,100	69.7	66.2 - 73.3	65,800	47.1	44.2 - 50.1	71,000	19.5	17.0 - 22.0	29,500
Black	5.7	5.3 - 6.1	27,400	4.4	3.3 - 5.5	3,500	6.0	4.7 - 7.4	5,700	8.5	7.4 - 9.6	12,800	3.4	2.7 - 4.1	5,100
White	29.3	27.9 - 30.7	140,900	8.2	6.0 - 10.3	6,500	16.7	13.8 - 19.5	15,700	34.8	32.1 - 37.6	52,500	43.0	39.9 - 46.1	64,900
Asian/Pacific Islander	15.3	13.9 - 16.7	73,700	2.3	1.1 - 3.6	1,800	7.1	4.7 - 9.4	6,700	8.9	7.0 - 10.7	13,300	34.0	30.7 - 37.3	51,200
Born outside the U.S.	37.9	36.2 - 39.6	185,700	55.7	51.3 - 60.1	44,500	43.1	39.3 - 46.9	41,400	22.6	19.9 - 25.2	34,500	40.6	37.4 - 43.9	63,200
Speaks non-English language at home	30.1	28.5 - 31.7	144,800	49.1	44.7 - 53.6	39,000	40.2	36.4 - 44.0	38,100	17.2	14.8 - 19.5	26,200	26.7	23.6 - 29.8	40,400
Lives in a high poverty neighborhood	38.9	37.3 - 40.5	182,900	62.3	57.9 - 66.6	46,600	52.8	48.9 - 56.8	48,500	38.2	35.3 - 41.1	56,300	18.8	16.2 - 21.4	28,400
Income as a percent of the Federal Poverty Guideline															
0-100%	41.0	39.5 - 42.4	188,800	81.2	77.6 - 84.8	58,800	65.2	61.3 - 69.0	57,900	39.9	37.0 - 42.8	58,400	7.5	5.9 - 9.1	11,200
101-200%	20.8	19.4 - 22.2	96,000	17.0	13.5 - 20.6	12,300	26.9	23.3 - 30.5	23,900	27.7	25.1 - 30.2	40,500	12.5	10.3 - 14.6	18,700
> 200%	38.2	36.9 - 39.6	176,200	1.8	1.0 - 2.6	1,300	7.9	5.8 - 10.1	7,000	32.5	29.7 - 35.2	47,500	80.0	77.5 - 82.5	119,800

-- 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. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (N), 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 2013-2014. Population estimate (N) is a two-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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