



# MIHA Data Snapshot, Sacramento County by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento 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
<b>Total</b>	100		19,200	11.4	8.5 - 14.3	2,100	22.3	18.4 - 26.1	4,200	37.1	32.7 - 41.6	6,900	29.2	25.4 - 33.0	5,500
<b>Health Status before Pregnancy</b>															
In good to excellent health	91.7	89.4 - 94.0	17,600	80.4	69.6 - 91.1	1,700	92.3 *	87.6 - 97.0	3,800	91.5	87.7 - 95.3	6,300	96.3 *	93.4 - 99.3	5,300
Chronic conditions															
Diabetes†	2.2	1.1 - 3.3	400	--			--			2.6 *	0.9 - 4.4	200	--		
Hypertension†	4.2	2.5 - 5.9	800	--			8.5 *	2.5 - 14.4	300	2.7 *	1.0 - 4.4	200	4.3 *	1.2 - 7.5	200
Asthma†	11.1	8.4 - 13.8	2,100	14.4 *	4.1 - 24.7	300	8.9	3.8 - 14.0	400	11.8	7.2 - 16.5	800	10.2	5.7 - 14.7	600
<b>Nutrition and Weight</b>															
Daily folic acid use, month before pregnancy	30.6	26.5 - 34.8	5,900	23.7	11.8 - 35.6	500	22.6	14.0 - 31.2	900	28.6	21.6 - 35.5	2,000	43.6	35.5 - 51.7	2,400
Overweight before pregnancy	24.9	20.9 - 28.9	4,700	35.6	21.3 - 49.9	700	25.3	16.4 - 34.2	1,000	28.6	21.9 - 35.3	2,000	18.3	11.7 - 24.9	1,000
Obese before pregnancy	22.2	18.3 - 26.0	4,200	18.7	8.0 - 29.5	400	24.9	16.2 - 33.6	1,000	26.3	19.7 - 33.0	1,800	15.8	9.5 - 22.2	900
Inadequate weight gain during pregnancy	15.4	11.8 - 19.0	2,600	16.8 *	6.4 - 27.2	300	19.1	10.0 - 28.2	600	11.9	6.7 - 17.1	700	17.7	10.9 - 24.6	900
Excessive weight gain during pregnancy	45.7	40.6 - 50.7	7,700	37.8	23.2 - 52.4	700	43.7	32.5 - 54.9	1,500	49.1	41.0 - 57.2	3,000	43.0	34.4 - 51.6	2,100
Food insecurity during pregnancy	13.5	10.5 - 16.5	2,600	20.3	9.5 - 31.1	400	22.0	13.8 - 30.1	900	14.7	9.4 - 20.1	1,000	2.1 *	0.6 - 3.5	100
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>															
Physical or psychological IPV during pregnancy	8.2	6.0 - 10.5	1,600	--			14.9	8.2 - 21.6	600	6.9	3.8 - 10.0	500	5.3 *	2.1 - 8.4	300
Prenatal depressive symptoms	13.1	10.1 - 16.0	2,500	18.2	8.0 - 28.4	400	16.1	8.8 - 23.5	700	13.2	8.6 - 17.8	900	7.5 *	2.6 - 12.5	400
Postpartum depressive symptoms	11.5	8.8 - 14.3	2,200	18.3 *	7.4 - 29.1	400	11.1	5.4 - 16.8	500	14.2	9.2 - 19.1	1,000	5.0 *	1.6 - 8.5	300
<b>Hardships and Support during Pregnancy</b>															
Experienced two or more hardships during childhood	27.5	23.5 - 31.5	5,200	26.7	15.6 - 37.9	600	33.7	24.3 - 43.2	1,400	34.4	27.1 - 41.7	2,300	15.6	9.7 - 21.5	900
Homeless or did not have a regular place to sleep	3.5	2.0 - 4.9	700	8.0 *	0.7 - 15.3	200	--			3.6	1.5 - 5.7	200	--		
Moved due to problems paying rent or mortgage	6.7	4.5 - 8.8	1,300	9.6 *	0.7 - 18.5	200	7.9 *	2.8 - 13.1	300	8.2	4.3 - 12.2	600	1.4 *	0.3 - 2.5	<100
Woman or partner lost job	11.0	8.3 - 13.8	2,100	8.9 *	1.9 - 15.9	200	13.1	6.9 - 19.2	500	17.2	11.5 - 22.9	1,200	3.5 *	0.8 - 6.3	200
Woman or partner had pay or hours cut back	10.9	8.3 - 13.6	2,100	11.5 *	2.7 - 20.3	200	11.8	5.8 - 17.8	500	14.1	9.2 - 19.0	1,000	5.9	2.8 - 9.1	300
Became separated or divorced	6.7	4.7 - 8.7	1,300	10.3 *	3.2 - 17.3	200	8.9	3.9 - 13.9	400	6.5	3.4 - 9.5	400	--		
Had no practical or emotional support	3.2	1.8 - 4.5	600	5.6 *	0.9 - 10.3	100	4.7 *	0.7 - 8.6	200	2.0 *	0.3 - 3.7	100	--		
<b>Substance Use</b>															
Any smoking, 3 months before pregnancy	12.8	9.8 - 15.8	2,400	16.5 *	6.7 - 26.3	300	21.7	13.4 - 30.1	900	14.6	9.4 - 19.7	1,000	3.1 *	0.1 - 6.1	200
Any smoking, 3rd trimester†	4.3	2.5 - 6.0	800	8.9 *	1.0 - 16.7	200	10.7	4.5 - 16.8	400	2.4 *	0.8 - 4.1	200	--		
Any smoking, postpartum	9.8	7.2 - 12.5	1,900	10.8 *	2.3 - 19.3	200	17.1	9.7 - 24.5	700	11.7	6.9 - 16.5	800	--		
Any binge drinking, 3 months before pregnancy	16.3	13.1 - 19.5	3,100	8.5 *	0.5 - 16.5	200	9.6	4.2 - 15.0	400	21.7	15.5 - 28.0	1,500	19.1	12.9 - 25.3	1,000
Any alcohol use, 3rd trimester†	6.6	4.6 - 8.6	1,300	--			4.3 *	0.7 - 8.0	200	4.2 *	1.3 - 7.1	300	13.0	8.0 - 18.1	700
<b>Pregnancy Intention and Family Planning</b>															
Mistimed or unwanted pregnancy	29.8	25.7 - 34.0	5,700	29.1	17.0 - 41.1	600	48.4	38.0 - 58.8	2,000	32.4	25.4 - 39.4	2,200	13.8	8.4 - 19.2	800
Unsure of pregnancy intentions	14.9	11.9 - 18.0	2,900	19.0	9.6 - 28.4	400	17.7	10.7 - 24.6	700	15.5	10.2 - 20.9	1,100	9.6	4.6 - 14.7	500
Postpartum birth control use†	83.1	79.9 - 86.4	15,400	85.6 *	76.5 - 94.7	1,600	79.3	71.9 - 86.7	3,200	84.5	79.2 - 89.9	5,600	83.6	77.8 - 89.5	4,500
<b>Infant Sleep and Breastfeeding</b>															
Placed infant on back to sleep	80.4	76.9 - 83.9	15,100	73.7	61.5 - 85.9	1,500	77.8	69.3 - 86.4	3,100	80.2	74.7 - 85.8	5,500	84.5	78.6 - 90.3	4,500
Infant always or often shared bed	36.0	31.7 - 40.4	6,800	40.2	26.4 - 54.0	800	44.0	33.8 - 54.3	1,800	31.2	24.5 - 37.9	2,100	35.9	28.1 - 43.8	1,900
Intended to breastfeed, before birth	91.9	89.4 - 94.4	17,400	78.0	65.6 - 90.4	1,600	88.1	81.8 - 94.4	3,600	94.9	92.0 - 97.7	6,500	96.3 *	92.9 - 99.6	5,200
Intended to breastfeed exclusively, before birth	71.4	67.3 - 75.5	13,500	49.3	35.5 - 63.1	1,000	58.1	48.0 - 68.3	2,400	77.0	70.9 - 83.1	5,300	83.3	77.1 - 89.6	4,500
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	83.6	80.4 - 86.8	15,800	75.5	64.3 - 86.6	1,600	73.9	65.3 - 82.5	3,000	84.4	79.0 - 89.7	5,700	93.1 *	88.6 - 97.5	5,000
Exclusive breastfeeding, 1 month after delivery	55.1	50.5 - 59.8	10,200	40.7	27.3 - 54.2	800	53.2	42.7 - 63.6	2,100	54.9	47.3 - 62.5	3,700	61.0	53.0 - 69.1	3,200
Any breastfeeding, 3 months after delivery	65.5	60.6 - 70.5	9,300	45.0	29.8 - 60.3	800	50.4	38.8 - 62.1	1,600	65.6	57.3 - 73.9	3,200	87.9 *	80.8 - 95.1	3,400
Exclusive breastfeeding, 3 months after delivery	33.9	28.5 - 39.2	4,700	25.6	12.8 - 38.3	400	26.1	15.4 - 36.8	800	28.4	19.6 - 37.2	1,400	47.9	38.0 - 57.7	1,800



# MIHA Data Snapshot, Sacramento County by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento 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
<b>Service Utilization and Health Insurance Coverage</b>															
Had a usual source of pre-pregnancy care	73.1	69.0 - 77.2	14,000	66.7	54.1 - 79.4	1,400	66.6	56.6 - 76.6	2,800	73.4	66.3 - 80.5	5,100	79.3	72.8 - 85.8	4,300
Initiated prenatal care in 1st trimester	88.9	85.6 - 92.2	16,800	84.0*	73.8 - 94.1	1,700	89.4*	81.9 - 96.9	3,700	88.6	83.8 - 93.3	5,900	95.1*	91.4 - 98.8	5,200
Mom or infant needed but couldn't afford care postpartum	9.7	7.1 - 12.2	1,800	9.0*	0.7 - 17.2	200	9.6	4.4 - 14.8	400	14.1	8.9 - 19.3	1,000	2.7*	0.6 - 4.7	100
Participated in WIC during pregnancy†	54.5	51.0 - 58.0	10,300	77.8	65.6 - 90.0	1,600	79.1	71.5 - 86.7	3,300	58.7	51.8 - 65.6	4,000	17.0	11.3 - 22.8	900
Received CalFresh (food stamps) during pregnancy	32.6	28.6 - 36.6	6,200	59.2	45.8 - 72.5	1,200	46.8	36.5 - 57.1	1,900	33.6	26.8 - 40.4	2,300	6.1*	2.5 - 9.8	300
Pre-pregnancy insurance															
Medi-Cal	33.6	29.7 - 37.5	6,400	66.5	53.5 - 79.5	1,400	49.1	38.9 - 59.3	2,000	32.0	25.2 - 38.8	2,200	7.3*	2.7 - 11.8	400
Uninsured	16.2	13.0 - 19.4	3,100	19.9*	8.1 - 31.8	400	22.6	13.5 - 31.8	900	15.6	10.2 - 21.1	1,100	11.6	6.2 - 16.9	600
Private	47.9	44.2 - 51.7	9,200	11.8*	3.6 - 19.9	200	23.7	14.6 - 32.8	1,000	50.1	43.0 - 57.3	3,500	80.3	73.7 - 86.8	4,400
Prenatal insurance															
Medi-Cal	52.2	48.5 - 55.9	10,000	85.5*	76.1 - 94.9	1,800	75.6	66.3 - 84.8	3,100	50.9	43.8 - 58.0	3,500	20.1	13.5 - 26.6	1,100
Uninsured	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Private	44.7	41.1 - 48.4	8,600	12.7*	3.6 - 21.8	300	18.7	10.6 - 26.9	800	45.6	38.4 - 52.7	3,200	78.6	71.9 - 85.2	4,300
Maternal postpartum insurance															
Medi-Cal	42.8	38.8 - 46.8	8,200	69.5	56.6 - 82.4	1,500	61.9	51.8 - 72.1	2,500	44.5	37.3 - 51.7	3,100	12.0	6.4 - 17.6	700
Uninsured	9.6	7.0 - 12.2	1,800	17.7*	6.1 - 29.2	400	14.8	8.3 - 21.4	600	8.0	4.0 - 11.9	500	5.4*	1.5 - 9.2	300
Private	46.2	42.5 - 50.0	8,800	11.6*	3.3 - 19.9	200	20.6	11.6 - 29.7	800	46.1	39.0 - 53.2	3,200	82.0	75.6 - 88.3	4,500
Infant health insurance															
Medi-Cal	54.0	50.0 - 57.9	10,200	88.9*	81.3 - 96.5	1,900	79.1	70.3 - 87.9	3,200	54.5	47.3 - 61.7	3,700	18.2	11.6 - 24.8	1,000
Uninsured	2.0	1.0 - 3.0	400	--	--	--	3.2*	0.7 - 5.7	100	--	--	--	--	--	--
Private	41.7	37.8 - 45.5	7,900	--	--	--	15.4	7.1 - 23.6	600	40.6	33.5 - 47.7	2,800	79.6	72.8 - 86.4	4,300
<b>Maternal Demographics</b>															
Unmarried	42.4	38.1 - 46.7	8,100	68.1	55.1 - 81.1	1,400	65.8	55.8 - 75.8	2,700	40.7	33.4 - 48.0	2,800	16.3	9.9 - 22.7	900
Race/Ethnicity															
White	41.3	36.8 - 45.7	7,900	16.3*	6.3 - 26.2	300	37.2	27.1 - 47.3	1,500	41.8	34.3 - 49.3	2,900	51.7	43.6 - 59.8	2,800
Hispanic	27.3	23.4 - 31.2	5,200	54.8	41.4 - 68.2	1,200	34.2	25.2 - 43.3	1,400	27.1	20.3 - 33.9	1,900	12.5	7.3 - 17.7	700
Asian/Pacific Islander	18.9	15.2 - 22.7	3,600	8.2*	1.0 - 15.3	200	16.0	7.4 - 24.6	700	15.5	10.0 - 20.9	1,100	30.6	22.6 - 38.5	1,700
Black	11.9	10.3 - 13.4	2,300	19.5	9.2 - 29.8	400	11.9	6.4 - 17.4	500	15.0	11.7 - 18.4	1,000	5.0	2.3 - 7.6	300
Born outside the U.S.	31.3	26.8 - 35.7	6,000	45.2	31.7 - 58.7	1,000	30.4	21.5 - 39.3	1,300	22.3	15.4 - 29.3	1,500	33.7	25.6 - 41.7	1,800
Speaks non-English language at home	23.7	19.6 - 27.7	4,400	43.0	29.5 - 56.4	900	27.4	18.4 - 36.4	1,100	11.6	7.4 - 15.9	800	24.7	17.2 - 32.2	1,300
Lives in a high poverty neighborhood	45.0	40.6 - 49.5	8,500	70.8	57.0 - 84.6	1,500	61.8	51.3 - 72.3	2,500	41.7	34.3 - 49.1	2,900	24.5	17.3 - 31.7	1,300
Income as a percent of the Federal Poverty Guideline															
0-100%	40.8	36.6 - 45.0	7,200	73.9	61.8 - 86.1	1,400	68.8	58.0 - 79.6	2,600	36.7	29.8 - 43.6	2,400	10.2	5.0 - 15.3	500
101-200%	21.2	17.2 - 25.1	3,800	23.5	11.8 - 35.1	500	21.9	12.1 - 31.8	800	24.7	18.0 - 31.3	1,600	15.2	9.0 - 21.5	800
> 200%	38.0	34.5 - 41.6	6,800	--	--	--	9.3*	2.5 - 16.0	300	38.6	31.7 - 45.5	2,500	74.6	67.4 - 81.8	3,900

-- 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 Sacramento County was 654. 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](http://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, Sacramento County by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		19,200	97.0	95.4 - 98.5	18,300	3.0	1.5 - 4.6	600
<b>Health Status before Pregnancy</b>									
In good to excellent health	91.7	89.4 - 94.0	17,600	91.2	88.8 - 93.7	16,700	--		
Chronic conditions									
Diabetes†	2.2	1.1 - 3.3	400	2.3	1.1 - 3.5	400	--		
Hypertension†	4.2	2.5 - 5.9	800	4.2	2.5 - 6.0	800	--		
Asthma†	11.1	8.4 - 13.8	2,100	11.4	8.6 - 14.2	2,100	--		
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	30.6	26.5 - 34.8	5,900	30.5	26.2 - 34.8	5,600	38.5 *	14.6 - 62.5	200
Overweight before pregnancy	24.9	20.9 - 28.9	4,700	24.1	20.0 - 28.1	4,300	45.7	19.4 - 71.9	200
Obese before pregnancy	22.2	18.3 - 26.0	4,200	22.5	18.6 - 26.5	4,000	--		
Inadequate weight gain during pregnancy	15.4	11.8 - 19.0	2,600	15.3	11.6 - 19.0	2,400	--		
Excessive weight gain during pregnancy	45.7	40.6 - 50.7	7,700	45.9	40.7 - 51.0	7,300	58.3 *	33.1 - 83.4	300
Food insecurity during pregnancy	13.5	10.5 - 16.5	2,600	13.5	10.4 - 16.5	2,400	--		
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	8.2	6.0 - 10.5	1,600	8.4	6.1 - 10.7	1,500	--		
Prenatal depressive symptoms	13.1	10.1 - 16.0	2,500	13.5	10.4 - 16.6	2,500	--		
Postpartum depressive symptoms	11.5	8.8 - 14.3	2,200	11.9	9.0 - 14.8	2,200	--		
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.5	23.5 - 31.5	5,200	27.5	23.4 - 31.6	4,900	--		
Homeless or did not have a regular place to sleep	3.5	2.0 - 4.9	700	3.3	1.9 - 4.7	600	--		
Moved due to problems paying rent or mortgage	6.7	4.5 - 8.8	1,300	6.9	4.6 - 9.2	1,300	--		
Woman or partner lost job	11.0	8.3 - 13.8	2,100	11.2	8.3 - 14.0	2,000	--		
Woman or partner had pay or hours cut back	10.9	8.3 - 13.6	2,100	11.3	8.6 - 14.0	2,100	--		
Became separated or divorced	6.7	4.7 - 8.7	1,300	6.8	4.7 - 8.9	1,200	--		
Had no practical or emotional support	3.2	1.8 - 4.5	600	2.5	1.3 - 3.7	500	--		
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	12.8	9.8 - 15.8	2,400	13.2	10.1 - 16.3	2,400	--		
Any smoking, 3rd trimester†	4.3	2.5 - 6.0	800	4.5	2.6 - 6.3	800	--		
Any smoking, postpartum	9.8	7.2 - 12.5	1,900	10.0	7.3 - 12.8	1,800	--		
Any binge drinking, 3 months before pregnancy	16.3	13.1 - 19.5	3,100	16.3	13.0 - 19.6	2,900	--		
Any alcohol use, 3rd trimester†	6.6	4.6 - 8.6	1,300	6.6	4.5 - 8.6	1,200	--		
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	29.8	25.7 - 34.0	5,700	29.9	25.6 - 34.2	5,400	--		
Unsure of pregnancy intentions	14.9	11.9 - 18.0	2,900	15.6	12.4 - 18.8	2,800	--		
Postpartum birth control use†	83.1	79.9 - 86.4	15,400	83.4	80.1 - 86.7	14,700	76.4 *	57.1 - 95.7	400
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	80.4	76.9 - 83.9	15,100	80.0	76.3 - 83.6	14,300	--		
Infant always or often shared bed	36.0	31.7 - 40.4	6,800	34.4	30.0 - 38.8	6,200	69.9 *	48.7 - 91.1	400
Intended to breastfeed, before birth	91.9	89.4 - 94.4	17,400	91.7	89.1 - 94.3	16,500	--		
Intended to breastfeed exclusively, before birth	71.4	67.3 - 75.5	13,500	70.8	66.5 - 75.0	12,700	--		
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	83.6	80.4 - 86.8	15,800	83.7	80.4 - 87.0	15,000	--		
Exclusive breastfeeding, 1 month after delivery	55.1	50.5 - 59.8	10,200	55.1	50.3 - 59.8	9,700	72.5 *	49.5 - 95.4	400
Any breastfeeding, 3 months after delivery	65.5	60.6 - 70.5	9,300	65.2	60.1 - 70.3	8,800	--		
Exclusive breastfeeding, 3 months after delivery	33.9	28.5 - 39.2	4,700	33.4	27.9 - 38.9	4,400	56.9 *	25.8 - 88.0	200



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Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County				Urban				Rural/Frontier			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
<b>Service Utilization and Health Insurance Coverage</b>												
Had a usual source of pre-pregnancy care	73.1	69.0	- 77.2	14,000	72.7	68.5	- 76.9	13,200	--			
Initiated prenatal care in 1st trimester	88.9	85.6	- 92.2	16,800	88.8	85.3	- 92.2	15,900	--			
Mom or infant needed but couldn't afford care postpartum	9.7	7.1	- 12.2	1,800	9.7	7.1	- 12.4	1,700	--			
Participated in WIC during pregnancy†	54.5	51.0	- 58.0	10,300	54.5	50.8	- 58.2	9,800	54.6	29.6	- 79.6	300
Received CalFresh (food stamps) during pregnancy	32.6	28.6	- 36.6	6,200	33.3	29.1	- 37.5	6,000	--			
Pre-pregnancy insurance												
Medi-Cal	33.6	29.7	- 37.5	6,400	33.4	29.3	- 37.4	6,100	28.4 *	5.1	- 51.7	200
Uninsured	16.2	13.0	- 19.4	3,100	16.9	13.6	- 20.2	3,100	--			
Private	47.9	44.2	- 51.7	9,200	47.8	43.8	- 51.7	8,700	65.8 *	41.6	- 89.9	400
Prenatal insurance												
Medi-Cal	52.2	48.5	- 55.9	10,000	52.0	48.2	- 55.9	9,500	50.3	25.0	- 75.6	300
Uninsured	--				--				--			
Private	44.7	41.1	- 48.4	8,600	45.1	41.3	- 48.9	8,200	49.7	24.4	- 75.0	300
Maternal postpartum insurance												
Medi-Cal	42.8	38.8	- 46.8	8,200	42.7	38.6	- 46.8	7,700	39.5 *	13.9	- 65.2	200
Uninsured	9.6	7.0	- 12.2	1,800	9.7	7.0	- 12.4	1,800	--			
Private	46.2	42.5	- 50.0	8,800	46.5	42.6	- 50.4	8,400	55.5	29.9	- 81.1	300
Infant health insurance												
Medi-Cal	54.0	50.0	- 57.9	10,200	53.6	49.5	- 57.7	9,600	57.7 *	32.1	- 83.3	300
Uninsured	2.0	1.0	- 3.0	400	2.1	1.0	- 3.2	400	--			
Private	41.7	37.8	- 45.5	7,900	42.2	38.1	- 46.2	7,600	42.3 *	16.7	- 67.9	200
<b>Maternal Demographics</b>												
Age												
15-19	5.0	2.8	- 7.3	1,000	5.1	2.7	- 7.4	900	--			
20-34	78.2	74.4	- 82.0	15,000	78.3	74.4	- 82.3	14,300	--			
35+	16.8	13.5	- 20.1	3,200	16.6	13.2	- 20.0	3,000	--			
Did not complete high school (or GED)	11.4	8.5	- 14.3	2,100	11.5	8.5	- 14.4	2,000	--			
Unmarried	42.4	38.1	- 46.7	8,100	42.9	38.4	- 47.3	7,800	--			
Race/Ethnicity												
White	41.3	36.8	- 45.7	7,900	41.6	37.0	- 46.2	7,600	34.1 *	10.8	- 57.4	200
Hispanic	27.3	23.4	- 31.2	5,200	26.2	22.3	- 30.1	4,800	43.6 *	17.9	- 69.3	200
Asian/Pacific Islander	18.9	15.2	- 22.7	3,600	19.2	15.3	- 23.1	3,500	--			
Black	11.9	10.3	- 13.4	2,300	12.4	10.7	- 14.0	2,300	--			
Born outside the U.S.	31.3	26.8	- 35.7	6,000	30.4	25.8	- 34.9	5,500	55.2	30.0	- 80.4	300
Speaks non-English language at home	23.7	19.6	- 27.7	4,400	23.2	19.1	- 27.3	4,100	35.3 *	10.3	- 60.2	200
Lives in a high poverty neighborhood	45.0	40.6	- 49.5	8,500	46.0	41.4	- 50.5	8,400	--			
Income as a percent of the Federal Poverty Guideline												
0-100%	40.8	36.6	- 45.0	7,200	41.0	36.6	- 45.4	6,900	--			
101-200%	21.2	17.2	- 25.1	3,800	21.0	17.0	- 25.1	3,500	--			
> 200%	38.0	34.5	- 41.6	6,800	37.9	34.2	- 41.7	6,400	49.7	24.4	- 75.0	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 Sacramento County was 654. 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. Urban and Rural/Frontier designations are based on the population size or densities of Medical Service Study Areas. 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).



# MIHA Data Snapshot, Sacramento County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento 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
<b>Total</b>	100		19,200	40.8	36.6 - 45.0	7,200	21.2	17.2 - 25.1	3,800	38.0	34.5 - 41.6	6,800
<b>Health Status before Pregnancy</b>												
In good to excellent health	91.7	89.4 - 94.0	17,600	86.5	81.8 - 91.1	6,300	95.0*	90.9 - 99.1	3,600	96.2*	93.2 - 99.1	6,500
Chronic conditions												
Diabetes†	2.2	1.1 - 3.3	400	2.9*	0.9 - 4.9	200	--			2.2*	0.1 - 4.2	100
Hypertension†	4.2	2.5 - 5.9	800	6.0	3.1 - 8.9	400	--			3.0*	0.6 - 5.5	200
Asthma†	11.1	8.4 - 13.8	2,100	11.2	6.7 - 15.8	800	9.4	3.9 - 15.0	300	11.5	6.9 - 16.0	800
<b>Nutrition and Weight</b>												
Daily folic acid use, month before pregnancy	30.6	26.5 - 34.8	5,900	25.6	19.0 - 32.2	1,900	26.3	16.5 - 36.0	1,000	41.9	34.6 - 49.3	2,800
Overweight before pregnancy	24.9	20.9 - 28.9	4,700	27.8	21.1 - 34.4	1,900	31.3	20.9 - 41.7	1,200	20.3	14.2 - 26.3	1,400
Obese before pregnancy	22.2	18.3 - 26.0	4,200	27.1	20.4 - 33.7	1,900	20.6	11.9 - 29.2	800	19.1	13.0 - 25.2	1,300
Inadequate weight gain during pregnancy	15.4	11.8 - 19.0	2,600	16.2	10.0 - 22.4	1,000	10.3*	3.8 - 16.8	400	17.7	11.5 - 23.9	1,100
Excessive weight gain during pregnancy	45.7	40.6 - 50.7	7,700	46.4	38.0 - 54.8	2,800	44.3	33.2 - 55.4	1,600	44.2	36.4 - 52.0	2,700
Food insecurity during pregnancy	13.5	10.5 - 16.5	2,600	24.0	17.9 - 30.1	1,700	14.7	6.7 - 22.8	500	2.1*	0.2 - 4.0	100
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>												
Physical or psychological IPV during pregnancy	8.2	6.0 - 10.5	1,600	13.5	8.8 - 18.1	1,000	7.2*	2.2 - 12.1	300	3.2*	1.0 - 5.4	200
Prenatal depressive symptoms	13.1	10.1 - 16.0	2,500	17.9	12.4 - 23.3	1,300	11.6	5.2 - 17.9	400	5.2*	1.9 - 8.5	400
Postpartum depressive symptoms	11.5	8.8 - 14.3	2,200	15.9	10.6 - 21.2	1,100	9.7	4.2 - 15.2	400	5.0	2.1 - 7.9	300
<b>Hardships and Support during Pregnancy</b>												
Experienced two or more hardships during childhood	27.5	23.5 - 31.5	5,200	31.0	24.4 - 37.6	2,200	40.0	29.3 - 50.7	1,500	18.8	12.8 - 24.9	1,300
Homeless or did not have a regular place to sleep	3.5	2.0 - 4.9	700	8.3	4.5 - 12.1	600	--			--		
Moved due to problems paying rent or mortgage	6.7	4.5 - 8.8	1,300	11.7	7.1 - 16.4	800	8.8*	2.8 - 14.7	300	--		
Woman or partner lost job	11.0	8.3 - 13.8	2,100	17.3	11.8 - 22.8	1,200	15.0	7.3 - 22.6	600	3.2*	0.9 - 5.5	200
Woman or partner had pay or hours cut back	10.9	8.3 - 13.6	2,100	17.7	12.1 - 23.2	1,300	11.3	5.8 - 16.8	400	5.1	2.3 - 8.0	300
Became separated or divorced	6.7	4.7 - 8.7	1,300	11.4	7.2 - 15.5	800	7.4*	2.6 - 12.2	300	--		
Had no practical or emotional support	3.2	1.8 - 4.5	600	4.4	1.8 - 7.0	300	5.7*	1.2 - 10.3	200	--		
<b>Substance Use</b>												
Any smoking, 3 months before pregnancy	12.8	9.8 - 15.8	2,400	19.3	13.7 - 24.9	1,400	16.9	8.5 - 25.3	600	4.1*	1.3 - 7.0	300
Any smoking, 3rd trimester†	4.3	2.5 - 6.0	800	7.8	4.1 - 11.5	600	6.3*	1.3 - 11.2	200	--		
Any smoking, postpartum	9.8	7.2 - 12.5	1,900	14.9	10.0 - 19.9	1,100	13.5	5.7 - 21.2	500	3.8*	0.8 - 6.8	300
Any binge drinking, 3 months before pregnancy	16.3	13.1 - 19.5	3,100	12.2	7.6 - 16.9	900	20.5	11.8 - 29.3	800	21.6	15.7 - 27.5	1,400
Any alcohol use, 3rd trimester†	6.6	4.6 - 8.6	1,300	4.5*	1.8 - 7.2	300	--			12.7	8.0 - 17.5	900
<b>Pregnancy Intention and Family Planning</b>												
Mistimed or unwanted pregnancy	29.8	25.7 - 34.0	5,700	38.4	31.1 - 45.7	2,700	38.3	27.5 - 49.1	1,400	16.4	10.9 - 21.9	1,100
Unsure of pregnancy intentions	14.9	11.9 - 18.0	2,900	20.8	15.1 - 26.5	1,500	12.5	6.5 - 18.5	500	8.9	4.3 - 13.4	600
Postpartum birth control use†	83.1	79.9 - 86.4	15,400	80.0	74.3 - 85.7	5,400	88.2	82.6 - 93.9	3,200	82.0	76.2 - 87.7	5,500
<b>Infant Sleep and Breastfeeding</b>												
Placed infant on back to sleep	80.4	76.9 - 83.9	15,100	77.8	71.9 - 83.7	5,600	84.3	77.2 - 91.5	3,100	82.7	77.1 - 88.3	5,500
Infant always or often shared bed	36.0	31.7 - 40.4	6,800	39.4	32.1 - 46.6	2,800	40.3	29.6 - 50.9	1,500	30.2	23.4 - 36.9	2,000
Intended to breastfeed, before birth	91.9	89.4 - 94.4	17,400	86.7	81.4 - 92.1	6,200	94.9*	91.3 - 98.5	3,500	94.9*	91.6 - 98.2	6,300
Intended to breastfeed exclusively, before birth	71.4	67.3 - 75.5	13,500	66.5	59.5 - 73.5	4,800	63.4	52.8 - 74.1	2,300	83.7	78.2 - 89.2	5,600
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	83.6	80.4 - 86.8	15,800	76.5	70.4 - 82.6	5,500	84.1	76.9 - 91.4	3,100	91.9	87.5 - 96.2	6,100
Exclusive breastfeeding, 1 month after delivery	55.1	50.5 - 59.8	10,200	48.8	41.2 - 56.5	3,400	56.8	46.0 - 67.6	2,100	60.1	52.7 - 67.5	4,000
Any breastfeeding, 3 months after delivery	65.5	60.6 - 70.5	9,300	57.3	49.1 - 65.5	3,400	59.5	47.5 - 71.6	1,700	83.9	77.0 - 90.8	3,500
Exclusive breastfeeding, 3 months after delivery	33.9	28.5 - 39.2	4,700	30.3	21.6 - 39.0	1,700	26.8	16.4 - 37.2	700	44.2	35.1 - 53.3	1,900



# MIHA Data Snapshot, Sacramento County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento 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
<b>Service Utilization and Health Insurance Coverage</b>												
Had a usual source of pre-pregnancy care	73.1	69.0 - 77.2	14,000	67.2	60.3 - 74.0	4,800	64.1	53.5 - 74.6	2,400	87.0	81.9 - 92.2	5,900
Initiated prenatal care in 1st trimester	88.9	85.6 - 92.2	16,800	81.9	75.2 - 88.6	5,800	88.6*	80.6 - 96.7	3,300	97.3*	94.8 - 99.9	6,500
Mom or infant needed but couldn't afford care postpartum	9.7	7.1 - 12.2	1,800	13.2	8.3 - 18.1	900	16.4	8.6 - 24.1	600	2.6*	0.6 - 4.5	200
Participated in WIC during pregnancy†	54.5	51.0 - 58.0	10,300	87.6	83.1 - 92.2	6,300	65.4	55.7 - 75.1	2,500	6.6	3.0 - 10.1	400
Received CalFresh (food stamps) during pregnancy	32.6	28.6 - 36.6	6,200	65.5	58.3 - 72.7	4,700	25.7	15.9 - 35.5	1,000	--		
Pre-pregnancy insurance												
Medi-Cal	33.6	29.7 - 37.5	6,400	61.9	54.7 - 69.1	4,400	31.4	22.0 - 40.8	1,200	--		
Uninsured	16.2	13.0 - 19.4	3,100	23.2	17.1 - 29.3	1,700	25.1	15.2 - 34.9	900	4.2*	0.8 - 7.5	300
Private	47.9	44.2 - 51.7	9,200	11.1	6.7 - 15.6	800	42.2	32.0 - 52.5	1,600	93.6*	89.7 - 97.6	6,300
Prenatal insurance												
Medi-Cal	52.2	48.5 - 55.9	10,000	88.7	83.9 - 93.5	6,400	58.2	47.8 - 68.7	2,200	5.0*	1.8 - 8.3	300
Uninsured	--			--			--			--		
Private	44.7	41.1 - 48.4	8,600	8.2	4.3 - 12.1	600	39.6	29.2 - 49.9	1,500	92.2	88.0 - 96.4	6,200
Maternal postpartum insurance												
Medi-Cal	42.8	38.8 - 46.8	8,200	77.1	70.8 - 83.3	5,600	43.5	32.6 - 54.4	1,600	3.1*	0.2 - 6.0	200
Uninsured	9.6	7.0 - 12.2	1,800	13.9	8.7 - 19.1	1,000	13.1	6.3 - 19.9	500	2.7*	0.7 - 4.7	200
Private	46.2	42.5 - 50.0	8,800	7.4	3.7 - 11.0	500	41.3	30.7 - 51.9	1,500	94.2*	90.7 - 97.7	6,400
Infant health insurance												
Medi-Cal	54.0	50.0 - 57.9	10,200	87.7	83.0 - 92.4	6,300	61.6	51.1 - 72.1	2,300	8.2	4.3 - 12.1	500
Uninsured	2.0	1.0 - 3.0	400	3.6*	1.4 - 5.8	300	--			--		
Private	41.7	37.8 - 45.5	7,900	7.0	3.2 - 10.7	500	33.0	22.8 - 43.3	1,200	89.2	84.6 - 93.7	5,900
<b>Maternal Demographics</b>												
Did not complete high school (or GED)	11.4	8.5 - 14.3	2,100	20.9	14.6 - 27.2	1,400	12.5	6.0 - 19.1	500	--		
Unmarried	42.4	38.1 - 46.7	8,100	63.7	56.1 - 71.3	4,600	46.4	35.6 - 57.2	1,700	14.7	9.4 - 20.1	1,000
Race/Ethnicity												
White	41.3	36.8 - 45.7	7,900	31.2	23.6 - 38.7	2,300	36.0	25.7 - 46.3	1,400	58.6	51.3 - 65.9	3,900
Hispanic	27.3	23.4 - 31.2	5,200	38.7	31.6 - 45.8	2,800	27.3	18.0 - 36.6	1,000	12.2	7.2 - 17.2	800
Asian/Pacific Islander	18.9	15.2 - 22.7	3,600	12.0	6.9 - 17.1	900	22.4	12.5 - 32.4	800	25.3	18.7 - 31.9	1,700
Black	11.9	10.3 - 13.4	2,300	17.0	13.3 - 20.8	1,200	13.6	8.3 - 18.8	500	3.8	1.8 - 5.9	300
Born outside the U.S.	31.3	26.8 - 35.7	6,000	35.6	28.1 - 43.0	2,600	26.5	17.6 - 35.4	1,000	26.1	19.3 - 32.9	1,800
Speaks non-English language at home	23.7	19.6 - 27.7	4,400	32.7	25.1 - 40.3	2,300	23.1	14.7 - 31.5	900	14.7	9.2 - 20.2	1,000
Lives in a high poverty neighborhood	45.0	40.6 - 49.5	8,500	63.6	56.4 - 70.9	4,500	44.9	34.1 - 55.6	1,700	24.4	17.7 - 31.0	1,600

-- 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 Sacramento County was 654. 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](http://www.cdph.ca.gov/MIHA).

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# MIHA Data Snapshot, Sacramento County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County			15-19 Years			20-34 Years			35 Years or Older		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		19,200	5.0	2.8 - 7.3	1,000	78.2	74.4 - 82.0	15,000	16.8	13.5 - 20.1	3,200
<b>Health Status before Pregnancy</b>												
In good to excellent health	91.7	89.4 - 94.0	17,600	--			92.1	89.6 - 94.7	13,800	88.8	82.4 - 95.3	2,900
Chronic conditions												
Diabetes†	2.2	1.1 - 3.3	400	--			1.7	0.7 - 2.8	300	5.0 *	0.5 - 9.5	200
Hypertension†	4.2	2.5 - 5.9	800	--			2.8	1.5 - 4.0	400	9.2 *	3.2 - 15.3	300
Asthma†	11.1	8.4 - 13.8	2,100	--			11.0	7.9 - 14.0	1,600	12.8	6.2 - 19.5	400
<b>Nutrition and Weight</b>												
Daily folic acid use, month before pregnancy	30.6	26.5 - 34.8	5,900	21.1 *	0.7 - 41.5	200	29.2	24.6 - 33.8	4,400	40.3	29.5 - 51.1	1,300
Overweight before pregnancy	24.9	20.9 - 28.9	4,700	23.3 *	3.0 - 43.7	200	25.6	21.0 - 30.1	3,800	22.2	13.6 - 30.7	700
Obese before pregnancy	22.2	18.3 - 26.0	4,200	--			21.3	17.1 - 25.5	3,100	31.5	20.8 - 42.2	1,000
Inadequate weight gain during pregnancy	15.4	11.8 - 19.0	2,600	--			15.9	12.0 - 19.9	2,100	12.0 *	3.5 - 20.6	300
Excessive weight gain during pregnancy	45.7	40.6 - 50.7	7,700	39.1 *	14.8 - 63.5	300	46.1	40.5 - 51.7	6,200	45.3	32.9 - 57.7	1,100
Food insecurity during pregnancy	13.5	10.5 - 16.5	2,600	--			14.2	10.7 - 17.7	2,100	12.8	5.8 - 19.9	400
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>												
Physical or psychological IPV during pregnancy	8.2	6.0 - 10.5	1,600	--			8.5	5.9 - 11.1	1,300	6.5 *	1.9 - 11.1	200
Prenatal depressive symptoms	13.1	10.1 - 16.0	2,500	--			13.6	10.3 - 17.0	2,000	8.5 *	2.3 - 14.8	300
Postpartum depressive symptoms	11.5	8.8 - 14.3	2,200	19.9 *	3.2 - 36.6	200	11.3	8.3 - 14.4	1,700	9.9 *	3.1 - 16.7	300
<b>Hardships and Support during Pregnancy</b>												
Experienced two or more hardships during childhood	27.5	23.5 - 31.5	5,200	24.1 *	7.4 - 40.7	200	28.6	24.0 - 33.2	4,200	23.3	14.1 - 32.6	700
Homeless or did not have a regular place to sleep	3.5	2.0 - 4.9	700	--			4.3	2.4 - 6.2	600	--		
Moved due to problems paying rent or mortgage	6.7	4.5 - 8.8	1,300	--			7.5	4.9 - 10.2	1,100	--		
Woman or partner lost job	11.0	8.3 - 13.8	2,100	--			12.0	8.8 - 15.2	1,800	8.5 *	2.3 - 14.7	300
Woman or partner had pay or hours cut back	10.9	8.3 - 13.6	2,100	--			10.8	7.8 - 13.8	1,600	11.3	4.9 - 17.8	400
Became separated or divorced	6.7	4.7 - 8.7	1,300	--			7.0	4.7 - 9.4	1,100	6.4 *	1.6 - 11.2	200
Had no practical or emotional support	3.2	1.8 - 4.5	600	--			3.7	2.0 - 5.4	600	--		
<b>Substance Use</b>												
Any smoking, 3 months before pregnancy	12.8	9.8 - 15.8	2,400	--			14.6	11.0 - 18.3	2,200	6.5 *	1.9 - 11.2	200
Any smoking, 3rd trimester†	4.3	2.5 - 6.0	800	--			4.5	2.4 - 6.5	700	4.5 *	0.5 - 8.6	100
Any smoking, postpartum	9.8	7.2 - 12.5	1,900	--			11.0	7.8 - 14.3	1,600	5.8 *	1.3 - 10.4	200
Any binge drinking, 3 months before pregnancy	16.3	13.1 - 19.5	3,100	--			18.1	14.3 - 21.9	2,700	10.2 *	4.2 - 16.3	300
Any alcohol use, 3rd trimester†	6.6	4.6 - 8.6	1,300	--			6.5	4.2 - 8.8	1,000	8.8 *	3.2 - 14.5	300
<b>Pregnancy Intention and Family Planning</b>												
Mistimed or unwanted pregnancy	29.8	25.7 - 34.0	5,700	82.5 *	67.4 - 97.7	800	29.6	24.9 - 34.3	4,400	15.1	7.6 - 22.5	500
Unsure of pregnancy intentions	14.9	11.9 - 18.0	2,900	--			15.5	12.0 - 19.0	2,300	14.9	7.2 - 22.6	500
Postpartum birth control use†	83.1	79.9 - 86.4	15,400	--			82.6	79.0 - 86.3	11,900	81.3	72.9 - 89.6	2,600
<b>Infant Sleep and Breastfeeding</b>												
Placed infant on back to sleep	80.4	76.9 - 83.9	15,100	48.6	24.7 - 72.6	400	81.8	77.9 - 85.6	12,100	83.3	75.8 - 90.8	2,600
Infant always or often shared bed	36.0	31.7 - 40.4	6,800	46.7	23.1 - 70.2	400	34.9	30.0 - 39.8	5,200	38.2	27.7 - 48.6	1,200
Intended to breastfeed, before birth	91.9	89.4 - 94.4	17,400	--			91.5	88.6 - 94.5	13,600	92.4 *	87.2 - 97.6	2,900
Intended to breastfeed exclusively, before birth	71.4	67.3 - 75.5	13,500	49.6	26.4 - 72.9	500	74.1	69.6 - 78.6	11,000	65.2	54.9 - 75.5	2,100
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	83.6	80.4 - 86.8	15,800	79.8 *	64.4 - 95.2	800	84.5	80.9 - 88.1	12,400	80.5	72.0 - 88.9	2,600
Exclusive breastfeeding, 1 month after delivery	55.1	50.5 - 59.8	10,200	54.3	31.8 - 76.8	500	55.7	50.5 - 61.0	8,100	52.7	41.6 - 63.8	1,600
Any breastfeeding, 3 months after delivery	65.5	60.6 - 70.5	9,300	--			65.5	59.9 - 71.1	7,400	80.5	70.2 - 90.8	1,600
Exclusive breastfeeding, 3 months after delivery	33.9	28.5 - 39.2	4,700	--			34.4	28.4 - 40.4	3,900	37.0	24.0 - 49.9	700



# MIHA Data Snapshot, Sacramento County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County				15-19 Years			20-34 Years			35 Years or Older		
	%	95% CI		N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Service Utilization and Health Insurance Coverage</b>													
Had a usual source of pre-pregnancy care	73.1	69.0 - 77.2		14,000	--			69.4	64.5 - 74.2	10,400	85.3	77.4 - 93.1	2,800
Initiated prenatal care in 1st trimester	88.9	85.6 - 92.2		16,800	--			87.8	83.8 - 91.9	13,000	93.1*	87.9 - 98.3	2,900
Mom or infant needed but couldn't afford care postpartum	9.7	7.1 - 12.2		1,800	--			9.7	6.8 - 12.6	1,400	10.5*	4.2 - 16.9	300
Participated in WIC during pregnancy†	54.5	51.0 - 58.0		10,300	--			55.5	51.3 - 59.8	8,200	38.9	29.1 - 48.8	1,200
Received CalFresh (food stamps) during pregnancy	32.6	28.6 - 36.6		6,200	20.2*	4.5 - 35.8	200	34.6	29.9 - 39.4	5,200	26.9	17.7 - 36.1	900
<b>Pre-pregnancy insurance</b>													
Medi-Cal	33.6	29.7 - 37.5		6,400	42.8	21.1 - 64.6	400	34.3	29.6 - 39.0	5,100	27.5	18.3 - 36.7	900
Uninsured	16.2	13.0 - 19.4		3,100	--			19.4	15.5 - 23.4	2,900	5.2*	1.0 - 9.4	200
Private	47.9	44.2 - 51.7		9,200	42.8	19.3 - 66.4	400	44.3	39.9 - 48.7	6,600	66.4	56.8 - 76.0	2,100
<b>Prenatal insurance</b>													
Medi-Cal	52.2	48.5 - 55.9		10,000	69.6*	47.6 - 91.5	700	54.6	50.2 - 59.0	8,200	35.9	26.2 - 45.6	1,200
Uninsured	--				--			--			--		
Private	44.7	41.1 - 48.4		8,600	26.9*	5.3 - 48.5	300	41.7	37.4 - 46.0	6,200	64.1	54.4 - 73.8	2,100
<b>Maternal postpartum insurance</b>													
Medi-Cal	42.8	38.8 - 46.8		8,200	70.8*	47.1 - 94.4	700	44.6	39.9 - 49.4	6,700	26.1	17.3 - 34.9	800
Uninsured	9.6	7.0 - 12.2		1,800	--			10.5	7.5 - 13.6	1,600	7.8*	1.9 - 13.7	300
Private	46.2	42.5 - 50.0		8,800	--			43.3	38.9 - 47.7	6,500	66.1	56.4 - 75.8	2,100
<b>Infant health insurance</b>													
Medi-Cal	54.0	50.0 - 57.9		10,200	--			56.4	51.7 - 61.0	8,300	35.4	25.6 - 45.3	1,100
Uninsured	2.0	1.0 - 3.0		400	--			2.0	0.8 - 3.2	300	--		
Private	41.7	37.8 - 45.5		7,900	--			38.7	34.2 - 43.2	5,700	63.8	53.9 - 73.6	2,100
<b>Maternal Demographics</b>													
Did not complete high school (or GED)	11.4	8.5 - 14.3		2,100	18.1*	3.0 - 33.1	200	11.6	8.3 - 15.0	1,700	8.3*	2.3 - 14.2	300
Unmarried	42.4	38.1 - 46.7		8,100	--			42.4	37.5 - 47.3	6,300	31.6	21.8 - 41.4	1,000
<b>Race/Ethnicity</b>													
White	41.3	36.8 - 45.7		7,900	30.3*	5.8 - 54.9	300	41.6	36.5 - 46.6	6,300	43.1	32.4 - 53.9	1,300
Hispanic	27.3	23.4 - 31.2		5,200	39.5	18.5 - 60.4	400	27.2	22.7 - 31.6	4,100	24.3	15.0 - 33.7	800
Asian/Pacific Islander	18.9	15.2 - 22.7		3,600	--			19.1	14.8 - 23.4	2,900	23.0	13.5 - 32.4	700
Black	11.9	10.3 - 13.4		2,300	26.3*	6.0 - 46.6	300	11.6	9.7 - 13.4	1,700	8.9	4.6 - 13.1	300
Born outside the U.S.	31.3	26.8 - 35.7		6,000	--			29.9	24.9 - 34.8	4,500	42.9	31.9 - 53.8	1,400
Speaks non-English language at home	23.7	19.6 - 27.7		4,400	--			23.9	19.3 - 28.5	3,500	28.1	17.8 - 38.4	900
Lives in a high poverty neighborhood	45.0	40.6 - 49.5		8,500	50.4	26.5 - 74.3	500	45.7	40.6 - 50.7	6,700	40.4	29.3 - 51.5	1,300

-- 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 Sacramento County was 654. 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](http://www.cdph.ca.gov/MIHA).

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# MIHA Data Snapshot, Sacramento County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento 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
<b>Total</b>	100		19,200	8.9	6.3 - 11.6	1,700	13.3	10.5 - 16.1	2,500	32.8	28.3 - 37.2	6,200	45.0	40.6 - 49.5	8,500
<b>Health Status before Pregnancy</b>															
In good to excellent health	91.7	89.4 - 94.0	17,600	--			--			93.8	90.2 - 97.4	5,800	87.4	83.2 - 91.6	7,400
Chronic conditions															
Diabetes†	2.2	1.1 - 3.3	400	--			--			2.2*	0.1 - 4.3	100	2.6*	0.9 - 4.3	200
Hypertension†	4.2	2.5 - 5.9	800	--			3.4*	0.1 - 6.6	<100	3.9*	0.2 - 7.5	200	4.6	2.2 - 7.0	400
Asthma†	11.1	8.4 - 13.8	2,100	9.6*	1.1 - 18.2	200	14.8	6.4 - 23.1	400	10.0	5.2 - 14.7	600	11.4	7.4 - 15.4	1,000
<b>Nutrition and Weight</b>															
Daily folic acid use, month before pregnancy	30.6	26.5 - 34.8	5,900	40.6	24.8 - 56.3	700	40.1	29.0 - 51.2	1,000	31.3	23.8 - 38.8	1,900	25.7	19.6 - 31.8	2,200
Overweight before pregnancy	24.9	20.9 - 28.9	4,700	24.2*	9.3 - 39.1	400	27.4	16.5 - 38.3	700	26.9	19.5 - 34.3	1,600	22.3	16.7 - 27.9	1,900
Obese before pregnancy	22.2	18.3 - 26.0	4,200	9.0*	0.8 - 17.1	100	15.8	6.8 - 24.7	400	19.2	12.9 - 25.6	1,200	28.6	22.2 - 35.0	2,400
Inadequate weight gain during pregnancy	15.4	11.8 - 19.0	2,600	15.0*	3.2 - 26.8	200	10.3*	3.0 - 17.6	200	12.6	7.2 - 18.0	700	17.9	11.9 - 24.0	1,300
Excessive weight gain during pregnancy	45.7	40.6 - 50.7	7,700	45.2	28.9 - 61.5	700	46.9	34.7 - 59.1	1,000	45.9	36.8 - 54.9	2,500	46.6	38.7 - 54.4	3,300
Food insecurity during pregnancy	13.5	10.5 - 16.5	2,600	--			--			11.5	6.7 - 16.3	700	19.1	13.7 - 24.6	1,600
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>															
Physical or psychological IPV during pregnancy	8.2	6.0 - 10.5	1,600	--			--			5.7	2.7 - 8.7	300	11.8	7.7 - 16.0	1,000
Prenatal depressive symptoms	13.1	10.1 - 16.0	2,500	12.4*	3.1 - 21.8	200	7.0*	0.8 - 13.3	200	10.9	5.4 - 16.5	700	16.6	11.9 - 21.4	1,400
Postpartum depressive symptoms	11.5	8.8 - 14.3	2,200	8.8*	0.8 - 16.9	100	11.4*	3.7 - 19.2	300	9.7	5.1 - 14.4	600	13.4	9.0 - 17.8	1,100
<b>Hardships and Support during Pregnancy</b>															
Experienced two or more hardships during childhood	27.5	23.5 - 31.5	5,200	14.0*	4.0 - 24.0	200	17.0	8.2 - 25.9	400	27.1	19.9 - 34.3	1,600	32.4	25.9 - 38.9	2,700
Homeless or did not have a regular place to sleep	3.5	2.0 - 4.9	700	--			--			4.4*	1.2 - 7.6	300	4.5	2.1 - 6.9	400
Moved due to problems paying rent or mortgage	6.7	4.5 - 8.8	1,300	--			--			4.4*	1.5 - 7.2	300	10.6	6.3 - 14.9	900
Woman or partner lost job	11.0	8.3 - 13.8	2,100	--			5.6*	0.5 - 10.8	100	9.0	4.1 - 13.9	500	15.2	10.6 - 19.9	1,300
Woman or partner had pay or hours cut back	10.9	8.3 - 13.6	2,100	8.5*	0.7 - 16.3	100	7.9*	2.5 - 13.3	200	9.0	4.7 - 13.3	600	13.8	9.2 - 18.4	1,200
Became separated or divorced	6.7	4.7 - 8.7	1,300	--			--			6.2	2.8 - 9.7	400	9.3	5.6 - 13.0	800
Had no practical or emotional support	3.2	1.8 - 4.5	600	--			--			2.8*	0.3 - 5.2	200	3.0*	1.2 - 4.8	300
<b>Substance Use</b>															
Any smoking, 3 months before pregnancy	12.8	9.8 - 15.8	2,400	--			--			13.9	8.0 - 19.7	800	15.8	11.0 - 20.6	1,300
Any smoking, 3rd trimester†	4.3	2.5 - 6.0	800	--			--			2.9*	0.4 - 5.5	200	6.9	3.5 - 10.2	600
Any smoking, postpartum	9.8	7.2 - 12.5	1,900	--			--			9.7	4.7 - 14.7	600	12.8	8.3 - 17.2	1,100
Any binge drinking, 3 months before pregnancy	16.3	13.1 - 19.5	3,100	21.3*	8.5 - 34.1	400	14.3	6.0 - 22.7	400	20.3	13.9 - 26.6	1,200	12.7	8.3 - 17.2	1,100
Any alcohol use, 3rd trimester†	6.6	4.6 - 8.6	1,300	13.9*	3.2 - 24.7	200	9.3*	2.6 - 16.0	200	6.3	2.9 - 9.7	400	4.4	1.9 - 6.8	400
<b>Pregnancy Intention and Family Planning</b>															
Mistimed or unwanted pregnancy	29.8	25.7 - 34.0	5,700	28.3	13.5 - 43.1	500	10.8*	4.3 - 17.2	300	27.7	20.4 - 35.1	1,700	37.0	30.1 - 43.9	3,100
Unsure of pregnancy intentions	14.9	11.9 - 18.0	2,900	10.6*	0.4 - 20.9	200	9.1*	2.5 - 15.8	200	12.7	7.6 - 17.8	800	19.7	14.5 - 24.9	1,700
Postpartum birth control use†	83.1	79.9 - 86.4	15,400	82.0*	69.4 - 94.6	1,400	81.1	72.1 - 90.1	2,000	87.0	82.0 - 92.1	5,200	81.2	76.1 - 86.3	6,600
<b>Infant Sleep and Breastfeeding</b>															
Placed infant on back to sleep	80.4	76.9 - 83.9	15,100	80.5*	68.6 - 92.4	1,400	86.3	78.4 - 94.2	2,100	78.8	72.0 - 85.7	4,800	79.5	74.3 - 84.6	6,600
Infant always or often shared bed	36.0	31.7 - 40.4	6,800	18.3	7.6 - 28.9	300	31.0	20.4 - 41.5	800	39.0	30.8 - 47.3	2,400	37.7	31.0 - 44.3	3,100
Intended to breastfeed, before birth	91.9	89.4 - 94.4	17,400	--			--			91.9*	86.8 - 97.1	5,600	88.7	84.7 - 92.7	7,400
Intended to breastfeed exclusively, before birth	71.4	67.3 - 75.5	13,500	87.8*	78.4 - 97.3	1,500	88.5*	81.2 - 95.9	2,200	72.5	64.7 - 80.3	4,400	62.2	55.5 - 68.9	5,200
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	83.6	80.4 - 86.8	15,800	--			--			86.5	80.8 - 92.3	5,300	76.7	71.2 - 82.1	6,400
Exclusive breastfeeding, 1 month after delivery	55.1	50.5 - 59.8	10,200	54.9	39.0 - 70.7	900	64.5	53.1 - 75.9	1,500	56.8	48.4 - 65.3	3,400	52.3	45.3 - 59.4	4,300
Any breastfeeding, 3 months after delivery	65.5	60.6 - 70.5	9,300	82.4*	68.8 - 96.0	900	85.4*	74.9 - 95.8	1,400	68.4	59.4 - 77.5	3,200	55.1	47.1 - 63.1	3,500
Exclusive breastfeeding, 3 months after delivery	33.9	28.5 - 39.2	4,700	40.8	22.6 - 59.1	500	59.0	44.9 - 73.1	1,000	32.1	22.6 - 41.5	1,500	27.5	19.3 - 35.6	1,700

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health Division and the Women, Infants and Children Division in the California Department of Public Health and the Center on Social Disparities in Health at the University of California San Francisco.



# MIHA Data Snapshot, Sacramento County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento 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
<b>Service Utilization and Health Insurance Coverage</b>															
Had a usual source of pre-pregnancy care	73.1	69.0 - 77.2	14,000	85.5 *	75.5 - 95.5	1,400	81.7	72.3 - 91.2	2,000	73.8	66.0 - 81.7	4,600	67.7	61.2 - 74.1	5,700
Initiated prenatal care in 1st trimester	88.9	85.6 - 92.2	16,800	--			90.9 *	83.6 - 98.3	2,200	91.4	86.8 - 95.9	5,600	85.0	78.9 - 91.2	7,100
Mom or infant needed but couldn't afford care postpartum	9.7	7.1 - 12.2	1,800	--			--			9.0	4.5 - 13.5	500	12.1	7.7 - 16.4	1,000
Participated in WIC during pregnancy†	54.5	51.0 - 58.0	10,300	17.3 *	4.4 - 30.1	300	22.7	13.1 - 32.4	600	53.0	45.1 - 60.9	3,200	72.3	66.5 - 78.1	6,000
Received CalFresh (food stamps) during pregnancy	32.6	28.6 - 36.6	6,200	5.4 *	0.1 - 10.6	<100	9.0 *	3.5 - 14.4	200	25.0	18.1 - 31.9	1,500	50.2	43.2 - 57.1	4,200
Pre-pregnancy insurance															
Medi-Cal	33.6	29.7 - 37.5	6,400	7.5 *	0.7 - 14.4	100	12.2	5.2 - 19.2	300	25.9	18.5 - 33.4	1,600	49.7	42.9 - 56.6	4,200
Uninsured	16.2	13.0 - 19.4	3,100	--			10.0 *	2.0 - 17.9	200	19.6	13.0 - 26.1	1,200	18.5	13.1 - 24.0	1,600
Private	47.9	44.2 - 51.7	9,200	86.9 *	77.9 - 96.0	1,500	77.2	67.6 - 86.8	1,900	51.5	43.5 - 59.4	3,100	29.8	23.8 - 35.9	2,500
Prenatal insurance															
Medi-Cal	52.2	48.5 - 55.9	10,000	13.8 *	4.7 - 22.9	200	24.6	14.6 - 34.6	600	48.3	40.3 - 56.2	3,000	70.4	64.4 - 76.5	5,900
Uninsured	--			--			--			--			--		
Private	44.7	41.1 - 48.4	8,600	84.2 *	74.4 - 94.1	1,400	74.0	63.9 - 84.1	1,900	45.7	37.9 - 53.4	2,800	28.6	22.6 - 34.6	2,400
Maternal postpartum insurance															
Medi-Cal	42.8	38.8 - 46.8	8,200	10.1 *	2.3 - 17.8	200	12.7	5.3 - 20.1	300	40.3	32.2 - 48.3	2,500	59.7	53.1 - 66.3	5,000
Uninsured	9.6	7.0 - 12.2	1,800	--			9.8 *	1.9 - 17.6	200	8.9	4.2 - 13.5	500	11.3	7.1 - 15.4	900
Private	46.2	42.5 - 50.0	8,800	87.0 *	77.7 - 96.3	1,500	77.2	67.6 - 86.8	1,900	49.0	41.0 - 57.1	3,000	28.1	22.2 - 34.1	2,400
Infant health insurance															
Medi-Cal	54.0	50.0 - 57.9	10,200	17.0 *	6.5 - 27.4	300	24.8	14.7 - 35.0	600	49.9	41.7 - 58.0	3,000	72.3	66.3 - 78.3	6,000
Uninsured	2.0	1.0 - 3.0	400	--			--			--			3.3 *	1.2 - 5.3	300
Private	41.7	37.8 - 45.5	7,900	79.1	67.5 - 90.6	1,300	73.7	63.7 - 83.8	1,800	44.5	36.5 - 52.5	2,700	23.9	18.2 - 29.6	2,000
<b>Maternal Demographics</b>															
Age															
15-19	5.0	2.8 - 7.3	1,000	--			--			5.2 *	1.4 - 9.1	300	5.5 *	2.1 - 9.0	500
20-34	78.2	74.4 - 82.0	15,000	72.3	57.3 - 87.3	1,200	78.1	68.3 - 87.9	2,000	78.8	72.3 - 85.2	4,900	79.5	73.7 - 85.4	6,700
35+	16.8	13.5 - 20.1	3,200	19.6 *	7.5 - 31.6	300	21.9	12.1 - 31.7	500	16.0	10.5 - 21.5	1,000	14.9	9.9 - 20.0	1,300
Did not complete high school (or GED)	11.4	8.5 - 14.3	2,100	--			--			9.4	3.9 - 14.9	600	18.3	13.1 - 23.4	1,500
Unmarried	42.4	38.1 - 46.7	8,100	20.5 *	6.1 - 34.8	300	25.3	15.3 - 35.3	600	40.6	32.4 - 48.8	2,500	52.4	45.5 - 59.4	4,400
Race/Ethnicity															
White	41.3	36.8 - 45.7	7,900	60.5	45.0 - 76.0	1,000	60.2	49.0 - 71.4	1,500	45.4	37.0 - 53.7	2,800	28.9	22.1 - 35.8	2,400
Hispanic	27.3	23.4 - 31.2	5,200	12.4 *	2.6 - 22.3	200	9.7 *	2.7 - 16.7	200	26.8	19.5 - 34.1	1,700	34.6	28.3 - 40.9	2,900
Asian/Pacific Islander	18.9	15.2 - 22.7	3,600	24.4	10.3 - 38.5	400	25.9	15.8 - 36.0	600	15.9	9.4 - 22.4	1,000	18.9	13.1 - 24.7	1,600
Black	11.9	10.3 - 13.4	2,300	--			4.2 *	1.1 - 7.3	100	11.7	7.0 - 16.4	700	16.6	13.5 - 19.8	1,400
Born outside the U.S.	31.3	26.8 - 35.7	6,000	25.8	12.4 - 39.2	400	26.3	15.8 - 36.8	700	29.1	21.0 - 37.2	1,800	35.0	28.1 - 41.9	3,000
Speaks non-English language at home	23.7	19.6 - 27.7	4,400	15.5 *	4.3 - 26.8	300	19.5	9.6 - 29.5	500	18.7	12.2 - 25.1	1,100	30.0	23.2 - 36.7	2,500
Income as a percent of the Federal Poverty Guideline															
0-100%	40.8	36.6 - 45.0	7,200	10.1 *	2.7 - 17.6	200	9.5 *	2.1 - 17.0	200	38.6	30.6 - 46.7	2,200	57.7	50.5 - 64.8	4,500
101-200%	21.2	17.2 - 25.1	3,800	17.4 *	3.7 - 31.2	300	19.1	9.9 - 28.3	500	23.1	15.8 - 30.4	1,300	21.4	15.3 - 27.5	1,700
> 200%	38.0	34.5 - 41.6	6,800	72.4	58.0 - 86.9	1,200	71.4	61.0 - 81.8	1,700	38.2	30.6 - 45.9	2,100	20.9	15.3 - 26.6	1,600

-- 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 Sacramento County was 654. 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](http://www.cdph.ca.gov/MIHA).



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		19,200	52.2	48.5 - 55.9	10,000	44.7	41.1 - 48.4	8,600
<b>Health Status before Pregnancy</b>									
In good to excellent health	91.7	89.4 - 94.0	17,600	88.1	84.4 - 91.8	8,800	95.8 *	93.1 - 98.6	8,200
Chronic conditions									
Diabetes†	2.2	1.1 - 3.3	400	2.8 *	1.1 - 4.4	300	1.7 *	0.1 - 3.3	100
Hypertension†	4.2	2.5 - 5.9	800	5.7	2.9 - 8.5	600	2.6 *	0.6 - 4.6	200
Asthma†	11.1	8.4 - 13.8	2,100	11.4	7.5 - 15.3	1,100	11.1	7.1 - 15.0	900
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	30.6	26.5 - 34.8	5,900	22.4	17.1 - 27.8	2,200	40.1	33.6 - 46.7	3,400
Overweight before pregnancy	24.9	20.9 - 28.9	4,700	25.9	20.3 - 31.6	2,500	23.9	17.9 - 29.8	2,000
Obese before pregnancy	22.2	18.3 - 26.0	4,200	24.5	18.9 - 30.1	2,400	21.1	15.6 - 26.6	1,800
Inadequate weight gain during pregnancy	15.4	11.8 - 19.0	2,600	15.5	10.3 - 20.6	1,300	14.6	9.6 - 19.7	1,100
Excessive weight gain during pregnancy	45.7	40.6 - 50.7	7,700	47.8	40.5 - 55.2	4,100	44.0	37.1 - 51.0	3,400
Food insecurity during pregnancy	13.5	10.5 - 16.5	2,600	22.2	17.0 - 27.4	2,200	4.5 *	1.8 - 7.2	400
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	8.2	6.0 - 10.5	1,600	12.1	8.2 - 15.9	1,200	4.4	2.0 - 6.7	400
Prenatal depressive symptoms	13.1	10.1 - 16.0	2,500	20.8	15.6 - 26.0	2,100	4.4	1.9 - 6.8	400
Postpartum depressive symptoms	11.5	8.8 - 14.3	2,200	16.9	12.3 - 21.6	1,700	6.0	3.2 - 8.9	500
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.5	23.5 - 31.5	5,200	32.5	26.5 - 38.4	3,200	21.5	15.9 - 27.0	1,800
Homeless or did not have a regular place to sleep	3.5	2.0 - 4.9	700	6.6	3.8 - 9.4	700	--		
Moved due to problems paying rent or mortgage	6.7	4.5 - 8.8	1,300	11.4	7.4 - 15.3	1,100	1.5 *	0.1 - 2.9	100
Woman or partner lost job	11.0	8.3 - 13.8	2,100	16.9	12.3 - 21.6	1,700	3.5 *	1.2 - 5.8	300
Woman or partner had pay or hours cut back	10.9	8.3 - 13.6	2,100	15.7	11.3 - 20.1	1,600	5.8	3.0 - 8.5	500
Became separated or divorced	6.7	4.7 - 8.7	1,300	11.0	7.4 - 14.6	1,100	--		
Had no practical or emotional support	3.2	1.8 - 4.5	600	3.6	1.6 - 5.5	400	2.5 *	0.4 - 4.6	200
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	12.8	9.8 - 15.8	2,400	18.1	13.3 - 22.8	1,800	6.2	3.0 - 9.4	500
Any smoking, 3rd trimester†	4.3	2.5 - 6.0	800	6.6	3.7 - 9.6	700	--		
Any smoking, postpartum	9.8	7.2 - 12.5	1,900	15.4	10.9 - 20.0	1,500	3.7 *	1.1 - 6.2	300
Any binge drinking, 3 months before pregnancy	16.3	13.1 - 19.5	3,100	11.6	7.5 - 15.6	1,100	21.7	16.4 - 27.1	1,800
Any alcohol use, 3rd trimester†	6.6	4.6 - 8.6	1,300	3.5 *	1.4 - 5.5	300	10.7	6.9 - 14.5	900
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	29.8	25.7 - 34.0	5,700	38.7	32.2 - 45.2	3,800	19.1	13.8 - 24.3	1,600
Unsure of pregnancy intentions	14.9	11.9 - 18.0	2,900	21.4	16.4 - 26.5	2,100	8.1	4.6 - 11.6	700
Postpartum birth control use†	83.1	79.9 - 86.4	15,400	82.6	78.1 - 87.1	7,900	83.7	78.9 - 88.6	7,000
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	80.4	76.9 - 83.9	15,100	77.6	72.4 - 82.8	7,600	83.8	78.9 - 88.7	7,000
Infant always or often shared bed	36.0	31.7 - 40.4	6,800	42.5	36.0 - 49.0	4,200	27.2	21.5 - 32.9	2,300
Intended to breastfeed, before birth	91.9	89.4 - 94.4	17,400	88.9	84.7 - 93.1	8,800	95.0	92.4 - 97.7	8,000
Intended to breastfeed exclusively, before birth	71.4	67.3 - 75.5	13,500	63.2	56.8 - 69.5	6,200	79.5	74.0 - 85.0	6,700
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	83.6	80.4 - 86.8	15,800	80.1	75.3 - 84.9	7,900	88.6	84.3 - 92.9	7,400
Exclusive breastfeeding, 1 month after delivery	55.1	50.5 - 59.8	10,200	52.9	46.3 - 59.6	5,100	59.0	52.3 - 65.6	4,900
Any breastfeeding, 3 months after delivery	65.5	60.6 - 70.5	9,300	60.3	53.3 - 67.4	4,800	73.2	65.9 - 80.6	4,100
Exclusive breastfeeding, 3 months after delivery	33.9	28.5 - 39.2	4,700	29.9	22.2 - 37.6	2,300	40.4	32.6 - 48.2	2,300



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County				Medi-Cal				Private			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
<b>Service Utilization and Health Insurance Coverage</b>												
Had a usual source of pre-pregnancy care	73.1	69.0 - 77.2		14,000	61.4	54.9 - 67.9		6,100	88.3	84.0 - 92.6		7,600
Initiated prenatal care in 1st trimester	88.9	85.6 - 92.2		16,800	82.4	76.6 - 88.2		8,100	96.6 *	94.1 - 99.1		8,100
Mom or infant needed but couldn't afford care postpartum	9.7	7.1 - 12.2		1,800	14.4	10.2 - 18.7		1,400	3.6 *	1.2 - 6.0		300
Participated in WIC during pregnancy†	54.5	51.0 - 58.0		10,300	83.4	79.2 - 87.6		8,200	19.8	14.7 - 24.9		1,700
Received CalFresh (food stamps) during pregnancy	32.6	28.6 - 36.6		6,200	59.8	53.4 - 66.2		5,900	2.2 *	0.5 - 3.9		200
Pre-pregnancy insurance												
Medi-Cal	33.6	29.7 - 37.5		6,400	64.2	58.2 - 70.3		6,400	--			
Uninsured	16.2	13.0 - 19.4		3,100	26.4	21.0 - 31.8		2,600	2.6 *	0.2 - 4.9		200
Private	47.9	44.2 - 51.7		9,200	7.1	3.8 - 10.4		700	97.4 *	95.1 - 99.8		8,300
Maternal postpartum insurance												
Medi-Cal	42.8	38.8 - 46.8		8,200	79.3	74.2 - 84.4		7,900	2.8 *	0.6 - 5.1		200
Uninsured	9.6	7.0 - 12.2		1,800	14.8	10.4 - 19.2		1,500	--			
Private	46.2	42.5 - 50.0		8,800	5.9	2.9 - 8.9		600	94.8	91.8 - 97.8		8,100
Infant health insurance												
Medi-Cal	54.0	50.0 - 57.9		10,200	90.6	87.2 - 94.1		8,900	11.2	7.1 - 15.4		900
Uninsured	2.0	1.0 - 3.0		400	3.1 *	1.3 - 5.0		300	--			
Private	41.7	37.8 - 45.5		7,900	6.0	3.0 - 9.0		600	85.3	80.6 - 89.9		7,200
<b>Maternal Demographics</b>												
Age												
15-19	5.0	2.8 - 7.3		1,000	6.7	3.2 - 10.2		700	3.0 *	0.2 - 5.9		300
20-34	78.2	74.4 - 82.0		15,000	81.7	76.8 - 86.6		8,200	72.9	66.7 - 79.0		6,200
35+	16.8	13.5 - 20.1		3,200	11.6	7.8 - 15.4		1,200	24.1	18.3 - 29.9		2,100
Did not complete high school (or GED)	11.4	8.5 - 14.3		2,100	19.0	13.9 - 24.1		1,800	3.2 *	0.8 - 5.6		300
Unmarried	42.4	38.1 - 46.7		8,100	62.2	55.5 - 69.0		6,200	21.4	15.8 - 27.0		1,800
Race/Ethnicity												
White	41.3	36.8 - 45.7		7,900	30.9	24.4 - 37.4		3,100	53.6	47.1 - 60.2		4,500
Hispanic	27.3	23.4 - 31.2		5,200	37.0	31.0 - 43.0		3,700	15.4	10.6 - 20.3		1,300
Asian/Pacific Islander	18.9	15.2 - 22.7		3,600	13.3	8.4 - 18.1		1,300	25.5	19.6 - 31.5		2,200
Black	11.9	10.3 - 13.4		2,300	17.9	14.9 - 20.9		1,800	5.2	3.2 - 7.2		400
Born outside the U.S.	31.3	26.8 - 35.7		6,000	36.8	30.3 - 43.3		3,700	25.1	19.0 - 31.1		2,100
Speaks non-English language at home	23.7	19.6 - 27.7		4,400	30.7	24.4 - 37.0		3,000	16.2	11.1 - 21.3		1,400
Lives in a high poverty neighborhood	45.0	40.6 - 49.5		8,500	60.9	54.5 - 67.3		5,900	28.4	22.4 - 34.5		2,400
Income as a percent of the Federal Poverty Guideline												
0-100%	40.8	36.6 - 45.0		7,200	72.0	65.8 - 78.1		6,400	7.1	3.8 - 10.5		600
101-200%	21.2	17.2 - 25.1		3,800	24.2	18.3 - 30.2		2,200	17.7	12.4 - 23.1		1,500
> 200%	38.0	34.5 - 41.6		6,800	3.8 *	1.3 - 6.3		300	75.1	69.4 - 80.9		6,200

-- 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%)

† 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 Sacramento County was 654. 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](http://www.cdph.ca.gov/MIHA).

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

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		19,200	27.3	23.4 - 31.2	5,200	11.9	10.3 - 13.4	2,300	41.3	36.8 - 45.7	7,900	18.9	15.2 - 22.7	3,600
<b>Health Status before Pregnancy</b>															
In good to excellent health	91.7	89.4 - 94.0	17,600	86.0	80.5 - 91.4	4,500	91.8*	85.4 - 98.2	2,100	95.8*	93.3 - 98.3	7,600	90.7*	84.4 - 97.0	3,300
Chronic conditions															
Diabetes†	2.2	1.1 - 3.3	400	1.9*	0.3 - 3.6	<100	--			--			4.4*	0.4 - 8.3	200
Hypertension†	4.2	2.5 - 5.9	800	3.1*	0.8 - 5.5	200	14.1*	4.8 - 23.4	300	2.4*	0.4 - 4.4	200	--		
Asthma†	11.1	8.4 - 13.8	2,100	8.1	3.6 - 12.6	400	20.2	10.4 - 30.1	400	14.3	9.6 - 19.1	1,100	--		
<b>Nutrition and Weight</b>															
Daily folic acid use, month before pregnancy	30.6	26.5 - 34.8	5,900	28.2	20.4 - 35.9	1,500	21.9	12.4 - 31.5	500	32.7	26.0 - 39.4	2,600	33.2	22.8 - 43.6	1,200
Overweight before pregnancy	24.9	20.9 - 28.9	4,700	31.5	23.5 - 39.4	1,500	24.0	14.1 - 33.9	500	24.8	18.1 - 31.4	1,900	17.2	8.7 - 25.8	600
Obese before pregnancy	22.2	18.3 - 26.0	4,200	27.3	19.3 - 35.3	1,300	24.6	15.2 - 33.9	600	22.5	16.2 - 28.7	1,800	13.0	5.7 - 20.3	500
Inadequate weight gain during pregnancy	15.4	11.8 - 19.0	2,600	17.4	10.1 - 24.6	800	12.4*	5.0 - 19.8	200	13.2	7.7 - 18.6	900	19.4	10.2 - 28.6	600
Excessive weight gain during pregnancy	45.7	40.6 - 50.7	7,700	40.0	31.0 - 49.0	1,700	46.4	34.0 - 58.8	900	54.7	46.8 - 62.5	3,900	34.9	23.7 - 46.1	1,200
Food insecurity during pregnancy	13.5	10.5 - 16.5	2,600	19.8	13.0 - 26.7	1,000	13.9	7.4 - 20.3	300	11.3	6.7 - 15.9	900	8.8*	2.5 - 15.2	300
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>															
Physical or psychological IPV during pregnancy	8.2	6.0 - 10.5	1,600	10.6	5.4 - 15.7	500	12.4	6.6 - 18.3	300	5.1	2.3 - 7.8	400	9.3*	3.3 - 15.3	300
Prenatal depressive symptoms	13.1	10.1 - 16.0	2,500	16.0	10.0 - 22.1	800	22.4	12.8 - 32.0	500	9.6	5.3 - 13.8	800	11.2*	4.3 - 18.1	400
Postpartum depressive symptoms	11.5	8.8 - 14.3	2,200	17.5	11.1 - 23.9	900	12.4	5.5 - 19.3	300	10.0	5.8 - 14.2	800	5.7*	1.0 - 10.4	200
<b>Hardships and Support during Pregnancy</b>															
Experienced two or more hardships during childhood	27.5	23.5 - 31.5	5,200	38.4	30.1 - 46.8	2,000	32.3	22.7 - 41.8	700	24.7	18.4 - 30.9	1,900	12.0*	4.2 - 19.7	400
Homeless or did not have a regular place to sleep	3.5	2.0 - 4.9	700	3.6*	0.6 - 6.6	200	8.7	3.7 - 13.7	200	2.4*	0.3 - 4.6	200	--		
Moved due to problems paying rent or mortgage	6.7	4.5 - 8.8	1,300	7.0*	2.6 - 11.4	400	13.1	5.7 - 20.5	300	6.5	2.9 - 10.1	500	--		
Woman or partner lost job	11.0	8.3 - 13.8	2,100	14.1	8.1 - 20.2	700	20.9	12.6 - 29.3	500	9.2	4.9 - 13.4	700	--		
Woman or partner had pay or hours cut back	10.9	8.3 - 13.6	2,100	13.8	7.9 - 19.6	700	22.6	13.7 - 31.4	500	9.2	5.2 - 13.2	700	--		
Became separated or divorced	6.7	4.7 - 8.7	1,300	6.0	2.8 - 9.3	300	14.9	7.9 - 21.8	300	3.5*	1.2 - 5.7	300	9.6*	2.5 - 16.7	300
Had no practical or emotional support	3.2	1.8 - 4.5	600	3.7*	1.3 - 6.1	200	--			2.8*	0.4 - 5.2	200	--		
<b>Substance Use</b>															
Any smoking, 3 months before pregnancy	12.8	9.8 - 15.8	2,400	9.6	4.6 - 14.6	500	16.3	9.1 - 23.4	400	18.0	12.3 - 23.7	1,400	--		
Any smoking, 3rd trimester†	4.3	2.5 - 6.0	800	--			8.7*	3.1 - 14.2	200	6.5	2.8 - 10.2	500	--		
Any smoking, postpartum	9.8	7.2 - 12.5	1,900	8.0*	3.2 - 12.7	400	14.5	7.6 - 21.4	300	13.3	8.2 - 18.4	1,000	--		
Any binge drinking, 3 months before pregnancy	16.3	13.1 - 19.5	3,100	13.4	7.6 - 19.3	700	9.8*	4.0 - 15.5	200	24.8	18.6 - 30.9	1,900	6.4*	1.5 - 11.4	200
Any alcohol use, 3rd trimester†	6.6	4.6 - 8.6	1,300	3.8*	0.8 - 6.8	200	3.7*	0.7 - 6.8	<100	11.3	7.1 - 15.4	900	--		
<b>Pregnancy Intention and Family Planning</b>															
Mistimed or unwanted pregnancy	29.8	25.7 - 34.0	5,700	40.4	32.1 - 48.7	2,100	38.4	27.1 - 49.6	900	22.6	16.1 - 29.0	1,800	25.9	15.3 - 36.4	900
Unsure of pregnancy intentions	14.9	11.9 - 18.0	2,900	13.7	8.2 - 19.1	700	27.4	18.3 - 36.5	600	12.4	7.5 - 17.3	1,000	14.4	6.6 - 22.1	500
Postpartum birth control use†	83.1	79.9 - 86.4	15,400	85.2	79.4 - 91.1	4,400	76.3	67.6 - 84.9	1,600	86.2	81.4 - 91.1	6,600	77.4	68.4 - 86.5	2,700
<b>Infant Sleep and Breastfeeding</b>															
Placed infant on back to sleep	80.4	76.9 - 83.9	15,100	79.0	72.0 - 86.0	4,100	61.4	49.8 - 73.0	1,300	85.4	80.7 - 90.1	6,700	82.1	73.6 - 90.6	2,900
Infant always or often shared bed	36.0	31.7 - 40.4	6,800	36.0	27.9 - 44.1	1,900	62.5	52.0 - 72.9	1,300	27.7	21.2 - 34.2	2,200	39.7	28.4 - 51.0	1,400
Intended to breastfeed, before birth	91.9	89.4 - 94.4	17,400	92.4*	87.5 - 97.2	4,800	85.1*	76.2 - 94.1	1,800	93.0	89.3 - 96.7	7,300	92.3*	87.1 - 97.5	3,300
Intended to breastfeed exclusively, before birth	71.4	67.3 - 75.5	13,500	66.4	58.4 - 74.4	3,500	55.7	44.4 - 67.0	1,200	83.7	78.4 - 89.0	6,600	59.6	48.3 - 70.9	2,100
<b>Breastfeeding practices</b>															
Any breastfeeding, 1 month after delivery	83.6	80.4 - 86.8	15,800	83.0	76.8 - 89.2	4,300	84.0	77.3 - 90.8	1,800	85.6	80.6 - 90.7	6,700	79.5	70.7 - 88.3	2,800
Exclusive breastfeeding, 1 month after delivery	55.1	50.5 - 59.8	10,200	49.8	41.2 - 58.3	2,600	57.6	47.1 - 68.2	1,200	62.4	55.3 - 69.6	4,800	44.3	32.5 - 56.0	1,500
Any breastfeeding, 3 months after delivery	65.5	60.6 - 70.5	9,300	60.5	51.4 - 69.6	2,600	47.9	35.6 - 60.1	800	73.5	65.9 - 81.1	4,100	68.5	55.8 - 81.3	1,700
Exclusive breastfeeding, 3 months after delivery	33.9	28.5 - 39.2	4,700	23.4	15.5 - 31.2	1,000	26.8	16.2 - 37.4	500	47.5	38.2 - 56.9	2,600	26.5	14.5 - 38.6	600





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

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Service Utilization and Health Insurance Coverage</b>															
Had a usual source of pre-pregnancy care	73.1	69.0 - 77.2	14,000	69.1	61.3 - 76.8	3,600	84.1	77.3 - 90.9	1,900	71.9	65.1 - 78.7	5,700	73.9	63.6 - 84.2	2,600
Initiated prenatal care in 1st trimester	88.9	85.6 - 92.2	16,800	86.3	80.5 - 92.1	4,400	91.3	86.2 - 96.4	2,000	90.2	84.6 - 95.7	7,100	88.4*	79.3 - 97.5	3,000
Mom or infant needed but couldn't afford care postpartum	9.7	7.1 - 12.2	1,800	15.3	9.1 - 21.5	800	10.0*	4.0 - 16.0	200	7.0	3.4 - 10.6	500	7.3*	1.8 - 12.8	300
Participated in WIC during pregnancy†	54.5	51.0 - 58.0	10,300	73.2	65.9 - 80.6	3,700	77.5	69.9 - 85.2	1,800	39.7	32.5 - 46.9	3,100	46.6	35.6 - 57.5	1,600
Received CalFresh (food stamps) during pregnancy	32.6	28.6 - 36.6	6,200	43.9	35.5 - 52.4	2,300	58.9	48.3 - 69.6	1,300	26.0	19.1 - 32.8	2,000	14.0*	5.3 - 22.7	500
Pre-pregnancy insurance															
Medi-Cal	33.6	29.7 - 37.5	6,400	46.4	38.1 - 54.7	2,400	61.8	51.5 - 72.0	1,400	23.1	16.1 - 30.1	1,800	19.7	11.0 - 28.4	700
Uninsured	16.2	13.0 - 19.4	3,100	20.7	13.6 - 27.8	1,100	10.2	4.9 - 15.5	200	16.5	11.2 - 21.8	1,300	13.6*	4.6 - 22.7	500
Private	47.9	44.2 - 51.7	9,200	28.2	20.9 - 35.4	1,500	26.5	16.5 - 36.4	600	58.6	51.5 - 65.8	4,600	66.7	55.9 - 77.5	2,400
Prenatal insurance															
Medi-Cal	52.2	48.5 - 55.9	10,000	70.9	63.2 - 78.5	3,700	78.8	71.2 - 86.5	1,800	39.4	32.3 - 46.5	3,100	36.6	25.8 - 47.5	1,300
Uninsured	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Private	44.7	41.1 - 48.4	8,600	25.1	17.8 - 32.3	1,300	19.4	11.9 - 27.0	400	58.0	50.9 - 65.0	4,500	59.7	48.8 - 70.7	2,200
Maternal postpartum insurance															
Medi-Cal	42.8	38.8 - 46.8	8,200	54.7	46.5 - 63.0	2,900	69.8	59.5 - 80.2	1,600	34.0	26.6 - 41.4	2,700	28.1	17.6 - 38.5	1,000
Uninsured	9.6	7.0 - 12.2	1,800	16.4	10.1 - 22.8	900	5.5*	0.7 - 10.3	100	7.7	3.8 - 11.5	600	6.4*	1.2 - 11.5	200
Private	46.2	42.5 - 50.0	8,800	26.7	19.4 - 34.0	1,400	22.2	12.9 - 31.4	500	58.0	50.8 - 65.2	4,500	63.5	52.7 - 74.4	2,300
Infant health insurance															
Medi-Cal	54.0	50.0 - 57.9	10,200	72.2	64.7 - 79.7	3,700	76.9	68.1 - 85.7	1,700	39.9	32.5 - 47.3	3,100	45.4	34.2 - 56.5	1,600
Uninsured	2.0	1.0 - 3.0	400	2.5*	0.2 - 4.8	100	--	--	--	1.7*	0.3 - 3.2	100	--	--	--
Private	41.7	37.8 - 45.5	7,900	23.6	16.4 - 30.8	1,200	14.8	8.1 - 21.4	300	56.7	49.3 - 64.0	4,400	50.3	39.3 - 61.3	1,800
<b>Maternal Demographics</b>															
Age															
15-19	5.0	2.8 - 7.3	1,000	7.3	3.3 - 11.3	400	11.2*	1.8 - 20.6	300	--	--	--	--	--	--
20-34	78.2	74.4 - 82.0	15,000	78.2	71.4 - 85.0	4,100	76.6	66.6 - 86.7	1,700	79.2	73.1 - 85.4	6,300	79.2	70.4 - 87.9	2,900
35+	16.8	13.5 - 20.1	3,200	14.5	8.6 - 20.5	800	12.2	6.2 - 18.2	300	17.1	11.8 - 22.4	1,300	19.8	11.3 - 28.4	700
Did not complete high school (or GED)	11.4	8.5 - 14.3	2,100	22.7	15.3 - 30.2	1,200	18.8	8.8 - 28.7	400	4.6*	1.6 - 7.5	300	4.9*	0.5 - 9.2	200
Unmarried	42.4	38.1 - 46.7	8,100	55.6	47.1 - 64.0	2,900	64.1	53.2 - 75.0	1,400	30.1	23.5 - 36.7	2,400	37.5	26.2 - 48.8	1,300
Born outside the U.S.	31.3	26.8 - 35.7	6,000	35.8	27.8 - 43.9	1,900	6.7*	1.4 - 12.0	200	19.7	12.6 - 26.9	1,600	64.3	53.3 - 75.3	2,300
Speaks non-English language at home	23.7	19.6 - 27.7	4,400	28.9	21.1 - 36.6	1,500	5.9*	0.9 - 10.9	100	12.9	6.8 - 19.0	1,000	53.0	41.4 - 64.6	1,800
Lives in a high poverty neighborhood	45.0	40.6 - 49.5	8,500	57.9	49.4 - 66.5	2,900	61.9	50.8 - 73.0	1,400	31.3	23.9 - 38.7	2,400	43.7	32.7 - 54.8	1,600
Income as a percent of the Federal Poverty Guideline															
0-100%	40.8	36.6 - 45.0	7,200	60.4	51.6 - 69.2	2,800	61.8	51.2 - 72.3	1,200	30.1	22.8 - 37.4	2,300	25.7	15.8 - 35.6	900
101-200%	21.2	17.2 - 25.1	3,800	22.1	14.4 - 29.7	1,000	25.5	15.9 - 35.1	500	18.0	12.2 - 23.8	1,400	24.8	14.0 - 35.5	800
> 200%	38.0	34.5 - 41.6	6,800	17.5	10.8 - 24.3	800	12.7	6.1 - 19.4	300	51.9	44.9 - 58.9	3,900	49.5	38.5 - 60.6	1,700

-- 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 Sacramento County was 654. 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](http://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, Sacramento County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		19,200	37.4	32.9 - 41.8	7,200	62.6	58.2 - 67.1	12,000
<b>Health Status before Pregnancy</b>									
In good to excellent health	91.7	89.4 - 94.0	17,600	94.4	91.2 - 97.6	6,800	90.0	86.8 - 93.2	10,800
Chronic conditions									
Diabetes†	2.2	1.1 - 3.3	400	1.9 *	0.1 - 3.7	100	2.3 *	0.9 - 3.7	300
Hypertension†	4.2	2.5 - 5.9	800	4.3 *	1.1 - 7.6	300	4.1	2.2 - 6.1	500
Asthma†	11.1	8.4 - 13.8	2,100	10.0	5.8 - 14.1	700	11.8	8.3 - 15.3	1,400
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	30.6	26.5 - 34.8	5,900	34.4	27.5 - 41.4	2,500	28.4	23.2 - 33.6	3,400
Overweight before pregnancy	24.9	20.9 - 28.9	4,700	17.8	11.9 - 23.7	1,300	29.2	23.9 - 34.5	3,400
Obese before pregnancy	22.2	18.3 - 26.0	4,200	17.7	12.1 - 23.4	1,300	24.8	19.8 - 29.9	2,900
Inadequate weight gain during pregnancy	15.4	11.8 - 19.0	2,600	12.6	7.2 - 18.1	800	17.1	12.4 - 21.8	1,800
Excessive weight gain during pregnancy	45.7	40.6 - 50.7	7,700	54.4	46.4 - 62.3	3,400	40.4	34.0 - 46.8	4,200
Food insecurity during pregnancy	13.5	10.5 - 16.5	2,600	10.9	6.2 - 15.5	800	15.0	11.1 - 18.9	1,800
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	8.2	6.0 - 10.5	1,600	9.4	5.7 - 13.2	700	7.5	4.7 - 10.3	900
Prenatal depressive symptoms	13.1	10.1 - 16.0	2,500	10.7	6.0 - 15.5	800	14.5	10.6 - 18.3	1,700
Postpartum depressive symptoms	11.5	8.8 - 14.3	2,200	10.7	6.4 - 15.0	800	12.0	8.4 - 15.6	1,400
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.5	23.5 - 31.5	5,200	28.5	21.7 - 35.3	2,000	26.9	21.9 - 31.8	3,200
Homeless or did not have a regular place to sleep	3.5	2.0 - 4.9	700	3.3 *	1.3 - 5.2	200	3.6	1.5 - 5.7	400
Moved due to problems paying rent or mortgage	6.7	4.5 - 8.8	1,300	4.6 *	1.5 - 7.7	300	7.9	4.9 - 10.9	900
Woman or partner lost job	11.0	8.3 - 13.8	2,100	9.9	5.6 - 14.3	700	11.7	8.2 - 15.2	1,400
Woman or partner had pay or hours cut back	10.9	8.3 - 13.6	2,100	8.5	4.7 - 12.3	600	12.4	8.9 - 15.9	1,500
Became separated or divorced	6.7	4.7 - 8.7	1,300	5.1 *	2.0 - 8.2	400	7.6	4.9 - 10.3	900
Had no practical or emotional support	3.2	1.8 - 4.5	600	--			4.6	2.5 - 6.8	600
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	12.8	9.8 - 15.8	2,400	10.4	5.9 - 14.8	700	14.2	10.2 - 18.2	1,700
Any smoking, 3rd trimester†	4.3	2.5 - 6.0	800	1.4 *	0.0 - 2.7	<100	6.0	3.3 - 8.6	700
Any smoking, postpartum	9.8	7.2 - 12.5	1,900	6.5	2.8 - 10.3	500	11.8	8.2 - 15.5	1,400
Any binge drinking, 3 months before pregnancy	16.3	13.1 - 19.5	3,100	17.1	11.7 - 22.5	1,200	15.8	11.7 - 19.9	1,900
Any alcohol use, 3rd trimester†	6.6	4.6 - 8.6	1,300	8.5	4.7 - 12.4	600	5.4	3.1 - 7.7	600
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	29.8	25.7 - 34.0	5,700	34.3	27.1 - 41.4	2,500	27.2	22.1 - 32.3	3,300
Unsure of pregnancy intentions	14.9	11.9 - 18.0	2,900	16.0	10.7 - 21.3	1,100	14.2	10.5 - 18.0	1,700
Postpartum birth control use†	83.1	79.9 - 86.4	15,400	80.9	75.3 - 86.6	5,500	84.4	80.5 - 88.3	9,900
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	80.4	76.9 - 83.9	15,100	77.4	71.3 - 83.5	5,400	82.2	78.0 - 86.4	9,700
Infant always or often shared bed	36.0	31.7 - 40.4	6,800	38.0	30.7 - 45.2	2,700	34.9	29.4 - 40.4	4,200
Intended to breastfeed, before birth	91.9	89.4 - 94.4	17,400	96.2 *	93.8 - 98.6	6,800	89.3	85.7 - 93.0	10,600
Intended to breastfeed exclusively, before birth	71.4	67.3 - 75.5	13,500	77.4	71.4 - 83.5	5,500	67.8	62.3 - 73.3	8,100
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	83.6	80.4 - 86.8	15,800	87.4	82.7 - 92.0	6,100	81.4	77.0 - 85.8	9,700
Exclusive breastfeeding, 1 month after delivery	55.1	50.5 - 59.8	10,200	52.9	45.5 - 60.4	3,700	56.5	50.6 - 62.4	6,500
Any breastfeeding, 3 months after delivery	65.5	60.6 - 70.5	9,300	63.6	55.4 - 71.8	3,300	66.6	60.3 - 73.0	6,000
Exclusive breastfeeding, 3 months after delivery	33.9	28.5 - 39.2	4,700	27.8	19.9 - 35.8	1,400	37.4	30.4 - 44.4	3,300



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sacramento County				First Live Birth				Second Live Birth or More			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
<b>Service Utilization and Health Insurance Coverage</b>												
Had a usual source of pre-pregnancy care	73.1	69.0 - 77.2		14,000	70.4	63.8 - 77.1		5,100	74.7	69.4 - 80.0		8,900
Initiated prenatal care in 1st trimester	88.9	85.6 - 92.2		16,800	92.3	88.1 - 96.5		6,400	86.8	82.2 - 91.5		10,300
Mom or infant needed but couldn't afford care postpartum	9.7	7.1 - 12.2		1,800	9.4	5.2 - 13.6		700	9.8	6.5 - 13.1		1,200
Participated in WIC during pregnancy†	54.5	51.0 - 58.0		10,300	47.7	40.9 - 54.5		3,300	58.5	53.5 - 63.6		6,900
Received CalFresh (food stamps) during pregnancy	32.6	28.6 - 36.6		6,200	17.4	12.1 - 22.7		1,200	41.6	36.0 - 47.1		5,000
Pre-pregnancy insurance												
Medi-Cal	33.6	29.7 - 37.5		6,400	19.2	13.9 - 24.5		1,400	42.2	36.7 - 47.8		5,000
Uninsured	16.2	13.0 - 19.4		3,100	19.7	13.8 - 25.5		1,400	14.2	10.0 - 18.3		1,700
Private	47.9	44.2 - 51.7		9,200	58.6	51.8 - 65.3		4,200	41.6	36.3 - 46.8		5,000
Prenatal insurance												
Medi-Cal	52.2	48.5 - 55.9		10,000	42.7	36.0 - 49.4		3,100	57.9	52.7 - 63.1		6,900
Uninsured	--				--				--			
Private	44.7	41.1 - 48.4		8,600	54.7	47.9 - 61.5		3,900	38.8	33.7 - 43.8		4,600
Maternal postpartum insurance												
Medi-Cal	42.8	38.8 - 46.8		8,200	36.9	30.3 - 43.5		2,600	46.4	40.8 - 51.9		5,500
Uninsured	9.6	7.0 - 12.2		1,800	6.3	2.9 - 9.6		400	11.6	7.9 - 15.3		1,400
Private	46.2	42.5 - 50.0		8,800	56.4	49.6 - 63.1		4,000	40.1	34.9 - 45.3		4,800
Infant health insurance												
Medi-Cal	54.0	50.0 - 57.9		10,200	49.7	42.9 - 56.6		3,500	56.5	51.0 - 61.9		6,700
Uninsured	2.0	1.0 - 3.0		400	--				2.3 *	0.9 - 3.7		300
Private	41.7	37.8 - 45.5		7,900	48.0	41.1 - 54.9		3,300	38.0	32.7 - 43.2		4,500
<b>Maternal Demographics</b>												
Age												
15-19	5.0	2.8 - 7.3		1,000	12.6	7.0 - 18.2		900	--			
20-34	78.2	74.4 - 82.0		15,000	80.3	73.9 - 86.6		5,800	77.0	72.2 - 81.7		9,300
35+	16.8	13.5 - 20.1		3,200	7.1	3.4 - 10.8		500	22.6	17.8 - 27.3		2,700
Did not complete high school (or GED)	11.4	8.5 - 14.3		2,100	5.4	2.5 - 8.3		400	15.0	10.8 - 19.3		1,700
Unmarried	42.4	38.1 - 46.7		8,100	42.2	35.2 - 49.1		3,000	42.6	36.9 - 48.2		5,100
Race/Ethnicity												
White	41.3	36.8 - 45.7		7,900	46.5	39.2 - 53.8		3,300	38.1	32.4 - 43.9		4,600
Hispanic	27.3	23.4 - 31.2		5,200	20.8	15.2 - 26.4		1,500	31.2	25.9 - 36.5		3,700
Asian/Pacific Islander	18.9	15.2 - 22.7		3,600	21.4	15.4 - 27.4		1,500	17.5	12.7 - 22.3		2,100
Black	11.9	10.3 - 13.4		2,300	11.0	7.3 - 14.6		800	12.4	10.0 - 14.9		1,500
Born outside the U.S.	31.3	26.8 - 35.7		6,000	25.0	18.6 - 31.3		1,800	35.0	29.1 - 40.9		4,200
Speaks non-English language at home	23.7	19.6 - 27.7		4,400	20.4	14.6 - 26.2		1,400	25.6	20.2 - 31.1		3,000
Lives in a high poverty neighborhood	45.0	40.6 - 49.5		8,500	39.4	32.3 - 46.6		2,800	48.4	42.5 - 54.3		5,700
Income as a percent of the Federal Poverty Guideline												
0-100%	40.8	36.6 - 45.0		7,200	31.5	24.7 - 38.2		2,100	46.3	40.5 - 52.0		5,200
101-200%	21.2	17.2 - 25.1		3,800	20.5	14.1 - 27.0		1,300	21.5	16.5 - 26.5		2,400
> 200%	38.0	34.5 - 41.6		6,800	48.0	41.1 - 54.9		3,100	32.2	27.3 - 37.1		3,600

-- 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.

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

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