



MIHA Data Snapshot, Humboldt County by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			<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		1,500	11.0	7.9 - 14.1	200	23.1	18.4 - 27.9	300	41.7	37.0 - 46.3	600	24.2	20.6 - 27.9	400
Health Status before Pregnancy															
In good to excellent health	90.8	87.7 - 94.0	1,300	79.5*	65.6 - 93.4	100	--			89.3	84.8 - 93.8	500	95.5*	91.6 - 99.3	300
Chronic conditions															
Diabetes†	3.5*	0.9 - 6.0	<100	--			--			3.5*	0.8 - 6.3	<100	--		
Hypertension†	2.9	1.3 - 4.4	<100	--			--			3.8*	1.0 - 6.5	<100	--		
Asthma†	15.0	11.1 - 18.8	200	18.8*	7.6 - 30.1	<100	15.6*	5.6 - 25.7	<100	14.0	9.0 - 19.0	<100	14.1	6.9 - 21.4	<100
Nutrition and Weight															
Daily folic acid use, month before pregnancy	26.7	22.6 - 30.8	400	--			21.8	11.3 - 32.4	<100	23.9	18.1 - 29.7	100	45.1	37.2 - 53.0	200
Overweight before pregnancy	27.3	22.6 - 31.9	400	28.9	12.0 - 45.9	<100	22.9	10.5 - 35.4	<100	25.9	20.1 - 31.7	200	31.0	23.3 - 38.6	100
Obese before pregnancy	21.9	17.6 - 26.2	300	19.5*	5.0 - 34.0	<100	26.3	14.9 - 37.7	<100	28.1	21.7 - 34.4	200	9.2	4.6 - 13.8	<100
Inadequate weight gain during pregnancy	10.0	7.4 - 12.6	100	8.9*	1.9 - 15.9	<100	5.9*	1.0 - 10.9	<100	10.9	6.4 - 15.4	<100	12.9	7.9 - 17.9	<100
Excessive weight gain during pregnancy	51.6	46.3 - 57.0	700	52.6	33.7 - 71.4	<100	49.9	35.6 - 64.1	100	55.4	48.2 - 62.7	300	47.0	38.7 - 55.4	200
Food insecurity during pregnancy	17.4	13.7 - 21.1	300	33.9	18.4 - 49.5	<100	17.2	7.9 - 26.4	<100	20.1	14.8 - 25.5	100	4.8	2.2 - 7.5	<100
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	8.6	5.5 - 11.8	100	22.9*	9.2 - 36.7	<100	12.6*	3.0 - 22.3	<100	6.3	3.2 - 9.4	<100	2.2*	0.2 - 4.3	<100
Prenatal depressive symptoms	15.0	11.3 - 18.7	200	19.9*	6.8 - 33.0	<100	16.7*	5.4 - 28.1	<100	17.2	12.4 - 22.1	100	7.5	4.0 - 11.0	<100
Postpartum depressive symptoms	17.8	14.0 - 21.7	300	19.4	8.5 - 30.3	<100	15.6*	4.8 - 26.4	<100	23.1	17.2 - 29.0	100	10.5	6.3 - 14.8	<100
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	36.2	31.4 - 41.1	500	64.0	48.9 - 79.2	100	46.0	32.8 - 59.2	100	32.7	26.3 - 39.0	200	21.8	15.6 - 28.1	<100
Homeless or did not have a regular place to sleep	2.8	1.2 - 4.3	<100	11.3*	3.4 - 19.1	<100	--			--			--		
Moved due to problems paying rent or mortgage	6.1	4.1 - 8.2	<100	7.8*	1.4 - 14.3	<100	--			8.3	4.6 - 12.0	<100	5.3*	1.1 - 9.4	<100
Woman or partner lost job	14.5	10.9 - 18.1	200	25.0	13.1 - 36.9	<100	20.8	9.8 - 31.8	<100	12.9	8.4 - 17.4	<100	7.1	3.4 - 10.7	<100
Woman or partner had pay or hours cut back	14.7	11.6 - 17.8	200	23.1	10.6 - 35.6	<100	12.3	5.2 - 19.4	<100	16.3	11.6 - 21.0	<100	10.5	5.7 - 15.3	<100
Became separated or divorced	10.5	7.4 - 13.5	200	28.9	14.1 - 43.7	<100	11.5*	2.8 - 20.2	<100	8.2	4.7 - 11.8	<100	4.9*	0.8 - 8.9	<100
Had no practical or emotional support	2.3	1.1 - 3.5	<100	--			--			2.5*	0.4 - 4.5	<100	--		
Substance Use															
Any smoking, 3 months before pregnancy	24.6	20.1 - 29.0	400	42.1	26.5 - 57.6	<100	33.9	21.3 - 46.5	100	22.8	17.4 - 28.2	100	11.4	6.4 - 16.3	<100
Any smoking, 3rd trimester†	10.2	7.2 - 13.2	100	33.1	18.1 - 48.0	<100	14.8	6.4 - 23.3	<100	7.2	4.2 - 10.3	<100	--		
Any smoking, postpartum	12.8	9.4 - 16.2	200	36.0	20.8 - 51.2	<100	17.5	7.5 - 27.6	<100	10.4	6.6 - 14.1	<100	2.3*	0.4 - 4.1	<100
Any binge drinking, 3 months before pregnancy	22.9	19.1 - 26.7	300	25.6	11.4 - 39.9	<100	14.3	7.6 - 21.0	<100	28.4	21.9 - 35.0	200	21.6	15.9 - 27.3	<100
Any alcohol use, 3rd trimester†	12.4	9.4 - 15.5	200	13.8*	0.9 - 26.8	<100	3.9*	0.5 - 7.3	<100	12.1	7.6 - 16.6	<100	21.0	14.4 - 27.6	<100
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	25.9	21.6 - 30.3	400	34.2	18.3 - 50.1	<100	36.0	24.2 - 47.8	100	23.9	18.3 - 29.5	100	16.6	10.8 - 22.5	<100
Unsure of pregnancy intentions	17.7	13.7 - 21.8	300	25.6	11.5 - 39.7	<100	17.0	7.2 - 26.9	<100	22.1	15.4 - 28.8	100	8.1	4.4 - 11.8	<100
Postpartum birth control use†	81.7	77.5 - 85.8	1,200	80.9	69.6 - 92.1	100	77.9	65.4 - 90.5	300	83.4	78.6 - 88.2	500	83.6	76.8 - 90.5	300
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.4	76.6 - 84.2	1,100	69.9	53.9 - 85.8	100	86.3	79.6 - 93.0	300	79.5	73.7 - 85.3	500	82.7	77.3 - 88.2	300
Infant always or often shared bed	55.0	50.3 - 59.8	800	59.8	44.4 - 75.2	<100	47.0	33.9 - 60.0	100	56.5	49.6 - 63.3	300	57.0	49.1 - 64.9	200
Intended to breastfeed, before birth	93.3	91.0 - 95.6	1,300	90.9*	83.1 - 98.6	100	88.2	82.1 - 94.4	300	95.4	92.6 - 98.1	600	--		
Intended to breastfeed exclusively, before birth	79.2	75.4 - 83.1	1,100	60.6	45.1 - 76.2	<100	75.9	67.1 - 84.6	200	81.6	76.1 - 87.1	500	89.3	83.6 - 95.0	300
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	88.1	85.1 - 91.1	1,200	82.0*	68.6 - 95.3	100	82.5	75.0 - 90.1	300	87.3	82.9 - 91.6	500	--		
Exclusive breastfeeding, 1 month after delivery	59.3	54.5 - 64.2	800	46.7	30.3 - 63.1	<100	57.9	45.7 - 70.1	200	59.2	52.1 - 66.3	300	67.9	60.1 - 75.7	200
Any breastfeeding, 3 months after delivery	81.8	77.8 - 85.8	900	66.3	49.7 - 82.9	<100	77.8	67.9 - 87.7	200	81.2	75.5 - 86.9	300	96.7*	93.9 - 99.5	300
Exclusive breastfeeding, 3 months after delivery	46.0	40.4 - 51.5	500	19.6*	6.4 - 32.8	<100	43.3	28.4 - 58.2	<100	46.3	38.0 - 54.5	200	61.3	52.2 - 70.4	200



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Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			<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
Service Utilization and Health Insurance Coverage															
Had a usual source of pre-pregnancy care	71.1	66.8 - 75.3	1,000	61.9	48.8 - 75.0	<100	67.4	55.3 - 79.6	200	71.0	65.0 - 77.0	400	80.7	75.0 - 86.4	300
Initiated prenatal care in 1st trimester	85.8	82.0 - 89.7	1,200	72.9	57.5 - 88.3	100	82.2	72.0 - 92.3	300	85.8	80.1 - 91.5	500	95.8*	93.1 - 98.4	300
Mom or infant needed but couldn't afford care postpartum	11.2	7.9 - 14.5	200	10.2*	2.5 - 17.9	<100	14.8*	4.1 - 25.5	<100	13.8	9.1 - 18.4	<100	4.1*	1.4 - 6.8	<100
Participated in WIC during pregnancy†	54.1	49.4 - 58.7	800	90.8*	83.7 - 97.9	100	64.9	54.3 - 75.5	200	55.8	48.7 - 62.9	300	22.4	15.3 - 29.5	<100
Received CalFresh (food stamps) during pregnancy	34.7	30.1 - 39.4	500	68.0	55.8 - 80.3	100	50.1	37.7 - 62.5	200	32.5	26.0 - 38.9	200	8.0*	2.4 - 13.7	<100
Pre-pregnancy insurance															
Medi-Cal	36.4	31.9 - 41.0	500	66.6	54.1 - 79.1	100	51.2	39.2 - 63.2	200	34.2	27.6 - 40.8	200	10.0	4.2 - 15.8	<100
Uninsured	20.9	17.5 - 24.3	300	28.0	16.5 - 39.6	<100	21.8	13.2 - 30.3	<100	23.9	18.3 - 29.5	100	12.2	7.6 - 16.7	<100
Private	39.7	35.0 - 44.4	600	--			27.0	15.6 - 38.4	<100	39.1	32.0 - 46.2	200	71.1	63.5 - 78.8	200
Prenatal insurance															
Medi-Cal	63.6	59.2 - 68.0	900	--			79.5	70.4 - 88.6	300	65.7	58.8 - 72.6	400	28.6	21.4 - 35.9	100
Uninsured	1.3*	0.3 - 2.3	<100	--			--			--			--		
Private	31.9	27.6 - 36.2	500	--			16.7	8.3 - 25.1	<100	29.7	23.0 - 36.5	200	65.9	58.2 - 73.5	200
Maternal postpartum insurance															
Medi-Cal	53.4	48.8 - 58.0	800	75.5	63.6 - 87.4	100	71.1	61.2 - 81.0	200	57.2	50.2 - 64.2	300	18.9	13.3 - 24.6	<100
Uninsured	10.7	8.0 - 13.4	200	23.2	11.4 - 34.9	<100	9.7*	3.1 - 16.2	<100	11.5	7.3 - 15.8	<100	5.0	2.3 - 7.8	<100
Private	34.7	30.3 - 39.1	500	--			19.2	10.4 - 28.1	<100	30.0	23.2 - 36.7	200	73.4	66.7 - 80.1	300
Infant health insurance															
Medi-Cal	68.7	64.4 - 73.0	1,000	--			81.3	72.3 - 90.3	300	75.9	69.4 - 82.5	500	31.1	23.9 - 38.2	100
Uninsured	2.2*	0.7 - 3.8	<100	--			--			--			--		
Private	27.1	23.0 - 31.2	400	--			12.3*	4.4 - 20.2	<100	20.5	14.1 - 26.8	100	64.4	56.8 - 71.9	200
Maternal Demographics															
Unmarried	52.8	48.3 - 57.3	800	69.7	57.1 - 82.4	100	67.3	57.0 - 77.5	200	58.0	51.2 - 64.9	300	21.2	14.8 - 27.6	<100
Race/Ethnicity															
White	72.7	68.5 - 76.9	1,000	43.6	29.7 - 57.6	<100	80.2	69.7 - 90.7	300	70.4	63.7 - 77.1	400	83.4	76.2 - 90.6	300
Hispanic	15.9	12.3 - 19.5	200	40.3	24.5 - 56.2	<100	16.4	6.8 - 26.0	<100	14.8	10.3 - 19.3	<100	7.0*	2.6 - 11.3	<100
Asian/Pacific Islander	4.1	2.2 - 6.1	<100	--			--			5.8	2.7 - 8.8	<100	--		
Black	1.3*	0.4 - 2.1	<100	--			--			--			--		
Born outside the U.S.	10.3	7.5 - 13.1	200	29.6	16.7 - 42.6	<100	6.3*	2.1 - 10.5	<100	9.2	5.2 - 13.3	<100	5.7*	0.9 - 10.4	<100
Speaks non-English language at home	7.8	5.1 - 10.5	100	27.1	14.3 - 40.0	<100	6.1*	1.7 - 10.4	<100	6.5*	2.4 - 10.6	<100	--		
Lives in a high poverty neighborhood	40.8	35.8 - 45.8	500	42.6	26.1 - 59.0	<100	35.8	22.9 - 48.7	<100	41.1	34.1 - 48.2	200	42.9	34.8 - 51.0	100
Income as a percent of the Federal Poverty Guideline															
0-100%	44.4	39.3 - 49.4	600	85.1*	74.8 - 95.5	100	63.5	51.6 - 75.4	200	42.8	35.6 - 49.9	200	12.1	6.4 - 17.8	<100
101-200%	23.7	19.4 - 28.0	300	14.9*	4.5 - 25.2	<100	23.6	12.7 - 34.6	<100	30.7	24.1 - 37.3	200	14.9	9.3 - 20.5	<100
> 200%	31.9	27.7 - 36.2	400	--			12.9*	4.9 - 20.8	<100	26.5	20.0 - 33.0	200	73.0	65.7 - 80.3	300

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Humboldt County was 568. 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 2013-2015. Population estimate (N) is a three-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.

Table Citation: Maternal and Infant Health Assessment (MIHA) Survey County and Regional Data Snapshots for Subgroups, 2013-2015. California Department of Public Health; 2018.

Geographical Area Snapshot is not provided due to suppression criteria.

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MIHA Data Snapshot, Humboldt County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			0-100% Federal Poverty Guideline			101-200% Federal Poverty Guideline			> 200% Federal Poverty Guideline		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		1,500	44.4	39.3 - 49.4	600	23.7	19.4 - 28.0	300	31.9	27.7 - 36.2	400
Health Status before Pregnancy												
In good to excellent health	90.8	87.7 - 94.0	1,300	86.2	80.1 - 92.4	500	90.1	84.4 - 95.8	300	97.1*	94.6 - 99.6	400
Chronic conditions												
Diabetes†	3.5*	0.9 - 6.0	<100	4.8*	1.4 - 8.2	<100	--			--		
Hypertension†	2.9	1.3 - 4.4	<100	4.3*	1.3 - 7.3	<100	--			--		
Asthma†	15.0	11.1 - 18.8	200	17.6	11.1 - 24.1	100	17.3	9.4 - 25.2	<100	10.7	4.7 - 16.6	<100
Nutrition and Weight												
Daily folic acid use, month before pregnancy	26.7	22.6 - 30.8	400	16.1	9.6 - 22.7	<100	22.9	14.9 - 30.9	<100	43.6	36.0 - 51.2	200
Overweight before pregnancy	27.3	22.6 - 31.9	400	32.6	24.3 - 40.9	200	20.4	13.7 - 27.1	<100	24.4	17.6 - 31.2	100
Obese before pregnancy	21.9	17.6 - 26.2	300	23.5	16.8 - 30.1	100	35.5	24.7 - 46.3	100	12.0	7.5 - 16.5	<100
Inadequate weight gain during pregnancy	10.0	7.4 - 12.6	100	11.3	7.0 - 15.5	<100	5.6*	1.8 - 9.4	<100	11.8	6.6 - 17.1	<100
Excessive weight gain during pregnancy	51.6	46.3 - 57.0	700	48.8	39.8 - 57.8	300	58.5	48.3 - 68.8	200	49.8	41.5 - 58.2	200
Food insecurity during pregnancy	17.4	13.7 - 21.1	300	27.6	20.4 - 34.8	200	18.7	11.3 - 26.1	<100	3.0*	0.8 - 5.2	<100
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	8.6	5.5 - 11.8	100	15.0	8.4 - 21.7	<100	5.3*	1.9 - 8.7	<100	--		
Prenatal depressive symptoms	15.0	11.3 - 18.7	200	16.3	10.4 - 22.2	100	23.1	13.0 - 33.2	<100	7.2	3.8 - 10.6	<100
Postpartum depressive symptoms	17.8	14.0 - 21.7	300	16.0	10.4 - 21.6	<100	25.7	15.2 - 36.1	<100	15.2	9.9 - 20.5	<100
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	36.2	31.4 - 41.1	500	47.6	39.3 - 56.0	300	36.6	26.0 - 47.2	100	21.5	15.2 - 27.7	<100
Homeless or did not have a regular place to sleep	2.8	1.2 - 4.3	<100	5.4*	1.9 - 9.0	<100	--			--		
Moved due to problems paying rent or mortgage	6.1	4.1 - 8.2	<100	7.8	4.3 - 11.2	<100	6.3*	2.3 - 10.2	<100	4.7*	1.1 - 8.4	<100
Woman or partner lost job	14.5	10.9 - 18.1	200	26.8	19.4 - 34.2	200	8.1	3.6 - 12.6	<100	3.3*	1.0 - 5.6	<100
Woman or partner had pay or hours cut back	14.7	11.6 - 17.8	200	20.4	14.8 - 26.1	100	16.9	9.8 - 23.9	<100	6.1*	2.5 - 9.8	<100
Became separated or divorced	10.5	7.4 - 13.5	200	17.3	11.2 - 23.3	100	3.1*	0.7 - 5.5	<100	4.1*	0.7 - 7.4	<100
Had no practical or emotional support	2.3	1.1 - 3.5	<100	2.2*	0.4 - 3.9	<100	4.1*	0.6 - 7.6	<100	--		
Substance Use												
Any smoking, 3 months before pregnancy	24.6	20.1 - 29.0	400	30.5	22.7 - 38.3	200	32.2	22.2 - 42.1	100	11.8	6.5 - 17.2	<100
Any smoking, 3rd trimester†	10.2	7.2 - 13.2	100	19.3	12.9 - 25.7	100	6.4*	2.4 - 10.4	<100	--		
Any smoking, postpartum	12.8	9.4 - 16.2	200	20.9	14.3 - 27.6	100	9.2	4.7 - 13.8	<100	4.9*	1.2 - 8.5	<100
Any binge drinking, 3 months before pregnancy	22.9	19.1 - 26.7	300	22.9	16.5 - 29.4	100	21.9	14.8 - 29.0	<100	24.5	18.1 - 30.9	100
Any alcohol use, 3rd trimester†	12.4	9.4 - 15.5	200	10.1	5.3 - 15.0	<100	10.8	5.6 - 16.1	<100	16.8	11.0 - 22.5	<100
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	25.9	21.6 - 30.3	400	36.0	28.0 - 43.9	200	28.7	20.7 - 36.8	<100	11.8	6.8 - 16.8	<100
Unsure of pregnancy intentions	17.7	13.7 - 21.8	300	20.6	13.9 - 27.2	100	17.0	7.7 - 26.4	<100	12.4	6.3 - 18.4	<100
Postpartum birth control use†	81.7	77.5 - 85.8	1,200	80.3	73.8 - 86.8	500	82.5	72.5 - 92.4	300	82.7	75.8 - 89.6	400
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.4	76.6 - 84.2	1,100	80.1	74.0 - 86.2	500	85.4	79.6 - 91.3	300	79.0	72.3 - 85.8	300
Infant always or often shared bed	55.0	50.3 - 59.8	800	55.0	47.2 - 62.8	300	53.1	43.2 - 63.1	200	56.6	49.0 - 64.3	300
Intended to breastfeed, before birth	93.3	91.0 - 95.6	1,300	88.1	83.2 - 93.0	500	96.0*	92.3 - 99.6	300	--		
Intended to breastfeed exclusively, before birth	79.2	75.4 - 83.1	1,100	74.1	67.6 - 80.6	400	82.1	75.1 - 89.2	300	88.2	83.0 - 93.4	400
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	88.1	85.1 - 91.1	1,200	83.4	78.1 - 88.6	500	87.8	82.2 - 93.4	300	96.2*	93.4 - 99.1	400
Exclusive breastfeeding, 1 month after delivery	59.3	54.5 - 64.2	800	56.0	48.5 - 63.4	300	55.4	45.3 - 65.4	200	69.2	62.0 - 76.3	300
Any breastfeeding, 3 months after delivery	81.8	77.8 - 85.8	900	74.0	66.0 - 81.9	300	78.6	70.6 - 86.6	200	93.7*	89.7 - 97.8	300
Exclusive breastfeeding, 3 months after delivery	46.0	40.4 - 51.5	500	37.1	28.0 - 46.2	200	37.7	27.4 - 48.0	<100	63.5	54.7 - 72.2	200



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	Humboldt County			0-100% Federal Poverty Guideline			101-200% Federal Poverty Guideline			> 200% Federal Poverty Guideline		
	%	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	71.1	66.8 - 75.3	1,000	65.3	57.5 - 73.0	400	68.5	60.3 - 76.8	200	81.1	75.3 - 86.9	400
Initiated prenatal care in 1st trimester	85.8	82.0 - 89.7	1,200	77.6	70.4 - 84.7	500	92.7 *	88.1 - 97.3	300	93.8 *	88.7 - 98.9	400
Mom or infant needed but couldn't afford care postpartum	11.2	7.9 - 14.5	200	13.8	7.6 - 20.0	<100	14.8	7.6 - 22.0	<100	3.9 *	1.4 - 6.4	<100
Participated in WIC during pregnancy†	54.1	49.4 - 58.7	800	80.7	75.6 - 85.9	500	64.3	55.0 - 73.7	200	8.6	4.0 - 13.1	<100
Received CalFresh (food stamps) during pregnancy	34.7	30.1 - 39.4	500	65.3	57.6 - 73.0	400	22.1	12.4 - 31.7	<100	--		
Pre-pregnancy insurance												
Medi-Cal	36.4	31.9 - 41.0	500	67.0	60.2 - 73.7	400	23.6	15.0 - 32.2	<100	2.6 *	0.4 - 4.7	<100
Uninsured	20.9	17.5 - 24.3	300	22.5	17.0 - 28.1	100	31.3	22.7 - 40.0	100	8.9	4.8 - 13.0	<100
Private	39.7	35.0 - 44.4	600	9.3	4.6 - 13.9	<100	40.6	30.2 - 51.1	100	84.2	78.4 - 90.0	400
Prenatal insurance												
Medi-Cal	63.6	59.2 - 68.0	900	96.4 *	94.2 - 98.7	600	67.9	58.4 - 77.3	200	11.3	6.9 - 15.7	<100
Uninsured	1.3 *	0.3 - 2.3	<100	--			--			--		
Private	31.9	27.6 - 36.2	500	3.2 *	1.0 - 5.3	<100	22.5	14.2 - 30.7	<100	82.2	76.6 - 87.9	400
Maternal postpartum insurance												
Medi-Cal	53.4	48.8 - 58.0	800	82.7	77.3 - 88.1	500	52.7	43.0 - 62.3	200	9.4	5.3 - 13.6	<100
Uninsured	10.7	8.0 - 13.4	200	11.2	6.8 - 15.6	<100	16.3	9.1 - 23.5	<100	5.7 *	2.2 - 9.1	<100
Private	34.7	30.3 - 39.1	500	6.1 *	2.5 - 9.7	<100	29.3	20.6 - 37.9	<100	82.4	76.7 - 88.2	400
Infant health insurance												
Medi-Cal	68.7	64.4 - 73.0	1,000	97.8 *	96.0 - 99.5	600	78.1	69.5 - 86.8	300	20.0	14.1 - 25.8	<100
Uninsured	2.2 *	0.7 - 3.8	<100	--			--			--		
Private	27.1	23.0 - 31.2	400	--			15.3	8.1 - 22.5	<100	73.9	67.3 - 80.5	300
Maternal Demographics												
Did not complete high school (or GED)	11.0	7.9 - 14.1	200	19.1	13.0 - 25.2	100	6.3 *	1.8 - 10.8	<100	--		
Unmarried	52.8	48.3 - 57.3	800	74.4	68.4 - 80.3	500	50.3	40.4 - 60.3	200	23.9	17.3 - 30.5	100
Race/Ethnicity												
White	72.7	68.5 - 76.9	1,000	66.8	59.2 - 74.4	400	72.4	62.0 - 82.9	200	81.9	75.4 - 88.5	400
Hispanic	15.9	12.3 - 19.5	200	19.6	14.1 - 25.0	100	15.6 *	6.1 - 25.2	<100	8.4	4.8 - 12.1	<100
Asian/Pacific Islander	4.1	2.2 - 6.1	<100	5.2 *	1.6 - 8.7	<100	4.3 *	0.6 - 8.0	<100	--		
Black	1.3 *	0.4 - 2.1	<100	--			--			--		
Born outside the U.S.	10.3	7.5 - 13.1	200	14.5	9.3 - 19.6	<100	6.9 *	2.6 - 11.2	<100	5.9 *	1.5 - 10.3	<100
Speaks non-English language at home	7.8	5.1 - 10.5	100	11.5	7.1 - 15.9	<100	7.1 *	2.0 - 12.1	<100	--		
Lives in a high poverty neighborhood	40.8	35.8 - 45.8	500	43.9	35.5 - 52.3	200	37.7	27.1 - 48.4	100	35.7	28.3 - 43.0	100

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

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Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Humboldt County was 568. 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 2013-2015. Population estimate (N) is a three-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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MIHA Data Snapshot, Humboldt County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			15-19 Years			20-34 Years			35 Years or Older		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		1,500	7.3	4.0 - 10.5	100	77.1	72.9 - 81.2	1,100	15.7	12.6 - 18.7	200
Health Status before Pregnancy												
In good to excellent health	90.8	87.7 - 94.0	1,300	--			91.3	87.9 - 94.8	1,000	92.1*	85.5 - 98.7	200
Chronic conditions												
Diabetes†	3.5*	0.9 - 6.0	<100	--			3.3*	0.2 - 6.5	<100	--		
Hypertension†	2.9	1.3 - 4.4	<100	--			3.0*	1.1 - 4.9	<100	--		
Asthma†	15.0	11.1 - 18.8	200	--			15.6	11.4 - 19.8	200	11.9*	3.0 - 20.8	<100
Nutrition and Weight												
Daily folic acid use, month before pregnancy	26.7	22.6 - 30.8	400	--			24.5	20.4 - 28.6	300	35.5	25.5 - 45.6	<100
Overweight before pregnancy	27.3	22.6 - 31.9	400	--			27.6	22.6 - 32.5	300	24.9	16.6 - 33.2	<100
Obese before pregnancy	21.9	17.6 - 26.2	300	--			21.8	17.0 - 26.5	200	24.1	13.9 - 34.3	<100
Inadequate weight gain during pregnancy	10.0	7.4 - 12.6	100	15.0*	0.6 - 29.3	<100	9.1	6.2 - 12.0	<100	12.2	5.8 - 18.6	<100
Excessive weight gain during pregnancy	51.6	46.3 - 57.0	700	38.7*	9.9 - 67.5	<100	53.9	48.0 - 59.8	500	46.0	34.8 - 57.1	<100
Food insecurity during pregnancy	17.4	13.7 - 21.1	300	36.8*	11.7 - 61.9	<100	16.1	12.3 - 19.9	200	14.6	6.6 - 22.7	<100
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	8.6	5.5 - 11.8	100	31.8*	4.8 - 58.7	<100	7.2	4.6 - 9.7	<100	5.2*	1.5 - 8.9	<100
Prenatal depressive symptoms	15.0	11.3 - 18.7	200	33.9*	8.5 - 59.2	<100	14.0	10.1 - 18.0	200	11.1	5.4 - 16.8	<100
Postpartum depressive symptoms	17.8	14.0 - 21.7	300	26.0*	4.5 - 47.5	<100	16.4	12.4 - 20.4	200	21.3	11.0 - 31.6	<100
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	36.2	31.4 - 41.1	500	65.2*	42.8 - 87.7	<100	33.0	28.0 - 38.0	400	38.7	27.8 - 49.7	<100
Homeless or did not have a regular place to sleep	2.8	1.2 - 4.3	<100	--			2.1*	0.7 - 3.5	<100	--		
Moved due to problems paying rent or mortgage	6.1	4.1 - 8.2	<100	--			6.6	4.2 - 8.9	<100	--		
Woman or partner lost job	14.5	10.9 - 18.1	200	49.6	26.5 - 72.7	<100	12.0	8.8 - 15.2	100	10.2	4.3 - 16.1	<100
Woman or partner had pay or hours cut back	14.7	11.6 - 17.8	200	--			15.9	12.1 - 19.6	200	10.2	4.7 - 15.6	<100
Became separated or divorced	10.5	7.4 - 13.5	200	27.1*	6.1 - 48.2	<100	9.1	5.7 - 12.6	100	9.2	3.9 - 14.6	<100
Had no practical or emotional support	2.3	1.1 - 3.5	<100	--			1.8*	0.5 - 3.0	<100	6.1*	1.3 - 10.9	<100
Substance Use												
Any smoking, 3 months before pregnancy	24.6	20.1 - 29.0	400	30.9*	6.8 - 55.0	<100	26.1	20.9 - 31.2	300	14.2	7.7 - 20.8	<100
Any smoking, 3rd trimester†	10.2	7.2 - 13.2	100	27.1*	3.3 - 51.0	<100	9.6	6.7 - 12.6	100	5.2*	1.4 - 9.0	<100
Any smoking, postpartum	12.8	9.4 - 16.2	200	--			13.7	9.8 - 17.5	200	5.6*	1.6 - 9.7	<100
Any binge drinking, 3 months before pregnancy	22.9	19.1 - 26.7	300	--			25.2	20.8 - 29.6	300	15.8	8.8 - 22.8	<100
Any alcohol use, 3rd trimester†	12.4	9.4 - 15.5	200	--			11.0	7.7 - 14.4	100	20.6	13.3 - 28.0	<100
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	25.9	21.6 - 30.3	400	69.1*	47.4 - 90.9	<100	22.8	18.8 - 26.8	300	21.2	12.3 - 30.2	<100
Unsure of pregnancy intentions	17.7	13.7 - 21.8	300	--			18.2	13.6 - 22.9	200	14.4*	5.2 - 23.7	<100
Postpartum birth control use†	81.7	77.5 - 85.8	1,200	--			81.1	76.1 - 86.0	900	79.9	72.2 - 87.7	200
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.4	76.6 - 84.2	1,100	57.0	32.1 - 81.9	<100	82.5	78.6 - 86.4	900	79.6	71.6 - 87.6	200
Infant always or often shared bed	55.0	50.3 - 59.8	800	58.3*	33.6 - 83.0	<100	55.6	50.3 - 60.8	600	51.1	40.8 - 61.5	100
Intended to breastfeed, before birth	93.3	91.0 - 95.6	1,300	--			93.2	90.5 - 95.8	1,000	--		
Intended to breastfeed exclusively, before birth	79.2	75.4 - 83.1	1,100	68.4*	45.7 - 91.2	<100	80.8	76.7 - 85.0	900	75.5	66.9 - 84.2	200
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	88.1	85.1 - 91.1	1,200	64.8*	40.9 - 88.7	<100	88.7	85.6 - 91.7	1,000	94.5*	90.3 - 98.7	200
Exclusive breastfeeding, 1 month after delivery	59.3	54.5 - 64.2	800	53.0	28.1 - 78.0	<100	60.6	55.1 - 66.0	700	55.8	45.1 - 66.4	100
Any breastfeeding, 3 months after delivery	81.8	77.8 - 85.8	900	54.5*	21.4 - 87.6	<100	82.8	78.6 - 87.0	700	82.9	74.7 - 91.1	100
Exclusive breastfeeding, 3 months after delivery	46.0	40.4 - 51.5	500	--			46.7	40.3 - 53.2	400	48.0	36.7 - 59.3	<100



MIHA Data Snapshot, Humboldt County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			15-19 Years			20-34 Years			35 Years or Older		
	%	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	71.1	66.8 - 75.3	1,000	79.7*	65.8 - 93.7	<100	68.4	63.4 - 73.4	800	80.1	72.4 - 87.9	200
Initiated prenatal care in 1st trimester	85.8	82.0 - 89.7	1,200	69.2*	46.9 - 91.5	<100	86.4	82.0 - 90.8	1,000	90.6*	85.0 - 96.3	200
Mom or infant needed but couldn't afford care postpartum	11.2	7.9 - 14.5	200	28.4*	7.3 - 49.4	<100	11.0	7.4 - 14.7	100	--		
Participated in WIC during pregnancy†	54.1	49.4 - 58.7	800	--			53.4	48.0 - 58.8	600	40.5	30.3 - 50.7	<100
Received CalFresh (food stamps) during pregnancy	34.7	30.1 - 39.4	500	49.5	24.9 - 74.1	<100	35.5	30.0 - 40.9	400	24.2	15.2 - 33.2	<100
Pre-pregnancy insurance												
Medi-Cal	36.4	31.9 - 41.0	500	80.9*	66.1 - 95.6	<100	33.6	28.4 - 38.8	400	29.7	20.2 - 39.1	<100
Uninsured	20.9	17.5 - 24.3	300	--			23.6	19.5 - 27.8	300	17.0	9.8 - 24.2	<100
Private	39.7	35.0 - 44.4	600	16.8*	2.6 - 31.1	<100	39.3	34.0 - 44.6	400	52.1	41.9 - 62.4	100
Prenatal insurance												
Medi-Cal	63.6	59.2 - 68.0	900	--			63.6	58.5 - 68.6	700	48.1	37.8 - 58.4	100
Uninsured	1.3*	0.3 - 2.3	<100	--			1.1*	0.1 - 2.0	<100	--		
Private	31.9	27.6 - 36.2	500	--			31.8	26.9 - 36.7	400	46.3	35.9 - 56.7	100
Maternal postpartum insurance												
Medi-Cal	53.4	48.8 - 58.0	800	86.3*	74.4 - 98.3	<100	53.5	48.2 - 58.8	600	37.9	28.4 - 47.5	<100
Uninsured	10.7	8.0 - 13.4	200	--			10.6	7.5 - 13.7	100	15.4	7.0 - 23.8	<100
Private	34.7	30.3 - 39.1	500	--			34.4	29.4 - 39.5	400	46.7	36.4 - 57.0	100
Infant health insurance												
Medi-Cal	68.7	64.4 - 73.0	1,000	--			68.7	63.7 - 73.6	800	57.5	47.1 - 67.8	100
Uninsured	2.2*	0.7 - 3.8	<100	--			2.2*	0.4 - 4.0	<100	--		
Private	27.1	23.0 - 31.2	400	--			27.0	22.2 - 31.7	300	38.4	28.1 - 48.7	<100
Maternal Demographics												
Did not complete high school (or GED)	11.0	7.9 - 14.1	200	34.8*	13.8 - 55.8	<100	7.6	4.9 - 10.2	<100	16.6	8.0 - 25.2	<100
Unmarried	52.8	48.3 - 57.3	800	--			51.3	45.9 - 56.7	600	39.4	29.2 - 49.6	<100
Race/Ethnicity												
White	72.7	68.5 - 76.9	1,000	59.5	37.7 - 81.2	<100	72.7	67.7 - 77.7	800	78.6	69.6 - 87.7	200
Hispanic	15.9	12.3 - 19.5	200	22.0*	3.1 - 41.0	<100	15.0	10.9 - 19.0	200	17.6	9.0 - 26.1	<100
Asian/Pacific Islander	4.1	2.2 - 6.1	<100	--			4.6	2.2 - 7.0	<100	--		
Black	1.3*	0.4 - 2.1	<100	--			--			--		
Born outside the U.S.	10.3	7.5 - 13.1	200	--			9.5	6.4 - 12.7	100	16.5	8.1 - 24.9	<100
Speaks non-English language at home	7.8	5.1 - 10.5	100	--			7.9	4.8 - 11.0	<100	9.4*	2.1 - 16.8	<100
Lives in a high poverty neighborhood	40.8	35.8 - 45.8	500	42.6*	16.9 - 68.2	<100	40.6	35.1 - 46.2	400	40.9	29.9 - 51.9	<100

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MIHA Data Snapshot, Humboldt County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			0-4.9% of Residents below Poverty			5-9.9% of Residents below Poverty			10-19.9% of Residents below Poverty			≥ 20% of Residents below Poverty		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		1,500	--			14.6	10.9 - 18.4	200	44.2	39.3 - 49.0	600	40.8	35.8 - 45.8	500
Health Status before Pregnancy															
In good to excellent health	90.8	87.7 - 94.0	1,300	--			85.9*	72.7 - 99.2	200	92.1	88.4 - 95.8	500	89.8	84.2 - 95.4	500
Chronic conditions															
Diabetes†	3.5*	0.9 - 6.0	<100	--			--			--			6.6*	0.5 - 12.7	<100
Hypertension†	2.9	1.3 - 4.4	<100	--			--			1.6*	0.2 - 3.0	<100	2.2*	0.3 - 4.1	<100
Asthma†	15.0	11.1 - 18.8	200	--			16.4*	2.5 - 30.4	<100	14.9	9.6 - 20.1	<100	15.4	9.5 - 21.3	<100
Nutrition and Weight															
Daily folic acid use, month before pregnancy	26.7	22.6 - 30.8	400	--			30.9	17.7 - 44.1	<100	27.1	20.6 - 33.6	200	28.1	21.3 - 34.8	100
Overweight before pregnancy	27.3	22.6 - 31.9	400	--			39.5	24.3 - 54.8	<100	30.8	23.8 - 37.8	200	22.5	16.5 - 28.6	100
Obese before pregnancy	21.9	17.6 - 26.2	300	--			20.0	10.4 - 29.7	<100	16.1	10.8 - 21.3	<100	27.2	19.6 - 34.8	100
Inadequate weight gain during pregnancy	10.0	7.4 - 12.6	100	--			13.3*	3.2 - 23.3	<100	8.8	4.9 - 12.7	<100	9.1	5.5 - 12.7	<100
Excessive weight gain during pregnancy	51.6	46.3 - 57.0	700	--			49.2	34.4 - 63.9	<100	52.9	45.3 - 60.4	300	51.8	43.2 - 60.4	200
Food insecurity during pregnancy	17.4	13.7 - 21.1	300	--			10.2*	3.4 - 17.1	<100	17.3	11.5 - 23.0	<100	20.7	14.1 - 27.2	100
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	8.6	5.5 - 11.8	100	--			7.1*	1.4 - 12.8	<100	9.8*	4.0 - 15.7	<100	8.2	3.8 - 12.7	<100
Prenatal depressive symptoms	15.0	11.3 - 18.7	200	--			11.6*	1.2 - 22.0	<100	20.5	14.6 - 26.5	100	12.1	6.0 - 18.3	<100
Postpartum depressive symptoms	17.8	14.0 - 21.7	300	--			7.1*	1.7 - 12.6	<100	19.6	13.9 - 25.3	100	21.4	14.0 - 28.9	100
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	36.2	31.4 - 41.1	500	--			33.7	20.1 - 47.4	<100	33.2	26.0 - 40.4	200	42.2	34.0 - 50.3	200
Homeless or did not have a regular place to sleep	2.8	1.2 - 4.3	<100	--			--			3.0*	0.7 - 5.2	<100	2.6*	0.3 - 4.9	<100
Moved due to problems paying rent or mortgage	6.1	4.1 - 8.2	<100	--			--			8.0	4.3 - 11.8	<100	6.4	2.9 - 10.0	<100
Woman or partner lost job	14.5	10.9 - 18.1	200	--			12.2*	4.3 - 20.2	<100	16.2	9.4 - 23.0	<100	13.3	8.7 - 18.0	<100
Woman or partner had pay or hours cut back	14.7	11.6 - 17.8	200	--			9.8*	3.1 - 16.4	<100	16.7	11.4 - 22.0	<100	14.9	9.9 - 19.9	<100
Became separated or divorced	10.5	7.4 - 13.5	200	--			--			8.8	4.9 - 12.6	<100	15.0	9.0 - 21.0	<100
Had no practical or emotional support	2.3	1.1 - 3.5	<100	--			--			2.3*	0.3 - 4.4	<100	3.1*	0.9 - 5.2	<100
Substance Use															
Any smoking, 3 months before pregnancy	24.6	20.1 - 29.0	400	--			20.7*	6.5 - 34.9	<100	23.7	17.8 - 29.7	100	25.4	18.2 - 32.7	100
Any smoking, 3rd trimester†	10.2	7.2 - 13.2	100	--			--			10.7	6.1 - 15.4	<100	11.5	6.5 - 16.6	<100
Any smoking, postpartum	12.8	9.4 - 16.2	200	--			--			12.9	8.4 - 17.4	<100	12.1	7.1 - 17.1	<100
Any binge drinking, 3 months before pregnancy	22.9	19.1 - 26.7	300	--			26.8	14.6 - 39.0	<100	23.8	18.2 - 29.5	100	24.7	18.0 - 31.5	100
Any alcohol use, 3rd trimester†	12.4	9.4 - 15.5	200	--			13.4*	4.2 - 22.5	<100	11.8	7.8 - 15.9	<100	12.0	7.2 - 16.8	<100
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	25.9	21.6 - 30.3	400	--			26.5	13.1 - 40.0	<100	30.8	23.4 - 38.1	200	22.6	16.4 - 28.7	100
Unsure of pregnancy intentions	17.7	13.7 - 21.8	300	--			--			17.1	11.2 - 23.0	<100	17.9	11.3 - 24.5	<100
Postpartum birth control use†	81.7	77.5 - 85.8	1,200	--			86.5*	78.0 - 95.0	200	83.9	78.3 - 89.5	500	80.2	73.1 - 87.2	400
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.4	76.6 - 84.2	1,100	--			79.0	67.0 - 91.1	100	81.1	76.0 - 86.2	400	82.1	76.1 - 88.1	400
Infant always or often shared bed	55.0	50.3 - 59.8	800	--			48.6	34.2 - 63.1	<100	48.3	41.1 - 55.5	300	59.6	51.9 - 67.4	300
Intended to breastfeed, before birth	93.3	91.0 - 95.6	1,300	--			--			93.4	89.8 - 97.0	500	90.0	85.1 - 94.8	500
Intended to breastfeed exclusively, before birth	79.2	75.4 - 83.1	1,100	--			82.7	72.5 - 92.9	200	78.7	73.0 - 84.4	400	76.8	69.8 - 83.8	400
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	88.1	85.1 - 91.1	1,200	--			94.4*	89.5 - 99.3	200	85.3	80.3 - 90.3	500	85.5	79.7 - 91.3	400
Exclusive breastfeeding, 1 month after delivery	59.3	54.5 - 64.2	800	--			77.9	67.3 - 88.5	100	58.1	51.1 - 65.2	300	51.2	43.1 - 59.2	300
Any breastfeeding, 3 months after delivery	81.8	77.8 - 85.8	900	--			80.2*	65.8 - 94.5	100	80.8	74.7 - 86.9	300	81.6	75.1 - 88.1	300
Exclusive breastfeeding, 3 months after delivery	46.0	40.4 - 51.5	500	--			56.7	40.1 - 73.3	<100	44.4	36.4 - 52.3	200	42.9	34.1 - 51.7	200



MIHA Data Snapshot, Humboldt County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			0-4.9% of Residents below Poverty			5-9.9% of Residents below Poverty			10-19.9% of Residents below Poverty			≥ 20% of Residents below Poverty		
	%	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	71.1	66.8 - 75.3	1,000	--			64.8	50.5 - 79.1	100	72.2	66.1 - 78.3	400	73.9	67.8 - 80.0	400
Initiated prenatal care in 1st trimester	85.8	82.0 - 89.7	1,200	--			83.5 *	69.9 - 97.0	200	87.2	82.2 - 92.1	500	87.8	82.1 - 93.5	500
Mom or infant needed but couldn't afford care postpartum	11.2	7.9 - 14.5	200	--			--			17.2	11.2 - 23.1	<100	5.0	2.4 - 7.7	<100
Participated in WIC during pregnancy†	54.1	49.4 - 58.7	800	--			59.4	46.3 - 72.4	100	50.0	42.7 - 57.2	300	56.9	49.4 - 64.4	300
Received CalFresh (food stamps) during pregnancy	34.7	30.1 - 39.4	500	--			36.3	22.2 - 50.3	<100	25.4	19.5 - 31.2	100	41.8	34.0 - 49.6	200
Pre-pregnancy insurance															
Medi-Cal	36.4	31.9 - 41.0	500	--			37.6	23.6 - 51.6	<100	30.9	23.6 - 38.2	200	41.0	33.0 - 49.0	200
Uninsured	20.9	17.5 - 24.3	300	--			24.4	13.5 - 35.4	<100	21.3	15.5 - 27.2	100	19.1	13.9 - 24.3	100
Private	39.7	35.0 - 44.4	600	--			31.6	19.9 - 43.3	<100	45.8	38.6 - 53.0	300	36.1	28.0 - 44.2	200
Prenatal insurance															
Medi-Cal	63.6	59.2 - 68.0	900	--			65.2	52.7 - 77.7	100	58.4	51.5 - 65.3	300	69.3	62.5 - 76.2	400
Uninsured	1.3 *	0.3 - 2.3	<100	--			--			--			--		
Private	31.9	27.6 - 36.2	500	--			31.9	19.7 - 44.2	<100	36.3	29.5 - 43.0	200	26.2	19.8 - 32.6	100
Maternal postpartum insurance															
Medi-Cal	53.4	48.8 - 58.0	800	--			52.0	38.5 - 65.6	<100	50.8	43.7 - 58.0	300	55.5	47.9 - 63.0	300
Uninsured	10.7	8.0 - 13.4	200	--			12.1 *	2.9 - 21.3	<100	10.1	5.8 - 14.5	<100	11.9	7.3 - 16.4	<100
Private	34.7	30.3 - 39.1	500	--			33.8	21.4 - 46.1	<100	38.6	31.7 - 45.4	200	30.7	23.9 - 37.6	200
Infant health insurance															
Medi-Cal	68.7	64.4 - 73.0	1,000	--			67.1	54.8 - 79.4	100	65.5	59.1 - 72.0	400	73.5	67.0 - 80.1	400
Uninsured	2.2 *	0.7 - 3.8	<100	--			--			--			--		
Private	27.1	23.0 - 31.2	400	--			27.5	15.7 - 39.3	<100	30.6	24.3 - 36.9	200	22.2	16.2 - 28.1	100
Maternal Demographics															
Age															
15-19	7.3	4.0 - 10.5	100	--			--			7.6 *	1.3 - 13.8	<100	7.8 *	2.9 - 12.7	<100
20-34	77.1	72.9 - 81.2	1,100	--			82.6 *	71.3 - 93.9	200	74.7	67.7 - 81.7	400	75.9	68.8 - 83.0	400
35+	15.7	12.6 - 18.7	200	--			10.8 *	3.9 - 17.6	<100	17.7	12.9 - 22.6	100	16.3	10.6 - 21.9	<100
Did not complete high school (or GED)	11.0	7.9 - 14.1	200	--			17.7 *	5.9 - 29.4	<100	8.6	5.0 - 12.2	<100	11.7	6.1 - 17.3	<100
Unmarried	52.8	48.3 - 57.3	800	--			50.6	36.9 - 64.3	<100	51.1	43.8 - 58.4	300	53.1	45.5 - 60.6	300
Race/Ethnicity															
White	72.7	68.5 - 76.9	1,000	--			71.3	57.4 - 85.1	100	75.5	69.1 - 81.8	400	69.5	61.6 - 77.4	400
Hispanic	15.9	12.3 - 19.5	200	--			17.7	7.5 - 28.0	<100	12.9	8.8 - 16.9	<100	20.9	13.7 - 28.1	100
Asian/Pacific Islander	4.1	2.2 - 6.1	<100	--			--			5.1 *	2.0 - 8.3	<100	4.6 *	0.8 - 8.4	<100
Black	1.3 *	0.4 - 2.1	<100	--			--			--			--		
Born outside the U.S.	10.3	7.5 - 13.1	200	--			14.0 *	4.2 - 23.7	<100	8.5	5.0 - 12.1	<100	12.1	7.0 - 17.2	<100
Speaks non-English language at home	7.8	5.1 - 10.5	100	--			9.2 *	2.3 - 16.0	<100	6.7	3.5 - 9.8	<100	7.8	3.6 - 12.0	<100
Income as a percent of the Federal Poverty Guideline															
0-100%	44.4	39.3 - 49.4	600	--			43.2	28.7 - 57.8	<100	39.1	31.8 - 46.5	200	47.4	39.0 - 55.7	200
101-200%	23.7	19.4 - 28.0	300	--			27.0	16.4 - 37.6	<100	26.1	19.4 - 32.7	100	24.0	16.3 - 31.7	100
> 200%	31.9	27.7 - 36.2	400	--			29.8	17.4 - 42.1	<100	34.8	28.1 - 41.5	200	28.6	22.0 - 35.2	100

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Humboldt County was 568. 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 2013-2015. Population estimate (N) is a three-year average. Neighborhood poverty is the percentage of residents with incomes below poverty in a woman's census tract. 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.



MIHA Data Snapshot, Humboldt County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		1,500	63.6	59.2 - 68.0	900	31.9	27.6 - 36.2	500
Health Status before Pregnancy									
In good to excellent health	90.8	87.7 - 94.0	1,300	86.6	81.8 - 91.3	800	--		
Chronic conditions									
Diabetes†	3.5 *	0.9 - 6.0	<100	5.4 *	1.5 - 9.3	<100	--		
Hypertension†	2.9	1.3 - 4.4	<100	3.9	1.7 - 6.2	<100	--		
Asthma†	15.0	11.1 - 18.8	200	15.2	10.4 - 20.0	100	14.1	7.4 - 20.8	<100
Nutrition and Weight									
Daily folic acid use, month before pregnancy	26.7	22.6 - 30.8	400	15.9	11.1 - 20.8	100	45.4	37.8 - 53.1	200
Overweight before pregnancy	27.3	22.6 - 31.9	400	27.9	21.6 - 34.2	200	27.7	20.7 - 34.6	100
Obese before pregnancy	21.9	17.6 - 26.2	300	23.4	17.7 - 29.1	200	17.3	11.2 - 23.4	<100
Inadequate weight gain during pregnancy	10.0	7.4 - 12.6	100	9.9	6.8 - 12.9	<100	11.1	5.9 - 16.4	<100
Excessive weight gain during pregnancy	51.6	46.3 - 57.0	700	51.7	44.6 - 58.8	400	47.7	39.3 - 56.1	200
Food insecurity during pregnancy	17.4	13.7 - 21.1	300	23.8	18.5 - 29.1	200	4.0 *	1.2 - 6.8	<100
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	8.6	5.5 - 11.8	100	12.1	7.4 - 16.9	100	2.3 *	0.4 - 4.2	<100
Prenatal depressive symptoms	15.0	11.3 - 18.7	200	17.3	12.2 - 22.4	200	10.0	5.9 - 14.2	<100
Postpartum depressive symptoms	17.8	14.0 - 21.7	300	17.9	12.8 - 23.1	200	18.5	12.3 - 24.7	<100
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	36.2	31.4 - 41.1	500	44.1	37.6 - 50.7	400	22.5	15.8 - 29.2	100
Homeless or did not have a regular place to sleep	2.8	1.2 - 4.3	<100	4.3	1.9 - 6.8	<100	--		
Moved due to problems paying rent or mortgage	6.1	4.1 - 8.2	<100	7.4	4.7 - 10.1	<100	--		
Woman or partner lost job	14.5	10.9 - 18.1	200	20.4	15.1 - 25.7	200	3.8 *	1.4 - 6.3	<100
Woman or partner had pay or hours cut back	14.7	11.6 - 17.8	200	19.1	14.9 - 23.3	200	5.9	2.5 - 9.2	<100
Became separated or divorced	10.5	7.4 - 13.5	200	14.2	9.7 - 18.6	100	2.8 *	0.5 - 5.0	<100
Had no practical or emotional support	2.3	1.1 - 3.5	<100	2.9	1.2 - 4.7	<100	--		
Substance Use									
Any smoking, 3 months before pregnancy	24.6	20.1 - 29.0	400	31.5	25.3 - 37.7	300	11.4	6.3 - 16.5	<100
Any smoking, 3rd trimester†	10.2	7.2 - 13.2	100	15.2	10.6 - 19.7	100	--		
Any smoking, postpartum	12.8	9.4 - 16.2	200	17.7	12.8 - 22.7	200	3.6 *	0.6 - 6.6	<100
Any binge drinking, 3 months before pregnancy	22.9	19.1 - 26.7	300	23.5	18.5 - 28.4	200	23.0	16.8 - 29.1	100
Any alcohol use, 3rd trimester†	12.4	9.4 - 15.5	200	12.0	8.2 - 15.9	100	13.4	8.1 - 18.6	<100
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	25.9	21.6 - 30.3	400	32.7	26.6 - 38.9	300	13.8	8.5 - 19.0	<100
Unsure of pregnancy intentions	17.7	13.7 - 21.8	300	20.9	15.6 - 26.2	200	11.9	5.3 - 18.5	<100
Postpartum birth control use†	81.7	77.5 - 85.8	1,200	81.3	75.8 - 86.8	700	81.6	74.8 - 88.5	400
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.4	76.6 - 84.2	1,100	80.7	75.8 - 85.5	700	78.2	71.5 - 84.9	400
Infant always or often shared bed	55.0	50.3 - 59.8	800	58.8	52.7 - 64.9	500	49.1	41.2 - 57.1	200
Intended to breastfeed, before birth	93.3	91.0 - 95.6	1,300	90.4	86.9 - 93.9	800	98.0 *	96.0 - 99.9	400
Intended to breastfeed exclusively, before birth	79.2	75.4 - 83.1	1,100	75.3	70.0 - 80.6	700	87.4	82.2 - 92.6	400
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	88.1	85.1 - 91.1	1,200	85.0	80.7 - 89.4	800	94.4 *	91.1 - 97.8	400
Exclusive breastfeeding, 1 month after delivery	59.3	54.5 - 64.2	800	56.0	49.6 - 62.3	500	64.6	57.1 - 72.1	300
Any breastfeeding, 3 months after delivery	81.8	77.8 - 85.8	900	77.5	71.8 - 83.2	500	92.5 *	88.0 - 96.9	300
Exclusive breastfeeding, 3 months after delivery	46.0	40.4 - 51.5	500	38.7	31.7 - 45.6	300	59.8	51.1 - 68.6	200



MIHA Data Snapshot, Humboldt County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County				Medi-Cal				Private			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	71.1	66.8 - 75.3		1,000	65.0	59.1 - 71.0		600	84.0	78.6 - 89.4		400
Initiated prenatal care in 1st trimester	85.8	82.0 - 89.7		1,200	81.0	75.6 - 86.4		700	93.7 *	88.6 - 98.7		400
Mom or infant needed but couldn't afford care postpartum	11.2	7.9 - 14.5		200	13.9	9.3 - 18.6		100	4.0 *	1.5 - 6.5		<100
Participated in WIC during pregnancy†	54.1	49.4 - 58.7		800	76.3	71.8 - 80.8		700	10.8	6.3 - 15.3		<100
Received CalFresh (food stamps) during pregnancy	34.7	30.1 - 39.4		500	53.4	47.2 - 59.6		500	--			
Pre-pregnancy insurance												
Medi-Cal	36.4	31.9 - 41.0		500	56.9	51.0 - 62.7		500	--			
Uninsured	20.9	17.5 - 24.3		300	27.3	22.7 - 31.9		300	1.8 *	0.3 - 3.4		<100
Private	39.7	35.0 - 44.4		600	13.9	9.1 - 18.7		100	96.3 *	93.2 - 99.4		400
Maternal postpartum insurance												
Medi-Cal	53.4	48.8 - 58.0		800	79.8	75.4 - 84.3		700	5.6 *	2.1 - 9.0		<100
Uninsured	10.7	8.0 - 13.4		200	12.8	9.2 - 16.3		100	1.9 *	0.2 - 3.7		<100
Private	34.7	30.3 - 39.1		500	7.4	4.3 - 10.5		<100	92.5	88.7 - 96.3		400
Infant health insurance												
Medi-Cal	68.7	64.4 - 73.0		1,000	97.6 *	95.8 - 99.3		900	17.7	12.0 - 23.4		<100
Uninsured	2.2 *	0.7 - 3.8		<100	--				2.1 *	0.1 - 4.0		<100
Private	27.1	23.0 - 31.2		400	--				79.9	73.9 - 85.8		400
Maternal Demographics												
Age												
15-19	7.3	4.0 - 10.5		100	11.1	6.1 - 16.2		100	--			
20-34	77.1	72.9 - 81.2		1,100	77.1	71.4 - 82.8		700	76.9	70.4 - 83.3		400
35+	15.7	12.6 - 18.7		200	11.8	8.6 - 15.0		100	22.6	16.2 - 29.0		100
Did not complete high school (or GED)	11.0	7.9 - 14.1		200	16.8	12.0 - 21.5		200	--			
Unmarried	52.8	48.3 - 57.3		800	69.5	64.6 - 74.5		600	23.9	17.0 - 30.9		100
Race/Ethnicity												
White	72.7	68.5 - 76.9		1,000	68.5	62.6 - 74.3		600	79.9	73.3 - 86.5		400
Hispanic	15.9	12.3 - 19.5		200	19.5	14.3 - 24.8		200	10.0	5.9 - 14.0		<100
Asian/Pacific Islander	4.1	2.2 - 6.1		<100	5.0	2.3 - 7.7		<100	--			
Black	1.3 *	0.4 - 2.1		<100	--				--			
Born outside the U.S.	10.3	7.5 - 13.1		200	13.0	9.2 - 16.8		100	5.0 *	1.4 - 8.7		<100
Speaks non-English language at home	7.8	5.1 - 10.5		100	10.7	7.2 - 14.2		<100	--			
Lives in a high poverty neighborhood	40.8	35.8 - 45.8		500	44.4	37.7 - 51.2		400	33.6	26.3 - 41.0		100
Income as a percent of the Federal Poverty Guideline												
0-100%	44.4	39.3 - 49.4		600	68.5	62.7 - 74.3		600	4.2 *	1.3 - 7.2		<100
101-200%	23.7	19.4 - 28.0		300	25.7	20.2 - 31.2		200	16.1	10.1 - 22.1		<100
> 200%	31.9	27.7 - 36.2		400	5.8	3.5 - 8.1		<100	79.7	73.3 - 86.1		400

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%)

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

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MIHA Data Snapshot, Humboldt County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		1,500	15.9	12.3 - 19.5	200	--			72.7	68.5 - 76.9	1,000	4.1	2.2 - 6.1	<100
Health Status before Pregnancy															
In good to excellent health	90.8	87.7 - 94.0	1,300	90.5*	82.6 - 98.4	200	--			91.9	88.5 - 95.3	1,000	--		
Chronic conditions															
Diabetes†	3.5*	0.9 - 6.0	<100	--			--			--			--		
Hypertension†	2.9	1.3 - 4.4	<100	4.4*	0.4 - 8.3	<100	--			1.7*	0.5 - 2.8	<100	--		
Asthma†	15.0	11.1 - 18.8	200	5.5*	0.8 - 10.2	<100	--			17.7	13.0 - 22.3	200	--		
Nutrition and Weight															
Daily folic acid use, month before pregnancy	26.7	22.6 - 30.8	400	15.7	8.3 - 23.2	<100	--			31.6	26.6 - 36.6	300	--		
Overweight before pregnancy	27.3	22.6 - 31.9	400	25.7	15.2 - 36.2	<100	--			25.4	20.4 - 30.5	300	47.8	23.3 - 72.4	<100
Obese before pregnancy	21.9	17.6 - 26.2	300	24.6	10.2 - 39.1	<100	--			20.1	15.9 - 24.3	200	--		
Inadequate weight gain during pregnancy	10.0	7.4 - 12.6	100	12.5	5.3 - 19.8	<100	--			9.8	6.6 - 12.9	<100	20.9*	3.4 - 38.4	<100
Excessive weight gain during pregnancy	51.6	46.3 - 57.0	700	48.2	33.9 - 62.6	<100	--			54.2	48.3 - 60.0	500	16.3*	2.0 - 30.6	<100
Food insecurity during pregnancy	17.4	13.7 - 21.1	300	14.9	7.3 - 22.5	<100	--			16.3	12.4 - 20.3	200	--		
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	8.6	5.5 - 11.8	100	9.7	4.1 - 15.2	<100	--			7.8	4.2 - 11.4	<100	--		
Prenatal depressive symptoms	15.0	11.3 - 18.7	200	21.2	8.9 - 33.6	<100	--			13.2	9.6 - 16.8	100	--		
Postpartum depressive symptoms	17.8	14.0 - 21.7	300	26.6	13.6 - 39.5	<100	--			17.9	13.7 - 22.1	200	--		
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	36.2	31.4 - 41.1	500	35.5	22.4 - 48.7	<100	--			37.8	32.5 - 43.0	400	--		
Homeless or did not have a regular place to sleep	2.8	1.2 - 4.3	<100	--			--			3.6*	1.5 - 5.8	<100	--		
Moved due to problems paying rent or mortgage	6.1	4.1 - 8.2	<100	4.2*	1.2 - 7.3	<100	--			6.6	4.0 - 9.2	<100	--		
Woman or partner lost job	14.5	10.9 - 18.1	200	13.5	6.4 - 20.6	<100	--			15.4	11.0 - 19.9	200	--		
Woman or partner had pay or hours cut back	14.7	11.6 - 17.8	200	14.5	6.8 - 22.2	<100	--			14.4	11.0 - 17.8	100	--		
Became separated or divorced	10.5	7.4 - 13.5	200	11.5*	2.6 - 20.4	<100	--			11.2	7.4 - 14.9	100	--		
Had no practical or emotional support	2.3	1.1 - 3.5	<100	7.8*	2.3 - 13.3	<100	--			--			--		
Substance Use															
Any smoking, 3 months before pregnancy	24.6	20.1 - 29.0	400	14.2*	1.9 - 26.5	<100	--			28.4	23.3 - 33.6	300	--		
Any smoking, 3rd trimester†	10.2	7.2 - 13.2	100	--			--			12.5	8.9 - 16.1	100	--		
Any smoking, postpartum	12.8	9.4 - 16.2	200	4.1*	0.7 - 7.5	<100	--			15.1	11.0 - 19.2	200	--		
Any binge drinking, 3 months before pregnancy	22.9	19.1 - 26.7	300	21.9	12.5 - 31.3	<100	--			24.5	20.3 - 28.7	300	--		
Any alcohol use, 3rd trimester†	12.4	9.4 - 15.5	200	11.3*	3.7 - 18.9	<100	--			12.8	9.5 - 16.0	100	--		
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	25.9	21.6 - 30.3	400	31.1	20.1 - 42.2	<100	--			24.6	19.8 - 29.4	300	--		
Unsure of pregnancy intentions	17.7	13.7 - 21.8	300	10.4*	1.7 - 19.2	<100	--			17.2	12.8 - 21.7	200	--		
Postpartum birth control use†	81.7	77.5 - 85.8	1,200	84.4*	71.8 - 97.0	200	--			82.1	77.6 - 86.7	800	65.2*	42.1 - 88.3	<100
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.4	76.6 - 84.2	1,100	78.4	67.8 - 88.9	200	--			82.8	79.2 - 86.5	800	49.8	25.5 - 74.1	<100
Infant always or often shared bed	55.0	50.3 - 59.8	800	62.9	52.0 - 73.8	100	--			51.3	45.9 - 56.7	500	66.4*	45.6 - 87.1	<100
Intended to breastfeed, before birth	93.3	91.0 - 95.6	1,300	92.3*	86.8 - 97.8	200	--			95.4	93.3 - 97.6	1,000	52.9	28.2 - 77.6	<100
Intended to breastfeed exclusively, before birth	79.2	75.4 - 83.1	1,100	69.6	58.1 - 81.1	200	--			84.6	80.9 - 88.3	900	24.9*	5.6 - 44.2	<100
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	88.1	85.1 - 91.1	1,200	85.3*	75.6 - 95.1	200	--			89.7	86.7 - 92.8	900	58.3	34.5 - 82.0	<100
Exclusive breastfeeding, 1 month after delivery	59.3	54.5 - 64.2	800	42.8	31.2 - 54.5	<100	--			63.9	58.8 - 69.0	600	35.6*	13.2 - 58.0	<100
Any breastfeeding, 3 months after delivery	81.8	77.8 - 85.8	900	87.3*	79.0 - 95.7	100	--			82.3	77.9 - 86.7	600	--		
Exclusive breastfeeding, 3 months after delivery	46.0	40.4 - 51.5	500	32.3	20.4 - 44.3	<100	--			51.1	45.0 - 57.2	400	--		



MIHA Data Snapshot, Humboldt County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			Hispanic			Black			White			Asian/Pacific Islander		
	%	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	71.1	66.8 - 75.3	1,000	73.6	64.5 - 82.7	200	--	--	--	70.1	64.9 - 75.2	700	48.6	24.3 - 72.8	<100
Initiated prenatal care in 1st trimester	85.8	82.0 - 89.7	1,200	86.8*	76.6 - 96.9	200	--	--	--	86.0	81.8 - 90.1	900	82.5*	65.6 - 99.4	<100
Mom or infant needed but couldn't afford care postpartum	11.2	7.9 - 14.5	200	11.5	5.4 - 17.5	<100	--	--	--	10.7	6.7 - 14.6	100	--	--	--
Participated in WIC during pregnancy†	54.1	49.4 - 58.7	800	76.4	67.5 - 85.4	200	--	--	--	46.7	41.2 - 52.2	500	--	--	--
Received CalFresh (food stamps) during pregnancy	34.7	30.1 - 39.4	500	47.5	35.4 - 59.7	100	--	--	--	30.5	25.2 - 35.8	300	60.2	37.1 - 83.2	<100
Pre-pregnancy insurance															
Medi-Cal	36.4	31.9 - 41.0	500	44.1	31.4 - 56.8	100	--	--	--	33.0	27.7 - 38.3	300	57.3	33.7 - 80.9	<100
Uninsured	20.9	17.5 - 24.3	300	24.2	14.8 - 33.7	<100	--	--	--	21.9	17.9 - 25.9	200	--	--	--
Private	39.7	35.0 - 44.4	600	29.9	17.2 - 42.5	<100	--	--	--	42.1	36.8 - 47.3	400	40.9	17.5 - 64.4	<100
Prenatal insurance															
Medi-Cal	63.6	59.2 - 68.0	900	77.8	69.2 - 86.3	200	--	--	--	60.0	54.7 - 65.2	600	77.3*	57.8 - 96.8	<100
Uninsured	1.3*	0.3 - 2.3	<100	--	--	--	--	--	--	1.7*	0.3 - 3.0	<100	--	--	--
Private	31.9	27.6 - 36.2	500	19.9	11.9 - 28.0	<100	--	--	--	35.1	30.0 - 40.2	400	--	--	--
Maternal postpartum insurance															
Medi-Cal	53.4	48.8 - 58.0	800	57.2	45.6 - 68.9	100	--	--	--	50.9	45.5 - 56.2	500	58.6*	34.0 - 83.2	<100
Uninsured	10.7	8.0 - 13.4	200	22.7	12.7 - 32.7	<100	--	--	--	9.0	6.4 - 11.7	<100	--	--	--
Private	34.7	30.3 - 39.1	500	19.3	11.1 - 27.5	<100	--	--	--	38.7	33.5 - 43.8	400	38.5*	13.8 - 63.2	<100
Infant health insurance															
Medi-Cal	68.7	64.4 - 73.0	1,000	82.5	74.5 - 90.4	200	--	--	--	65.3	60.2 - 70.4	700	--	--	--
Uninsured	2.2*	0.7 - 3.8	<100	--	--	--	--	--	--	1.8*	0.4 - 3.1	<100	--	--	--
Private	27.1	23.0 - 31.2	400	14.8	7.1 - 22.4	<100	--	--	--	30.6	25.7 - 35.5	300	--	--	--
Maternal Demographics															
Age															
15-19	7.3	4.0 - 10.5	100	10.2*	1.6 - 18.8	<100	--	--	--	6.0*	2.3 - 9.8	<100	--	--	--
20-34	77.1	72.9 - 81.2	1,100	72.4	61.0 - 83.8	200	--	--	--	76.9	72.3 - 81.5	800	--	--	--
35+	15.7	12.6 - 18.7	200	17.4	8.7 - 26.1	<100	--	--	--	17.1	13.4 - 20.8	200	--	--	--
Did not complete high school (or GED)															
Unmarried	52.8	48.3 - 57.3	800	57.1	45.6 - 68.6	100	--	--	--	49.9	44.7 - 55.1	500	49.3	25.1 - 73.5	<100
Born outside the U.S.	10.3	7.5 - 13.1	200	40.1	28.6 - 51.7	<100	--	--	--	2.3*	0.6 - 4.0	<100	54.9	29.9 - 79.8	<100
Speaks non-English language at home	7.8	5.1 - 10.5	100	29.8	18.9 - 40.6	<100	--	--	--	1.3*	0.2 - 2.3	<100	34.6*	12.6 - 56.6	<100
Lives in a high poverty neighborhood	40.8	35.8 - 45.8	500	51.0	38.7 - 63.3	100	--	--	--	39.4	34.1 - 44.7	400	43.8	18.1 - 69.6	<100
Income as a percent of the Federal Poverty Guideline															
0-100%	44.4	39.3 - 49.4	600	57.6	44.6 - 70.7	100	--	--	--	40.7	35.1 - 46.3	400	53.4	29.4 - 77.3	<100
101-200%	23.7	19.4 - 28.0	300	24.7	11.2 - 38.3	<100	--	--	--	23.7	19.3 - 28.1	200	24.0*	4.9 - 43.1	<100
> 200%	31.9	27.7 - 36.2	400	17.7	9.9 - 25.4	<100	--	--	--	35.6	30.6 - 40.5	400	--	--	--

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Humboldt County was 568. 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 2013-2015. Population estimate (N) is a three-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.

Table Citation: Maternal and Infant Health Assessment (MIHA) Survey County and Regional Data Snapshots for Subgroups, 2013-2015. California Department of Public Health; 2018.



MIHA Data Snapshot, Humboldt County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		1,500	41.4	36.5 - 46.2	600	58.6	53.8 - 63.5	900
Health Status before Pregnancy									
In good to excellent health	90.8	87.7 - 94.0	1,300	91.1	86.4 - 95.8	500	90.6	86.3 - 95.0	800
Chronic conditions									
Diabetes†	3.5 *	0.9 - 6.0	<100	--			3.5 *	1.0 - 6.0	<100
Hypertension†	2.9	1.3 - 4.4	<100	--			4.1 *	1.6 - 6.6	<100
Asthma†	15.0	11.1 - 18.8	200	16.0	10.0 - 22.0	<100	14.3	9.5 - 19.1	100
Nutrition and Weight									
Daily folic acid use, month before pregnancy	26.7	22.6 - 30.8	400	34.7	27.7 - 41.6	200	21.1	16.5 - 25.7	200
Overweight before pregnancy	27.3	22.6 - 31.9	400	19.3	12.9 - 25.8	100	33.1	27.0 - 39.1	300
Obese before pregnancy	21.9	17.6 - 26.2	300	22.3	14.9 - 29.7	100	21.7	16.8 - 26.6	200
Inadequate weight gain during pregnancy	10.0	7.4 - 12.6	100	6.7	3.6 - 9.9	<100	12.3	8.4 - 16.2	<100
Excessive weight gain during pregnancy	51.6	46.3 - 57.0	700	58.4	50.4 - 66.4	300	46.8	40.1 - 53.5	300
Food insecurity during pregnancy	17.4	13.7 - 21.1	300	17.2	10.9 - 23.5	100	17.6	13.1 - 22.1	100
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	8.6	5.5 - 11.8	100	11.7	5.4 - 17.9	<100	6.5	3.7 - 9.4	<100
Prenatal depressive symptoms	15.0	11.3 - 18.7	200	16.0	9.0 - 22.9	<100	14.4	10.3 - 18.4	100
Postpartum depressive symptoms	17.8	14.0 - 21.7	300	21.4	14.1 - 28.6	100	15.3	11.3 - 19.2	100
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	36.2	31.4 - 41.1	500	36.9	28.9 - 44.9	200	35.7	29.9 - 41.5	300
Homeless or did not have a regular place to sleep	2.8	1.2 - 4.3	<100	--			2.9 *	1.0 - 4.9	<100
Moved due to problems paying rent or mortgage	6.1	4.1 - 8.2	<100	7.0	3.5 - 10.6	<100	5.5	3.1 - 7.9	<100
Woman or partner lost job	14.5	10.9 - 18.1	200	14.7	8.2 - 21.2	<100	14.4	10.4 - 18.4	100
Woman or partner had pay or hours cut back	14.7	11.6 - 17.8	200	15.5	10.5 - 20.5	<100	14.1	10.1 - 18.2	100
Became separated or divorced	10.5	7.4 - 13.5	200	10.2	5.3 - 15.1	<100	10.6	6.4 - 14.9	<100
Had no practical or emotional support	2.3	1.1 - 3.5	<100	--			3.6	1.6 - 5.6	<100
Substance Use									
Any smoking, 3 months before pregnancy	24.6	20.1 - 29.0	400	24.7	17.5 - 32.0	100	24.5	18.8 - 30.3	200
Any smoking, 3rd trimester†	10.2	7.2 - 13.2	100	6.6 *	1.9 - 11.3	<100	12.8	8.9 - 16.7	100
Any smoking, postpartum	12.8	9.4 - 16.2	200	8.3	3.9 - 12.7	<100	16.1	11.2 - 20.9	100
Any binge drinking, 3 months before pregnancy	22.9	19.1 - 26.7	300	27.6	21.5 - 33.6	200	19.7	14.7 - 24.6	200
Any alcohol use, 3rd trimester†	12.4	9.4 - 15.5	200	9.7	5.6 - 13.9	<100	14.2	9.9 - 18.5	100
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	25.9	21.6 - 30.3	400	30.3	22.9 - 37.7	200	22.9	17.8 - 28.0	200
Unsure of pregnancy intentions	17.7	13.7 - 21.8	300	16.6	10.1 - 23.0	100	18.6	13.2 - 24.0	200
Postpartum birth control use†	81.7	77.5 - 85.8	1,200	80.8	74.1 - 87.5	500	82.2	76.9 - 87.5	700
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.4	76.6 - 84.2	1,100	81.4	75.6 - 87.1	500	79.9	74.8 - 85.0	700
Infant always or often shared bed	55.0	50.3 - 59.8	800	53.8	46.3 - 61.3	300	55.7	49.7 - 61.7	500
Intended to breastfeed, before birth	93.3	91.0 - 95.6	1,300	94.8	91.8 - 97.8	500	92.3	88.9 - 95.6	800
Intended to breastfeed exclusively, before birth	79.2	75.4 - 83.1	1,100	86.5	81.5 - 91.6	500	74.3	68.9 - 79.7	600
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	88.1	85.1 - 91.1	1,200	86.0	80.6 - 91.3	500	89.5	86.0 - 93.0	800
Exclusive breastfeeding, 1 month after delivery	59.3	54.5 - 64.2	800	51.0	43.5 - 58.6	300	64.9	59.1 - 70.6	500
Any breastfeeding, 3 months after delivery	81.8	77.8 - 85.8	900	84.7	79.7 - 89.7	400	79.8	74.0 - 85.6	500
Exclusive breastfeeding, 3 months after delivery	46.0	40.4 - 51.5	500	38.7	30.8 - 46.7	200	50.5	43.2 - 57.9	300



MIHA Data Snapshot, Humboldt County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Humboldt County				First Live Birth				Second Live Birth or More			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	71.1	66.8 - 75.3		1,000	71.1	65.4 - 76.8		400	71.0	65.0 - 76.9		600
Initiated prenatal care in 1st trimester	85.8	82.0 - 89.7		1,200	91.3	86.7 - 95.9		500	81.9	76.3 - 87.5		700
Mom or infant needed but couldn't afford care postpartum	11.2	7.9 - 14.5		200	14.2	8.7 - 19.6		<100	9.1	5.1 - 13.2		<100
Participated in WIC during pregnancy†	54.1	49.4 - 58.7		800	47.7	40.2 - 55.1		300	58.4	52.4 - 64.5		500
Received CalFresh (food stamps) during pregnancy	34.7	30.1 - 39.4		500	24.0	17.1 - 30.8		100	42.5	36.2 - 48.7		400
Pre-pregnancy insurance												
Medi-Cal	36.4	31.9 - 41.0		500	25.8	18.5 - 33.1		200	43.9	37.7 - 50.1		400
Uninsured	20.9	17.5 - 24.3		300	21.1	15.9 - 26.3		100	20.8	16.2 - 25.4		200
Private	39.7	35.0 - 44.4		600	47.7	39.8 - 55.6		300	34.0	28.2 - 39.7		300
Prenatal insurance												
Medi-Cal	63.6	59.2 - 68.0		900	57.7	50.5 - 64.8		300	67.7	62.0 - 73.4		600
Uninsured	1.3 *	0.3 - 2.3		<100	--				1.9 *	0.3 - 3.4		<100
Private	31.9	27.6 - 36.2		500	37.2	30.1 - 44.2		200	28.3	22.9 - 33.8		200
Maternal postpartum insurance												
Medi-Cal	53.4	48.8 - 58.0		800	48.6	41.3 - 56.0		300	56.8	50.7 - 62.9		500
Uninsured	10.7	8.0 - 13.4		200	9.5	5.5 - 13.5		<100	11.4	7.7 - 15.2		<100
Private	34.7	30.3 - 39.1		500	40.0	32.8 - 47.2		200	31.1	25.4 - 36.7		300
Infant health insurance												
Medi-Cal	68.7	64.4 - 73.0		1,000	61.0	54.1 - 67.9		400	73.8	68.5 - 79.2		600
Uninsured	2.2 *	0.7 - 3.8		<100	--				1.5 *	0.2 - 2.8		<100
Private	27.1	23.0 - 31.2		400	32.9	26.2 - 39.6		200	23.2	18.1 - 28.4		200
Maternal Demographics												
Age												
15-19	7.3	4.0 - 10.5		100	16.0	8.8 - 23.2		<100	--			
20-34	77.1	72.9 - 81.2		1,100	74.7	67.4 - 81.9		500	78.7	74.0 - 83.4		700
35+	15.7	12.6 - 18.7		200	9.4	5.3 - 13.4		<100	20.2	15.8 - 24.5		200
Did not complete high school (or GED)	11.0	7.9 - 14.1		200	7.8	3.4 - 12.2		<100	13.3	8.8 - 17.7		100
Unmarried	52.8	48.3 - 57.3		800	60.7	54.0 - 67.5		400	47.3	41.1 - 53.5		400
Race/Ethnicity												
White	72.7	68.5 - 76.9		1,000	75.3	68.6 - 82.0		400	70.9	65.1 - 76.6		600
Hispanic	15.9	12.3 - 19.5		200	15.2	8.9 - 21.4		<100	16.3	12.1 - 20.5		100
Asian/Pacific Islander	4.1	2.2 - 6.1		<100	--				6.1	3.0 - 9.3		<100
Black	1.3 *	0.4 - 2.1		<100	--				--			
Born outside the U.S.	10.3	7.5 - 13.1		200	5.5 *	2.2 - 8.7		<100	13.6	9.4 - 17.8		100
Speaks non-English language at home	7.8	5.1 - 10.5		100	3.3 *	0.7 - 5.8		<100	10.9	6.8 - 15.0		<100
Lives in a high poverty neighborhood	40.8	35.8 - 45.8		500	40.2	32.3 - 48.1		200	41.1	34.9 - 47.3		300
Income as a percent of the Federal Poverty Guideline												
0-100%	44.4	39.3 - 49.4		600	32.4	24.6 - 40.1		200	52.9	46.6 - 59.2		400
101-200%	23.7	19.4 - 28.0		300	29.7	22.0 - 37.4		200	19.2	14.9 - 23.6		200
> 200%	31.9	27.7 - 36.2		400	38.0	31.1 - 44.8		200	27.8	22.2 - 33.4		200

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%)

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