



MIHA Data Snapshot, Contra Costa County, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

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

		Contra Costa County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Status Before Pregnancy							
In good to excellent health	♦	92.6	89.9 - 95.2	11,200	92.4	91.5 - 93.3	452,800
Chronic conditions							
Diabetes†	♦	2.1 *	0.7 - 3.4	200	2.3	1.8 - 2.8	10,900
Hypertension†	♦	1.7	0.7 - 2.7	200	2.5	2.0 - 2.9	11,900
Asthma†	♦	7.9	4.9 - 10.8	900	7.8	7.0 - 8.6	37,500
Nutrition and Weight							
Daily folic acid use, month before pregnancy	♦	31.5	26.0 - 37.0	3,800	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	25.6	20.5 - 30.6	2,900	24.7	23.2 - 26.2	114,900
Obese before pregnancy	♦	19.4	14.9 - 23.9	2,200	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	♦	18.2	13.3 - 23.1	1,900	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	♦	43.0	36.8 - 49.2	4,400	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	✓	12.6	9.7 - 15.6	1,500	16.6	15.4 - 17.9	80,500
Intimate Partner Violence (IPV) and Depressive Symptoms							
Physical or psychological IPV during pregnancy	♦	7.6	4.6 - 10.5	900	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	♦	14.2	10.6 - 17.9	1,700	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	♦	16.4	12.1 - 20.6	2,000	13.0	11.8 - 14.1	63,200
Hardships and Support during Pregnancy							
Experienced two or more hardships during childhood	♦	24.9	20.1 - 29.7	3,000	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	♦	3.8	2.1 - 5.5	500	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	♦	5.9	3.6 - 8.1	700	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	13.6	10.2 - 17.1	1,600	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	♦	11.3	7.4 - 15.2	1,400	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	7.2	4.4 - 10.0	900	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	3.3	1.4 - 5.1	400	4.4	3.7 - 5.2	21,700
Substance Use							
Any smoking, 3 months before pregnancy	♦	10.0	7.0 - 13.0	1,200	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	♦	3.1	1.3 - 4.8	400	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	♦	5.6	3.3 - 7.9	700	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	♦	12.9	8.9 - 16.9	1,600	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	♦	9.2	5.6 - 12.8	1,100	7.6	6.6 - 8.6	37,000
Pregnancy Intention and Family Planning							
Mistimed or unwanted pregnancy	♦	28.3	23.2 - 33.3	3,400	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	♦	11.9	8.3 - 15.4	1,400	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	♦	78.2	73.1 - 83.3	9,300	81.6	80.3 - 83.0	390,200
Infant Sleep and Breastfeeding							
Placed infant on back to sleep	✓	86.0	82.2 - 89.7	10,300	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	♦	39.0	33.4 - 44.6	4,700	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	♦	94.5	92.0 - 97.1	11,300	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	✓	70.0	64.9 - 75.2	8,400	64.2	62.6 - 65.9	308,500
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	♦	86.3	82.7 - 89.9	10,200	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✓	49.9	43.9 - 55.8	5,900	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	✓	78.8	74.0 - 83.5	7,300	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	✓	37.1	30.3 - 43.9	3,400	27.4	25.7 - 29.1	99,800



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

		Contra Costa County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Care Utilization and Public Program Participation							
Had a usual source of pre-pregnancy care	♦	75.4	70.8 - 80.0	9,100	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	♦	88.4	84.9 - 91.8	10,600	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	↑	94.8	93.0 - 96.7	11,500	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	♦	11.4	8.0 - 14.7	1,400	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	↓	40.7	36.8 - 44.6	4,700	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	↓	17.8	14.6 - 21.0	2,100	24.9	23.6 - 26.3	121,000
Health Insurance Coverage							
Pre-pregnancy insurance							
Medi-Cal	↓	18.4	14.9 - 21.8	2,200	24.5	23.1 - 25.8	119,600
Uninsured	↓	16.5	13.0 - 20.0	2,000	24.0	22.6 - 25.4	117,500
Private	↑	62.9	58.7 - 67.0	7,600	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	↓	35.3	31.4 - 39.2	4,300	49.7	48.4 - 51.0	242,800
Uninsured	♦	2.5 *	0.9 - 4.2	300	1.6	1.2 - 2.0	7,900
Private	↑	59.7	55.4 - 63.9	7,200	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	↓	27.5	23.9 - 31.1	3,300	36.2	34.7 - 37.6	175,700
Uninsured	↓	8.1	5.5 - 10.6	1,000	15.0	13.8 - 16.2	72,800
Private	↑	62.2	58.3 - 66.1	7,500	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	↓	38.2	34.3 - 42.1	4,500	52.2	50.9 - 53.6	250,400
Uninsured	♦	2.5 *	0.8 - 4.2	300	2.9	2.2 - 3.5	13,700
Private	↑	56.5	52.1 - 60.9	6,700	41.3	40.0 - 42.6	198,000
Maternal Demographics							
Age							
15-19	♦	4.0	2.1 - 5.8	500	5.6	4.9 - 6.4	27,500
20-34	♦	71.6	66.1 - 77.0	8,700	74.5	73.0 - 76.0	365,300
35+	♦	24.5	19.2 - 29.8	3,000	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	♦	13.6	10.4 - 16.7	1,600	16.5	15.2 - 17.7	79,900
Unmarried	↓	30.1	25.9 - 34.4	3,600	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	↓	34.6	29.7 - 39.6	4,100	49.2	47.7 - 50.7	236,500
Black	↑	9.2	7.8 - 10.5	1,100	5.7	5.3 - 6.1	27,400
White	↑	38.5	32.9 - 44.1	4,500	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	♦	17.6	12.6 - 22.6	2,100	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	♦	36.4	31.0 - 41.8	4,400	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	♦	26.4	21.9 - 30.9	3,100	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	↓	26.6	22.4 - 30.8	3,200	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	↓	28.1	24.3 - 31.9	3,100	41.0	39.5 - 42.4	188,800
101-200%	♦	16.8	12.4 - 21.2	1,900	20.8	19.4 - 22.2	96,000
> 200%	↑	55.2	50.6 - 59.7	6,200	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 Contra Costa County was 422. 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.

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