



# MIHA Data Snapshot, Greater Sacramento Region, 2013-2014

## Maternal and Infant Health Assessment (MIHA) Survey

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

		Greater Sacramento Region			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
<b>Health Status Before Pregnancy</b>							
In good to excellent health	♦	93.0	91.1 - 94.9	27,200	92.4	91.5 - 93.3	452,800
<b>Chronic conditions</b>							
Diabetes†	♦	1.8	0.9 - 2.8	500	2.3	1.8 - 2.8	10,900
Hypertension†	♦	3.6	2.1 - 5.0	1,000	2.5	2.0 - 2.9	11,900
Asthma†	♦	9.8	7.6 - 12.0	2,800	7.8	7.0 - 8.6	37,500
<b>Nutrition and Weight</b>							
Daily folic acid use, month before pregnancy	♦	34.1	30.4 - 37.8	10,000	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	26.5	23.0 - 30.1	7,600	24.7	23.2 - 26.2	114,900
Obese before pregnancy	♦	21.2	17.9 - 24.5	6,000	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	♦	14.5	11.5 - 17.5	3,700	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	♦	45.0	40.9 - 49.2	11,500	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	♦	14.1	11.4 - 16.8	4,100	16.6	15.4 - 17.9	80,500
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>							
Physical or psychological IPV during pregnancy	♦	7.7	5.7 - 9.6	2,200	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	♦	11.8	9.3 - 14.2	3,400	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	♦	11.9	9.5 - 14.3	3,400	13.0	11.8 - 14.1	63,200
<b>Hardships and Support during Pregnancy</b>							
Experienced two or more hardships during childhood	♦	27.0	23.6 - 30.4	7,800	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	♦	3.1	1.8 - 4.4	900	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	♦	7.6	5.5 - 9.7	2,200	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	12.6	10.0 - 15.2	3,700	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	♦	11.7	9.5 - 14.0	3,400	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	7.1	5.2 - 9.0	2,100	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	3.1	1.8 - 4.4	900	4.4	3.7 - 5.2	21,700
<b>Substance Use</b>							
Any smoking, 3 months before pregnancy	♦	13.9	11.3 - 16.6	4,000	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	♦	3.2	2.0 - 4.3	900	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	✗	8.6	6.4 - 10.8	2,500	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	♦	17.5	14.6 - 20.3	5,000	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	♦	7.7	5.9 - 9.5	2,200	7.6	6.6 - 8.6	37,000
<b>Pregnancy Intention and Family Planning</b>							
Mistimed or unwanted pregnancy	♦	29.8	26.1 - 33.4	8,700	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	♦	13.9	11.3 - 16.5	4,100	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	✓	84.7	82.1 - 87.4	24,000	81.6	80.3 - 83.0	390,200
<b>Infant Sleep and Breastfeeding</b>							
Placed infant on back to sleep	♦	81.3	78.3 - 84.3	23,300	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	♦	34.8	31.1 - 38.5	10,000	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	♦	91.7	89.4 - 94.0	26,500	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	✓	72.4	68.8 - 75.9	20,900	64.2	62.6 - 65.9	308,500
<b>Breastfeeding practices</b>							
Any breastfeeding, 1 month after delivery	♦	84.5	81.7 - 87.4	24,200	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✓	52.2	48.3 - 56.2	14,600	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	♦	68.6	64.4 - 72.9	14,300	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	✓	33.8	29.5 - 38.0	7,000	27.4	25.7 - 29.1	99,800



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		Greater Sacramento Region			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	♦	71.4	67.8 - 74.9	20,800	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	♦	89.9	87.4 - 92.4	25,800	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	♦	87.4	84.9 - 89.9	25,500	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	♦	12.8	10.2 - 15.5	3,700	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	♦	51.8	48.7 - 54.8	14,900	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	↑	29.5	26.1 - 32.9	8,500	24.9	23.6 - 26.3	121,000
<b>Health Insurance Coverage</b>							
Pre-pregnancy insurance							
Medi-Cal	♦	26.4	23.3 - 29.6	7,700	24.5	23.1 - 25.8	119,600
Uninsured	↓	19.6	16.6 - 22.6	5,700	24.0	22.6 - 25.4	117,500
Private	↑	51.4	48.3 - 54.6	15,000	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	♦	48.0	44.9 - 51.2	14,000	49.7	48.4 - 51.0	242,800
Uninsured	↓	0.3 *	0.0 - 0.7	100	1.6	1.2 - 2.0	7,900
Private	↑	47.9	44.8 - 51.1	14,000	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	♦	37.9	34.5 - 41.2	11,000	36.2	34.7 - 37.6	175,700
Uninsured	♦	12.3	9.7 - 14.9	3,600	15.0	13.8 - 16.2	72,800
Private	♦	47.8	44.6 - 50.9	13,900	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	♦	50.3	46.9 - 53.7	14,500	52.2	50.9 - 53.6	250,400
Uninsured	♦	2.0	1.1 - 2.9	600	2.9	2.2 - 3.5	13,700
Private	♦	44.5	41.2 - 47.8	12,800	41.3	40.0 - 42.6	198,000
<b>Maternal Demographics</b>							
Age							
15-19	♦	4.7	3.0 - 6.5	1,400	5.6	4.9 - 6.4	27,500
20-34	↑	78.6	75.4 - 81.7	23,000	74.5	73.0 - 76.0	365,300
35+	↓	16.7	13.9 - 19.5	4,900	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	↓	11.2	8.6 - 13.8	3,200	16.5	15.2 - 17.7	79,900
Unmarried	♦	39.6	35.9 - 43.4	11,600	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	↓	27.7	24.3 - 31.1	8,100	49.2	47.7 - 50.7	236,500
Black	↑	8.2	7.0 - 9.4	2,400	5.7	5.3 - 6.1	27,400
White	↑	47.5	43.8 - 51.2	13,900	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	♦	15.8	12.5 - 19.2	4,600	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	↓	28.7	25.1 - 32.3	8,400	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	↓	22.6	19.2 - 26.0	6,500	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	♦	36.5	32.9 - 40.2	10,400	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	♦	38.0	34.4 - 41.6	10,500	41.0	39.5 - 42.4	188,800
101-200%	♦	22.7	19.2 - 26.3	6,300	20.8	19.4 - 22.2	96,000
> 200%	♦	39.2	36.2 - 42.3	10,800	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 Greater Sacramento Region was 1,616. 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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