



MIHA Data Snapshot, Greater Sacramento Region by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			<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		29,200	10.8	8.7 - 12.8	3,100	19.9	17.2 - 22.7	5,700	37.9	34.8 - 41.1	10,800	31.4	28.7 - 34.1	9,000
Health Status before Pregnancy															
In good to excellent health	92.3	90.7 - 94.0	26,900	81.7	73.9 - 89.6	2,500	90.7	86.6 - 94.7	5,200	92.3	89.8 - 94.9	10,000	97.4*	95.6 - 99.3	8,700
Chronic conditions															
Diabetes†	2.0	1.2 - 2.7	600	2.2*	0.1 - 4.3	<100	2.4*	0.4 - 4.4	100	2.1	1.0 - 3.3	200	--		
Hypertension†	3.8	2.6 - 5.1	1,100	1.0*	0.1 - 2.0	<100	7.4*	2.8 - 12.0	400	3.1	1.5 - 4.7	300	3.4	1.4 - 5.4	300
Asthma†	10.9	9.0 - 12.9	3,200	12.4*	5.0 - 19.8	400	9.9	5.7 - 14.2	500	11.7	8.4 - 14.9	1,300	10.0	7.1 - 12.9	900
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.8	29.9 - 35.8	9,600	24.7	15.8 - 33.7	800	23.2	16.6 - 29.8	1,300	29.7	24.9 - 34.5	3,200	46.7	41.3 - 52.0	4,200
Overweight before pregnancy	25.0	22.2 - 27.8	7,100	38.6	27.7 - 49.6	1,100	24.5	17.6 - 31.4	1,300	28.2	23.5 - 32.9	3,000	18.4	14.2 - 22.7	1,600
Obese before pregnancy	21.0	18.3 - 23.6	6,000	18.7	10.7 - 26.6	500	25.5	18.7 - 32.3	1,400	24.8	20.3 - 29.4	2,700	14.0	10.0 - 18.0	1,200
Inadequate weight gain during pregnancy	15.4	12.9 - 18.0	3,900	18.1	9.9 - 26.3	400	18.1	11.1 - 25.1	800	12.1	8.4 - 15.8	1,200	17.7	13.0 - 22.4	1,400
Excessive weight gain during pregnancy	46.0	42.4 - 49.5	11,700	42.4	30.9 - 53.9	1,000	46.2	37.2 - 55.1	2,100	48.8	43.2 - 54.4	4,800	42.0	36.4 - 47.6	3,400
Food insecurity during pregnancy	13.0	10.9 - 15.2	3,800	21.3	13.0 - 29.6	600	21.8	15.4 - 28.1	1,200	15.0	11.3 - 18.7	1,600	1.8	0.8 - 2.7	200
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	7.7	6.1 - 9.3	2,200	7.2*	2.6 - 11.7	200	13.7	8.7 - 18.8	800	7.3	4.9 - 9.6	800	3.9	1.9 - 5.9	300
Prenatal depressive symptoms	12.2	10.2 - 14.3	3,600	17.4	9.9 - 24.9	500	15.8	10.1 - 21.5	900	12.8	9.6 - 15.9	1,400	6.8	3.7 - 10.0	600
Postpartum depressive symptoms	12.1	10.1 - 14.1	3,500	16.3	8.4 - 24.2	500	11.6	7.1 - 16.1	700	14.9	11.4 - 18.4	1,600	7.3	4.8 - 9.7	700
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	27.0	24.2 - 29.9	7,700	31.4	22.4 - 40.5	900	32.2	24.9 - 39.4	1,800	33.8	28.8 - 38.9	3,500	14.9	11.1 - 18.6	1,300
Homeless or did not have a regular place to sleep	3.2	2.1 - 4.2	900	6.9*	1.7 - 12.1	200	3.5*	1.2 - 5.9	200	3.4	1.8 - 5.0	400	--		
Moved due to problems paying rent or mortgage	6.8	5.2 - 8.4	2,000	8.3*	1.9 - 14.7	300	8.3	4.5 - 12.2	500	9.2	6.4 - 12.1	1,000	1.5	0.7 - 2.4	100
Woman or partner lost job	11.7	9.8 - 13.7	3,400	11.4	5.9 - 17.0	300	13.1	8.5 - 17.8	700	17.2	13.2 - 21.2	1,900	5.1	3.2 - 7.1	500
Woman or partner had pay or hours cut back	11.0	9.1 - 12.9	3,200	10.2*	3.9 - 16.5	300	13.0	8.1 - 17.8	700	13.6	10.3 - 17.0	1,500	6.7	4.5 - 8.8	600
Became separated or divorced	6.2	4.8 - 7.7	1,800	8.6	3.6 - 13.6	300	9.0	5.1 - 12.9	500	6.9	4.6 - 9.2	700	2.2*	0.3 - 4.1	200
Had no practical or emotional support	3.3	2.3 - 4.4	1,000	7.4*	3.0 - 11.8	200	4.5*	1.5 - 7.5	300	2.5	1.1 - 3.9	300	1.4*	0.4 - 2.5	100
Substance Use															
Any smoking, 3 months before pregnancy	13.3	11.2 - 15.5	3,900	17.5	9.9 - 25.2	500	21.9	15.5 - 28.3	1,200	16.3	12.6 - 20.1	1,800	3.3	1.4 - 5.2	300
Any smoking, 3rd trimester†	4.0	2.8 - 5.3	1,200	8.4*	2.9 - 14.0	300	10.0	5.3 - 14.8	600	2.9	1.6 - 4.2	300	--		
Any smoking, postpartum	9.2	7.3 - 11.1	2,700	12.6	5.7 - 19.4	400	15.9	10.2 - 21.5	900	11.1	7.7 - 14.5	1,200	1.7*	0.1 - 3.3	200
Any binge drinking, 3 months before pregnancy	16.4	14.1 - 18.6	4,700	7.8*	2.1 - 13.6	200	11.3	7.1 - 15.4	600	21.0	16.7 - 25.3	2,300	17.9	13.9 - 21.8	1,600
Any alcohol use, 3rd trimester†	6.9	5.5 - 8.3	2,000	--			3.7*	1.0 - 6.4	200	5.0	3.0 - 7.0	500	13.1	9.8 - 16.3	1,200
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	28.2	25.2 - 31.1	8,200	31.9	22.7 - 41.1	1,000	42.9	34.6 - 51.1	2,400	31.8	27.0 - 36.7	3,400	13.7	9.9 - 17.5	1,200
Unsure of pregnancy intentions	14.2	12.0 - 16.3	4,100	16.8	10.1 - 23.4	500	17.4	12.1 - 22.6	1,000	15.7	11.9 - 19.4	1,700	8.8	5.5 - 12.0	800
Postpartum birth control use†	83.6	81.2 - 85.9	23,800	86.6	80.3 - 93.0	2,500	80.0	73.6 - 86.5	4,400	84.7	81.0 - 88.4	8,900	83.6	79.8 - 87.4	7,500
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	81.8	79.3 - 84.3	23,400	76.6	67.6 - 85.6	2,300	76.5	69.4 - 83.6	4,300	81.9	78.1 - 85.7	8,700	86.4	82.7 - 90.1	7,700
Infant always or often shared bed	35.4	32.3 - 38.5	10,200	40.8	30.5 - 51.1	1,200	43.0	34.9 - 51.1	2,400	31.8	27.1 - 36.4	3,400	33.9	28.7 - 39.1	3,000
Intended to breastfeed, before birth	92.2	90.4 - 94.0	26,500	80.6	71.2 - 89.9	2,400	88.3	83.3 - 93.3	5,000	94.3	92.2 - 96.4	10,000	96.1	93.9 - 98.3	8,500
Intended to breastfeed exclusively, before birth	72.5	69.5 - 75.4	20,800	50.5	40.1 - 60.9	1,500	58.1	50.1 - 66.1	3,300	77.5	73.2 - 81.7	8,200	83.5	79.4 - 87.5	7,400
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	84.5	82.2 - 86.8	24,200	75.1	66.3 - 83.9	2,200	76.3	69.8 - 82.7	4,300	83.9	80.1 - 87.7	8,900	93.7	90.8 - 96.5	8,300
Exclusive breastfeeding, 1 month after delivery	53.5	50.2 - 56.8	15,000	41.0	30.9 - 51.2	1,200	48.9	40.6 - 57.1	2,700	54.1	48.8 - 59.4	5,700	58.9	53.6 - 64.2	5,100
Any breastfeeding, 3 months after delivery	67.9	64.4 - 71.4	14,500	48.0	36.8 - 59.2	1,200	53.6	44.6 - 62.7	2,400	67.0	61.3 - 72.8	5,100	87.7	83.1 - 92.3	5,500
Exclusive breastfeeding, 3 months after delivery	35.2	31.4 - 39.0	7,400	25.9	16.3 - 35.5	600	23.9	15.9 - 31.9	1,100	32.6	26.5 - 38.6	2,400	48.3	42.0 - 54.7	3,000

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, Greater Sacramento Region by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			<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	72.7	69.8 - 75.7	21,200	66.1	56.5 - 75.6	2,000	64.3	56.3 - 72.3	3,700	72.6	67.7 - 77.5	7,900	80.1	75.8 - 84.3	7,200
Initiated prenatal care in 1st trimester	88.8	86.4 - 91.2	25,400	81.4	73.7 - 89.2	2,500	86.7	80.2 - 93.3	4,900	88.8	85.5 - 92.1	9,300	95.2	92.8 - 97.7	8,500
Mom or infant needed but couldn't afford care postpartum	10.1	8.2 - 12.0	2,900	10.0*	3.9 - 16.1	300	10.4	6.3 - 14.5	600	13.8	10.1 - 17.5	1,500	4.3	2.1 - 6.6	400
Participated in WIC during pregnancy†	50.3	47.7 - 52.9	14,400	79.8	70.9 - 88.6	2,400	78.5	72.7 - 84.3	4,500	54.4	49.5 - 59.3	5,800	14.3	10.4 - 18.3	1,200
Received CalFresh (food stamps) during pregnancy	28.3	25.5 - 31.1	8,200	53.6	43.4 - 63.7	1,600	43.6	35.7 - 51.6	2,500	30.5	25.8 - 35.2	3,300	4.5	2.2 - 6.7	400
Pre-pregnancy insurance															
Medi-Cal	29.5	26.6 - 32.3	8,600	64.5	55.0 - 74.0	2,000	45.5	37.7 - 53.4	2,600	28.7	24.0 - 33.4	3,100	5.5	2.7 - 8.3	500
Uninsured	16.3	14.0 - 18.7	4,700	23.5	14.9 - 32.1	700	25.6	18.1 - 33.0	1,400	16.2	12.4 - 20.1	1,800	8.7	5.3 - 12.0	800
Private	51.2	48.4 - 53.9	14,900	10.4	4.6 - 16.3	300	25.0	18.0 - 31.9	1,400	50.9	45.9 - 55.9	5,500	84.0	79.8 - 88.2	7,500
Prenatal insurance															
Medi-Cal	48.9	46.2 - 51.6	14,200	87.6	80.8 - 94.3	2,700	74.8	67.8 - 81.9	4,200	49.1	44.2 - 54.1	5,300	16.6	12.2 - 21.1	1,500
Uninsured	0.4*	0.1 - 0.6	100	--	--	--	--	--	--	--	--	--	--	--	
Private	47.1	44.5 - 49.8	13,700	10.7*	4.2 - 17.2	300	19.6	13.4 - 25.8	1,100	45.7	40.7 - 50.6	5,000	80.8	76.3 - 85.3	7,200
Maternal postpartum insurance															
Medi-Cal	39.8	37.0 - 42.7	11,600	71.3	61.9 - 80.7	2,200	62.0	54.2 - 69.8	3,500	42.3	37.3 - 47.4	4,600	9.4	5.9 - 13.0	800
Uninsured	9.8	7.9 - 11.7	2,900	17.7	9.4 - 26.0	500	15.0	10.0 - 20.1	800	8.8	5.9 - 11.6	900	5.7	2.7 - 8.6	500
Private	48.3	45.6 - 51.0	14,000	10.2	4.2 - 16.1	300	20.6	13.8 - 27.4	1,200	45.9	41.0 - 50.8	5,000	83.6	79.3 - 88.0	7,500
Infant health insurance															
Medi-Cal	51.7	48.9 - 54.6	14,800	89.8	84.2 - 95.4	2,700	79.9	73.2 - 86.5	4,500	54.1	49.1 - 59.1	5,800	16.5	12.0 - 20.9	1,500
Uninsured	1.8	1.0 - 2.5	500	4.1*	0.3 - 7.9	100	2.7*	0.8 - 4.5	100	1.5*	0.5 - 2.5	200	--	--	
Private	43.7	40.9 - 46.4	12,500	4.7*	0.9 - 8.6	100	15.4	9.2 - 21.6	900	39.7	34.8 - 44.7	4,200	81.0	76.4 - 85.5	7,200
Maternal Demographics															
Unmarried	38.6	35.6 - 41.6	11,200	65.2	55.5 - 75.0	2,000	62.1	54.1 - 70.1	3,500	39.1	34.0 - 44.1	4,200	13.3	9.2 - 17.4	1,200
Race/Ethnicity															
White	47.1	43.9 - 50.2	13,700	19.2	11.3 - 27.1	600	37.2	29.4 - 45.0	2,100	49.7	44.6 - 54.9	5,300	59.1	53.6 - 64.5	5,300
Hispanic	27.5	24.7 - 30.3	8,000	57.8	47.7 - 67.9	1,800	38.9	31.6 - 46.2	2,200	26.3	21.6 - 31.0	2,800	11.6	8.3 - 15.0	1,000
Asian/Pacific Islander	16.3	13.6 - 19.0	4,700	7.4*	1.7 - 13.0	200	14.1	6.9 - 21.3	800	12.8	9.0 - 16.5	1,400	25.5	20.1 - 30.8	2,300
Black	8.4	7.3 - 9.4	2,400	14.2	7.0 - 21.5	400	9.0	4.9 - 13.0	500	10.2	8.1 - 12.3	1,100	3.6	1.9 - 5.2	300
Born outside the U.S.	28.7	25.5 - 31.8	8,400	47.4	37.3 - 57.5	1,500	31.9	24.6 - 39.3	1,800	19.3	14.6 - 24.0	2,100	28.7	23.4 - 34.1	2,600
Speaks non-English language at home	22.5	19.6 - 25.4	6,400	47.0	36.9 - 57.1	1,400	29.4	22.0 - 36.8	1,600	11.2	8.3 - 14.2	1,200	20.7	15.8 - 25.7	1,800
Lives in a high poverty neighborhood	38.2	35.0 - 41.4	10,900	65.3	55.3 - 75.3	2,000	56.5	48.4 - 64.6	3,100	35.3	30.2 - 40.4	3,800	19.5	14.8 - 24.1	1,700
Income as a percent of the Federal Poverty Guideline															
0-100%	38.2	35.2 - 41.2	10,400	78.0	69.3 - 86.6	2,200	67.6	59.4 - 75.7	3,500	36.3	31.5 - 41.2	3,700	7.6	4.3 - 10.8	700
101-200%	20.6	17.9 - 23.4	5,600	18.3	10.2 - 26.4	500	22.3	14.9 - 29.6	1,100	25.7	21.1 - 30.3	2,600	14.3	10.1 - 18.5	1,200
> 200%	41.2	38.6 - 43.8	11,200	--	--	--	10.2	5.1 - 15.2	500	37.9	33.1 - 42.8	3,800	78.1	73.3 - 82.9	6,800

-- 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 Greater Sacramento Region was 2,371. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the region in 2013-2015. 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, Greater Sacramento Region by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		29,200	84.3	82.8 - 85.8	24,100	15.7	14.2 - 17.2	4,500
Health Status before Pregnancy									
In good to excellent health	92.3	90.7 - 94.0	26,900	92.3	90.4 - 94.1	22,200	92.7	89.2 - 96.1	4,200
Chronic conditions									
Diabetes†	2.0	1.2 - 2.7	600	2.2	1.3 - 3.1	500	--		
Hypertension†	3.8	2.6 - 5.1	1,100	3.6	2.3 - 5.0	900	4.3 *	1.0 - 7.6	200
Asthma†	10.9	9.0 - 12.9	3,200	11.2	9.0 - 13.4	2,600	9.8	5.9 - 13.7	400
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.8	29.9 - 35.8	9,600	33.0	29.6 - 36.3	7,900	32.5	26.3 - 38.8	1,500
Overweight before pregnancy	25.0	22.2 - 27.8	7,100	23.9	20.8 - 27.1	5,700	29.5	22.9 - 36.1	1,300
Obese before pregnancy	21.0	18.3 - 23.6	6,000	21.1	18.0 - 24.1	5,000	19.8	14.6 - 25.0	800
Inadequate weight gain during pregnancy	15.4	12.9 - 18.0	3,900	15.0	12.2 - 17.9	3,200	15.3	9.4 - 21.2	600
Excessive weight gain during pregnancy	46.0	42.4 - 49.5	11,700	45.8	41.8 - 49.9	9,600	49.3	41.7 - 56.9	1,900
Food insecurity during pregnancy	13.0	10.9 - 15.2	3,800	12.2	9.9 - 14.6	2,900	13.9	9.2 - 18.7	600
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	7.7	6.1 - 9.3	2,200	7.6	5.8 - 9.4	1,800	7.1	3.8 - 10.5	300
Prenatal depressive symptoms	12.2	10.2 - 14.3	3,600	12.5	10.2 - 14.9	3,000	10.0	6.2 - 13.9	500
Postpartum depressive symptoms	12.1	10.1 - 14.1	3,500	11.9	9.7 - 14.2	2,900	12.4	8.4 - 16.4	600
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	27.0	24.2 - 29.9	7,700	26.7	23.5 - 29.8	6,300	26.3	20.5 - 32.2	1,200
Homeless or did not have a regular place to sleep	3.2	2.1 - 4.2	900	3.0	1.9 - 4.1	700	3.0 *	0.2 - 5.8	100
Moved due to problems paying rent or mortgage	6.8	5.2 - 8.4	2,000	6.6	4.9 - 8.4	1,600	6.5	3.4 - 9.5	300
Woman or partner lost job	11.7	9.8 - 13.7	3,400	11.3	9.1 - 13.5	2,700	13.2	8.9 - 17.4	600
Woman or partner had pay or hours cut back	11.0	9.1 - 12.9	3,200	11.0	8.8 - 13.1	2,600	11.4	7.5 - 15.2	500
Became separated or divorced	6.2	4.8 - 7.7	1,800	6.4	4.8 - 8.1	1,500	4.8 *	1.8 - 7.7	200
Had no practical or emotional support	3.3	2.3 - 4.4	1,000	2.3	1.4 - 3.3	600	6.8	3.1 - 10.5	300
Substance Use									
Any smoking, 3 months before pregnancy	13.3	11.2 - 15.5	3,900	12.7	10.3 - 15.1	3,000	15.4	10.5 - 20.3	700
Any smoking, 3rd trimester†	4.0	2.8 - 5.3	1,200	3.9	2.5 - 5.4	900	3.9	1.8 - 5.9	200
Any smoking, postpartum	9.2	7.3 - 11.1	2,700	8.8	6.7 - 11.0	2,100	9.3	5.0 - 13.6	400
Any binge drinking, 3 months before pregnancy	16.4	14.1 - 18.6	4,700	16.5	13.9 - 19.1	3,900	14.8	10.8 - 18.8	700
Any alcohol use, 3rd trimester†	6.9	5.5 - 8.3	2,000	7.2	5.6 - 8.8	1,700	5.1	2.9 - 7.4	200
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	28.2	25.2 - 31.1	8,200	28.0	24.6 - 31.3	6,700	28.4	21.8 - 35.0	1,300
Unsure of pregnancy intentions	14.2	12.0 - 16.3	4,100	14.6	12.2 - 17.1	3,500	12.5	8.5 - 16.5	600
Postpartum birth control use†	83.6	81.2 - 85.9	23,800	83.4	80.8 - 86.0	19,500	84.3	78.3 - 90.2	3,800
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	81.8	79.3 - 84.3	23,400	81.3	78.5 - 84.1	19,200	83.5	77.4 - 89.6	3,700
Infant always or often shared bed	35.4	32.3 - 38.5	10,200	33.9	30.5 - 37.3	8,000	41.3	33.9 - 48.6	1,800
Intended to breastfeed, before birth	92.2	90.4 - 94.0	26,500	92.3	90.3 - 94.3	21,900	92.0	88.0 - 96.0	4,100
Intended to breastfeed exclusively, before birth	72.5	69.5 - 75.4	20,800	72.3	69.0 - 75.7	17,200	73.9	67.1 - 80.8	3,300
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	84.5	82.2 - 86.8	24,200	84.7	82.2 - 87.3	20,000	84.4	79.2 - 89.7	3,800
Exclusive breastfeeding, 1 month after delivery	53.5	50.2 - 56.8	15,000	54.5	50.8 - 58.3	12,700	49.7	42.6 - 56.9	2,100
Any breastfeeding, 3 months after delivery	67.9	64.4 - 71.4	14,500	67.8	63.8 - 71.7	12,000	69.3	61.7 - 76.9	2,200
Exclusive breastfeeding, 3 months after delivery	35.2	31.4 - 39.0	7,400	34.8	30.5 - 39.1	6,100	38.3	30.6 - 46.0	1,200



MIHA Data Snapshot, Greater Sacramento Region by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region				Urban				Rural/Frontier			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	72.7	69.8	- 75.7	21,200	73.2	69.9	- 76.5	17,600	70.3	63.5	- 77.1	3,200
Initiated prenatal care in 1st trimester	88.8	86.4	- 91.2	25,400	89.5	86.9	- 92.2	21,100	85.4	79.4	- 91.4	3,800
Mom or infant needed but couldn't afford care postpartum	10.1	8.2	- 12.0	2,900	9.6	7.5	- 11.6	2,200	10.8	5.9	- 15.7	500
Participated in WIC during pregnancy†	50.3	47.7	- 52.9	14,400	48.9	45.9	- 51.8	11,500	56.9	50.1	- 63.7	2,500
Received CalFresh (food stamps) during pregnancy	28.3	25.5	- 31.1	8,200	28.8	25.6	- 32.0	6,900	23.7	17.9	- 29.4	1,100
Pre-pregnancy insurance												
Medi-Cal	29.5	26.6	- 32.3	8,600	28.9	25.7	- 32.1	6,900	31.0	24.4	- 37.6	1,400
Uninsured	16.3	14.0	- 18.7	4,700	15.9	13.3	- 18.5	3,800	18.3	12.3	- 24.2	800
Private	51.2	48.4	- 53.9	14,900	52.8	49.7	- 55.9	12,700	45.0	38.1	- 51.8	2,000
Prenatal insurance												
Medi-Cal	48.9	46.2	- 51.6	14,200	47.0	43.9	- 50.0	11,300	57.3	50.6	- 64.1	2,600
Uninsured	0.4 *	0.1	- 0.6	100	0.3 *	0.1	- 0.6	<100	--			
Private	47.1	44.5	- 49.8	13,700	49.8	46.8	- 52.8	12,000	36.1	29.9	- 42.4	1,600
Maternal postpartum insurance												
Medi-Cal	39.8	37.0	- 42.7	11,600	38.0	34.8	- 41.3	9,100	48.8	41.8	- 55.8	2,200
Uninsured	9.8	7.9	- 11.7	2,900	9.3	7.2	- 11.4	2,200	11.6	6.9	- 16.2	500
Private	48.3	45.6	- 51.0	14,000	51.3	48.2	- 54.4	12,300	35.2	29.1	- 41.4	1,600
Infant health insurance												
Medi-Cal	51.7	48.9	- 54.6	14,800	49.4	46.1	- 52.6	11,700	63.2	56.7	- 69.7	2,800
Uninsured	1.8	1.0	- 2.5	500	1.9	1.1	- 2.8	500	0.5 *	0.0	- 1.0	<100
Private	43.7	40.9	- 46.4	12,500	46.5	43.3	- 49.7	11,000	31.2	25.3	- 37.2	1,400
Maternal Demographics												
Age												
15-19	4.7	3.1	- 6.2	1,400	4.6	2.8	- 6.4	1,100	4.5 *	1.4	- 7.6	200
20-34	78.4	75.8	- 81.1	22,900	77.7	74.6	- 80.8	18,700	82.9	78.1	- 87.7	3,700
35+	16.9	14.6	- 19.2	4,900	17.7	15.0	- 20.3	4,300	12.6	8.7	- 16.5	600
Did not complete high school (or GED)	10.8	8.7	- 12.8	3,100	10.6	8.3	- 12.9	2,500	11.7	6.7	- 16.8	500
Unmarried	38.6	35.6	- 41.6	11,200	38.9	35.5	- 42.4	9,300	34.5	27.9	- 41.0	1,500
Race/Ethnicity												
White	47.1	43.9	- 50.2	13,700	46.4	42.8	- 49.9	11,100	51.4	44.3	- 58.5	2,300
Hispanic	27.5	24.7	- 30.3	8,000	26.0	23.0	- 29.1	6,200	32.8	26.0	- 39.5	1,500
Asian/Pacific Islander	16.3	13.6	- 19.0	4,700	17.2	14.2	- 20.3	4,100	13.0	6.1	- 19.8	600
Black	8.4	7.3	- 9.4	2,400	9.7	8.5	- 11.0	2,300	1.6	0.8	- 2.4	<100
Born outside the U.S.	28.7	25.5	- 31.8	8,400	28.6	25.1	- 32.1	6,900	28.5	21.0	- 35.9	1,300
Speaks non-English language at home	22.5	19.6	- 25.4	6,400	21.9	18.7	- 25.0	5,200	25.0	17.6	- 32.4	1,100
Lives in a high poverty neighborhood	38.2	35.0	- 41.4	10,900	38.9	35.4	- 42.4	9,400	34.3	27.3	- 41.3	1,500
Income as a percent of the Federal Poverty Guideline												
0-100%	38.2	35.2	- 41.2	10,400	36.9	33.5	- 40.3	8,300	42.2	35.0	- 49.5	1,800
101-200%	20.6	17.9	- 23.4	5,600	20.0	16.9	- 23.0	4,500	24.7	18.4	- 31.0	1,100
> 200%	41.2	38.6	- 43.8	11,200	43.2	40.2	- 46.1	9,700	33.1	26.9	- 39.2	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).

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 Greater Sacramento Region was 2,371. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the region in 2013-2015. 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.



MIHA Data Snapshot, Greater Sacramento Region by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			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		29,200	38.2	35.2 - 41.2	10,400	20.6	17.9 - 23.4	5,600	41.2	38.6 - 43.8	11,200
Health Status before Pregnancy												
In good to excellent health	92.3	90.7 - 94.0	26,900	86.4	82.8 - 89.9	9,000	94.8	92.0 - 97.7	5,300	97.1*	95.3 - 98.9	10,900
Chronic conditions												
Diabetes†	2.0	1.2 - 2.7	600	2.8	1.3 - 4.3	300	1.0*	0.2 - 1.7	<100	1.7*	0.4 - 2.9	200
Hypertension†	3.8	2.6 - 5.1	1,100	5.9	3.4 - 8.4	600	1.6*	0.3 - 3.0	<100	2.7	1.1 - 4.3	300
Asthma†	10.9	9.0 - 12.9	3,200	11.9	8.4 - 15.4	1,200	8.7	4.8 - 12.6	500	11.0	8.1 - 14.0	1,200
Nutrition and Weight												
Daily folic acid use, month before pregnancy	32.8	29.9 - 35.8	9,600	25.7	20.7 - 30.7	2,700	25.4	18.6 - 32.2	1,400	45.2	40.5 - 50.0	5,100
Overweight before pregnancy	25.0	22.2 - 27.8	7,100	28.2	23.0 - 33.3	2,800	29.2	21.8 - 36.5	1,600	21.5	17.6 - 25.4	2,400
Obese before pregnancy	21.0	18.3 - 23.6	6,000	26.7	21.7 - 31.8	2,700	21.6	15.3 - 27.8	1,200	16.6	12.7 - 20.4	1,800
Inadequate weight gain during pregnancy	15.4	12.9 - 18.0	3,900	16.7	12.0 - 21.5	1,400	12.3	6.9 - 17.8	600	16.0	12.0 - 19.9	1,600
Excessive weight gain during pregnancy	46.0	42.4 - 49.5	11,700	47.4	41.1 - 53.8	4,100	44.5	36.4 - 52.5	2,300	44.6	39.6 - 49.6	4,500
Food insecurity during pregnancy	13.0	10.9 - 15.2	3,800	24.9	20.2 - 29.6	2,600	13.3	7.8 - 18.8	700	1.9*	0.7 - 3.2	200
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	7.7	6.1 - 9.3	2,200	13.6	10.1 - 17.2	1,400	6.2	2.8 - 9.6	300	2.5	1.1 - 3.9	300
Prenatal depressive symptoms	12.2	10.2 - 14.3	3,600	17.5	13.4 - 21.5	1,800	10.8	6.3 - 15.2	600	5.6	3.5 - 7.8	600
Postpartum depressive symptoms	12.1	10.1 - 14.1	3,500	16.2	12.2 - 20.2	1,700	10.5	6.5 - 14.5	600	7.8	5.7 - 9.9	900
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	27.0	24.2 - 29.9	7,700	32.3	27.3 - 37.4	3,300	35.9	28.3 - 43.4	2,000	19.2	15.3 - 23.2	2,100
Homeless or did not have a regular place to sleep	3.2	2.1 - 4.2	900	7.5	4.7 - 10.3	800	1.5*	0.2 - 2.7	<100	--		
Moved due to problems paying rent or mortgage	6.8	5.2 - 8.4	2,000	12.9	9.3 - 16.5	1,300	7.3	3.3 - 11.3	400	1.1*	0.4 - 1.8	100
Woman or partner lost job	11.7	9.8 - 13.7	3,400	18.8	14.5 - 23.0	1,900	15.3	9.9 - 20.7	900	4.2	2.6 - 5.8	500
Woman or partner had pay or hours cut back	11.0	9.1 - 12.9	3,200	17.5	13.3 - 21.7	1,800	11.9	7.9 - 15.8	700	5.7	3.8 - 7.6	600
Became separated or divorced	6.2	4.8 - 7.7	1,800	11.1	8.0 - 14.3	1,200	6.3	3.0 - 9.7	400	0.8*	0.2 - 1.3	<100
Had no practical or emotional support	3.3	2.3 - 4.4	1,000	5.5	3.3 - 7.6	600	4.4*	1.2 - 7.6	200	1.1*	0.3 - 2.0	100
Substance Use												
Any smoking, 3 months before pregnancy	13.3	11.2 - 15.5	3,900	20.7	16.3 - 25.1	2,100	17.9	12.0 - 23.8	1,000	4.9	3.0 - 6.8	600
Any smoking, 3rd trimester†	4.0	2.8 - 5.3	1,200	7.9	5.0 - 10.7	800	5.4*	2.0 - 8.8	300	0.5*	0.0 - 0.9	<100
Any smoking, postpartum	9.2	7.3 - 11.1	2,700	15.3	11.4 - 19.2	1,600	11.9	6.5 - 17.3	700	3.2*	1.3 - 5.0	400
Any binge drinking, 3 months before pregnancy	16.4	14.1 - 18.6	4,700	12.9	9.5 - 16.3	1,300	19.9	13.8 - 26.1	1,100	20.0	16.2 - 23.7	2,200
Any alcohol use, 3rd trimester†	6.9	5.5 - 8.3	2,000	3.6	1.7 - 5.5	400	3.9	1.9 - 5.9	200	12.7	9.7 - 15.7	1,400
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	28.2	25.2 - 31.1	8,200	38.0	32.5 - 43.5	3,900	35.6	27.9 - 43.4	2,000	15.5	12.0 - 19.0	1,700
Unsure of pregnancy intentions	14.2	12.0 - 16.3	4,100	19.9	15.7 - 24.2	2,100	14.6	10.0 - 19.2	800	7.8	5.0 - 10.7	900
Postpartum birth control use†	83.6	81.2 - 85.9	23,800	81.7	77.2 - 86.2	8,100	86.9	82.8 - 91.0	4,800	82.9	79.2 - 86.5	9,200
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	81.8	79.3 - 84.3	23,400	78.0	73.3 - 82.7	8,000	84.2	79.0 - 89.3	4,700	85.1	81.6 - 88.6	9,400
Infant always or often shared bed	35.4	32.3 - 38.5	10,200	39.6	34.0 - 45.2	4,100	39.9	32.3 - 47.6	2,200	28.9	24.6 - 33.2	3,200
Intended to breastfeed, before birth	92.2	90.4 - 94.0	26,500	87.6	83.6 - 91.7	9,000	93.7	90.8 - 96.6	5,200	95.4	93.3 - 97.6	10,600
Intended to breastfeed exclusively, before birth	72.5	69.5 - 75.4	20,800	65.6	60.1 - 71.1	6,700	68.2	60.7 - 75.7	3,800	82.8	79.2 - 86.4	9,200
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	84.5	82.2 - 86.8	24,200	77.1	72.4 - 81.8	7,900	84.8	79.7 - 90.0	4,700	91.8	89.0 - 94.6	10,100
Exclusive breastfeeding, 1 month after delivery	53.5	50.2 - 56.8	15,000	45.9	40.0 - 51.7	4,500	55.9	48.1 - 63.8	3,000	58.8	54.0 - 63.6	6,400
Any breastfeeding, 3 months after delivery	67.9	64.4 - 71.4	14,500	58.2	51.9 - 64.5	4,700	63.8	55.2 - 72.4	2,600	83.1	78.8 - 87.5	6,100
Exclusive breastfeeding, 3 months after delivery	35.2	31.4 - 39.0	7,400	28.5	21.9 - 35.0	2,300	33.5	25.7 - 41.4	1,400	44.6	39.0 - 50.2	3,300



MIHA Data Snapshot, Greater Sacramento Region by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region				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	72.7	69.8 - 75.7		21,200	65.3	60.0 - 70.7	6,800	64.2	56.7 - 71.7	3,600	85.9	82.5 - 89.4	9,600
Initiated prenatal care in 1st trimester	88.8	86.4 - 91.2		25,400	80.2	75.1 - 85.4	8,200	89.3	83.8 - 94.8	5,000	96.9	95.2 - 98.6	10,700
Mom or infant needed but couldn't afford care postpartum	10.1	8.2 - 12.0		2,900	14.9	11.1 - 18.7	1,500	17.6	11.7 - 23.6	1,000	2.4	1.2 - 3.6	300
Participated in WIC during pregnancy†	50.3	47.7 - 52.9		14,400	87.1	83.7 - 90.5	9,100	60.5	53.5 - 67.6	3,400	5.9	3.6 - 8.2	700
Received CalFresh (food stamps) during pregnancy	28.3	25.5 - 31.1		8,200	61.5	56.0 - 67.0	6,400	21.1	14.3 - 27.9	1,200	1.1*	0.1 - 2.0	100
Pre-pregnancy insurance													
Medi-Cal	29.5	26.6 - 32.3		8,600	59.6	54.0 - 65.1	6,100	26.2	19.7 - 32.7	1,500	1.8*	0.4 - 3.2	200
Uninsured	16.3	14.0 - 18.7		4,700	25.6	20.7 - 30.4	2,600	24.3	17.4 - 31.2	1,400	3.4*	1.3 - 5.4	400
Private	51.2	48.4 - 53.9		14,900	11.5	8.1 - 14.9	1,200	45.3	37.9 - 52.7	2,500	93.2	90.6 - 95.7	10,500
Prenatal insurance													
Medi-Cal	48.9	46.2 - 51.6		14,200	89.8	86.3 - 93.2	9,300	55.2	47.8 - 62.7	3,100	4.5	2.4 - 6.5	500
Uninsured	0.4*	0.1 - 0.6		100	0.6*	0.1 - 1.1	<100	--	--	--	--	--	--
Private	47.1	44.5 - 49.8		13,700	7.1	4.3 - 9.9	700	39.7	32.3 - 47.0	2,200	91.7	89.0 - 94.4	10,300
Maternal postpartum insurance													
Medi-Cal	39.8	37.0 - 42.7		11,600	78.1	73.5 - 82.7	8,100	38.8	31.0 - 46.5	2,100	3.0*	1.2 - 4.8	300
Uninsured	9.8	7.9 - 11.7		2,900	13.7	9.9 - 17.5	1,400	15.6	10.2 - 21.1	900	3.1	1.6 - 4.6	300
Private	48.3	45.6 - 51.0		14,000	6.8	4.2 - 9.4	700	41.9	34.4 - 49.3	2,300	92.5	90.1 - 94.9	10,400
Infant health insurance													
Medi-Cal	51.7	48.9 - 54.6		14,800	89.9	86.5 - 93.3	9,200	60.1	52.6 - 67.7	3,300	8.4	5.7 - 11.1	900
Uninsured	1.8	1.0 - 2.5		500	3.0	1.4 - 4.5	300	2.9*	0.7 - 5.1	200	0.3*	0.1 - 0.5	<100
Private	43.7	40.9 - 46.4		12,500	5.8	3.1 - 8.5	600	32.5	25.3 - 39.8	1,800	88.1	85.0 - 91.1	9,800
Maternal Demographics													
Did not complete high school (or GED)	10.8	8.7 - 12.8		3,100	22.2	17.4 - 27.0	2,200	9.5	5.1 - 13.9	500	--	--	--
Unmarried	38.6	35.6 - 41.6		11,200	63.1	57.4 - 68.9	6,600	40.6	33.0 - 48.3	2,300	12.4	9.0 - 15.8	1,400
Race/Ethnicity													
White	47.1	43.9 - 50.2		13,700	33.0	27.3 - 38.6	3,400	42.8	35.3 - 50.2	2,400	65.4	60.7 - 70.1	7,200
Hispanic	27.5	24.7 - 30.3		8,000	42.0	36.5 - 47.5	4,400	26.7	20.2 - 33.3	1,500	12.1	8.8 - 15.3	1,300
Asian/Pacific Islander	16.3	13.6 - 19.0		4,700	11.2	7.0 - 15.4	1,200	19.9	12.6 - 27.2	1,100	19.5	15.4 - 23.7	2,200
Black	8.4	7.3 - 9.4		2,400	12.5	9.9 - 15.1	1,300	9.9	6.3 - 13.5	600	2.7	1.4 - 3.9	300
Born outside the U.S.	28.7	25.5 - 31.8		8,400	35.0	29.3 - 40.7	3,600	25.6	19.0 - 32.1	1,400	21.7	17.4 - 26.0	2,400
Speaks non-English language at home	22.5	19.6 - 25.4		6,400	32.9	27.1 - 38.7	3,400	22.6	16.3 - 28.8	1,300	12.7	9.2 - 16.2	1,400
Lives in a high poverty neighborhood	38.2	35.0 - 41.4		10,900	59.6	54.1 - 65.0	6,000	37.5	29.8 - 45.2	2,100	18.0	13.8 - 22.1	2,000

-- 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 Greater Sacramento Region was 2,371. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the region in 2013-2015. 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, Greater Sacramento Region by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			15-19 Years			20-34 Years			35 Years or Older		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		29,200	4.7	3.1 - 6.2	1,400	78.4	75.8 - 81.1	22,900	16.9	14.6 - 19.2	4,900
Health Status before Pregnancy												
In good to excellent health	92.3	90.7 - 94.0	26,900	--			92.7	90.9 - 94.5	21,200	90.4	85.9 - 94.9	4,500
Chronic conditions												
Diabetes†	2.0	1.2 - 2.7	600	--			1.6	0.9 - 2.3	400	4.0 *	1.0 - 7.0	200
Hypertension†	3.8	2.6 - 5.1	1,100	--			2.9	1.8 - 4.0	700	7.1	3.0 - 11.2	300
Asthma†	10.9	9.0 - 12.9	3,200	10.8 *	2.0 - 19.7	100	10.9	8.8 - 13.1	2,500	11.1	6.6 - 15.6	500
Nutrition and Weight												
Daily folic acid use, month before pregnancy	32.8	29.9 - 35.8	9,600	22.5 *	7.3 - 37.6	300	31.2	27.9 - 34.5	7,100	43.3	35.9 - 50.7	2,100
Overweight before pregnancy	25.0	22.2 - 27.8	7,100	20.5 *	5.6 - 35.3	300	25.6	22.4 - 28.9	5,700	23.4	17.3 - 29.4	1,100
Obese before pregnancy	21.0	18.3 - 23.6	6,000	12.0 *	2.3 - 21.6	200	20.1	17.2 - 23.0	4,500	27.5	20.1 - 34.9	1,300
Inadequate weight gain during pregnancy	15.4	12.9 - 18.0	3,900	18.6 *	1.5 - 35.7	200	15.5	12.6 - 18.3	3,200	14.3	8.4 - 20.2	600
Excessive weight gain during pregnancy	46.0	42.4 - 49.5	11,700	40.8 *	22.4 - 59.2	500	46.3	42.3 - 50.3	9,400	46.0	37.6 - 54.3	1,800
Food insecurity during pregnancy	13.0	10.9 - 15.2	3,800	8.8 *	2.6 - 15.1	100	13.7	11.2 - 16.2	3,100	10.9	6.1 - 15.6	500
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	7.7	6.1 - 9.3	2,200	13.8 *	4.7 - 22.9	200	7.9	6.0 - 9.8	1,800	5.1 *	2.0 - 8.1	200
Prenatal depressive symptoms	12.2	10.2 - 14.3	3,600	19.0 *	4.6 - 33.5	300	12.6	10.3 - 15.0	2,900	8.5	4.2 - 12.8	400
Postpartum depressive symptoms	12.1	10.1 - 14.1	3,500	18.3 *	5.9 - 30.7	200	12.3	10.1 - 14.5	2,800	9.6	5.1 - 14.2	500
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	27.0	24.2 - 29.9	7,700	27.3	13.8 - 40.7	400	27.8	24.6 - 31.1	6,200	23.2	16.8 - 29.7	1,100
Homeless or did not have a regular place to sleep	3.2	2.1 - 4.2	900	3.1 *	0.8 - 5.4	<100	3.6	2.3 - 4.9	800	1.0 *	0.1 - 2.0	<100
Moved due to problems paying rent or mortgage	6.8	5.2 - 8.4	2,000	11.1 *	2.6 - 19.6	100	7.1	5.2 - 9.0	1,600	4.1 *	1.6 - 6.6	200
Woman or partner lost job	11.7	9.8 - 13.7	3,400	13.8 *	3.6 - 24.0	200	12.2	9.9 - 14.5	2,800	9.0	4.8 - 13.3	400
Woman or partner had pay or hours cut back	11.0	9.1 - 12.9	3,200	16.3 *	4.6 - 27.9	200	10.8	8.7 - 12.9	2,500	10.4	6.0 - 14.7	500
Became separated or divorced	6.2	4.8 - 7.7	1,800	6.3 *	1.0 - 11.7	<100	6.3	4.6 - 7.9	1,400	5.9	2.6 - 9.2	300
Had no practical or emotional support	3.3	2.3 - 4.4	1,000	--			3.7	2.4 - 5.0	900	1.5 *	0.3 - 2.6	<100
Substance Use												
Any smoking, 3 months before pregnancy	13.3	11.2 - 15.5	3,900	7.0 *	2.4 - 11.6	<100	15.1	12.5 - 17.7	3,400	6.8	3.6 - 10.0	300
Any smoking, 3rd trimester†	4.0	2.8 - 5.3	1,200	1.6 *	0.1 - 3.1	<100	4.2	2.8 - 5.7	1,000	3.9 *	1.1 - 6.6	200
Any smoking, postpartum	9.2	7.3 - 11.1	2,700	4.8 *	0.8 - 8.7	<100	10.3	8.0 - 12.6	2,300	5.0 *	1.9 - 8.0	200
Any binge drinking, 3 months before pregnancy	16.4	14.1 - 18.6	4,700	9.2 *	1.4 - 17.0	100	17.9	15.2 - 20.5	4,100	11.3	7.1 - 15.5	600
Any alcohol use, 3rd trimester†	6.9	5.5 - 8.3	2,000	--			6.7	5.1 - 8.3	1,500	9.8	6.0 - 13.7	500
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	28.2	25.2 - 31.1	8,200	74.8	61.7 - 88.0	1,000	28.1	24.7 - 31.4	6,400	15.7	10.5 - 20.8	800
Unsure of pregnancy intentions	14.2	12.0 - 16.3	4,100	7.7 *	0.2 - 15.1	100	14.5	12.1 - 17.0	3,300	14.4	9.2 - 19.6	700
Postpartum birth control use†	83.6	81.2 - 85.9	23,800	--			83.7	81.0 - 86.3	18,600	79.6	73.8 - 85.5	3,900
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	81.8	79.3 - 84.3	23,400	60.2	42.9 - 77.4	800	82.3	79.5 - 85.1	18,500	85.1	80.0 - 90.1	4,100
Infant always or often shared bed	35.4	32.3 - 38.5	10,200	43.2	25.9 - 60.5	600	34.6	31.1 - 38.1	7,800	36.8	29.6 - 44.1	1,800
Intended to breastfeed, before birth	92.2	90.4 - 94.0	26,500	--			91.7	89.6 - 93.9	20,700	93.5	90.0 - 97.0	4,600
Intended to breastfeed exclusively, before birth	72.5	69.5 - 75.4	20,800	52.5	35.1 - 69.9	700	74.3	71.0 - 77.6	16,800	69.4	62.4 - 76.4	3,400
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	84.5	82.2 - 86.8	24,200	70.3	56.1 - 84.5	1,000	85.5	82.9 - 88.0	19,100	84.1	78.4 - 89.8	4,100
Exclusive breastfeeding, 1 month after delivery	53.5	50.2 - 56.8	15,000	48.3	30.6 - 66.0	700	54.4	50.7 - 58.1	12,000	50.7	43.0 - 58.4	2,400
Any breastfeeding, 3 months after delivery	67.9	64.4 - 71.4	14,500	27.1 *	8.9 - 45.4	300	67.9	63.9 - 71.9	11,500	80.9	74.1 - 87.6	2,700
Exclusive breastfeeding, 3 months after delivery	35.2	31.4 - 39.0	7,400	--			36.2	32.0 - 40.5	6,100	36.0	27.5 - 44.5	1,100



MIHA Data Snapshot, Greater Sacramento Region by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region				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	72.7	69.8 - 75.7		21,200	84.6*	74.5 - 94.6	1,200	69.5	66.0 - 73.0	15,900	84.3	78.9 - 89.8	4,200
Initiated prenatal care in 1st trimester	88.8	86.4 - 91.2		25,400	85.3*	75.5 - 95.0	1,100	88.1	85.2 - 91.0	19,800	92.7	89.1 - 96.3	4,500
Mom or infant needed but couldn't afford care postpartum	10.1	8.2 - 12.0		2,900	7.5*	0.5 - 14.6	<100	10.5	8.3 - 12.7	2,300	9.0	4.6 - 13.5	400
Participated in WIC during pregnancy†	50.3	47.7 - 52.9		14,400	88.6*	79.6 - 97.6	1,100	51.9	48.7 - 55.0	11,600	32.9	26.1 - 39.7	1,600
Received CalFresh (food stamps) during pregnancy	28.3	25.5 - 31.1		8,200	24.6	11.6 - 37.6	300	30.0	26.6 - 33.3	6,800	21.7	15.4 - 27.9	1,100
Pre-pregnancy insurance													
Medi-Cal	29.5	26.6 - 32.3		8,600	44.8	28.1 - 61.5	600	29.9	26.6 - 33.2	6,800	23.1	16.8 - 29.4	1,100
Uninsured	16.3	14.0 - 18.7		4,700	7.1*	0.8 - 13.4	<100	18.9	16.0 - 21.8	4,300	7.1	3.9 - 10.2	300
Private	51.2	48.4 - 53.9		14,900	39.7	21.9 - 57.5	500	48.2	45.0 - 51.5	11,000	67.9	61.3 - 74.5	3,400
Prenatal insurance													
Medi-Cal	48.9	46.2 - 51.6		14,200	73.3*	57.2 - 89.4	1,000	51.1	47.9 - 54.3	11,700	31.9	25.3 - 38.6	1,600
Uninsured	0.4*	0.1 - 0.6		100	--			0.4*	0.1 - 0.8	100	--		
Private	47.1	44.5 - 49.8		13,700	23.5*	7.6 - 39.3	300	44.5	41.4 - 47.6	10,200	65.8	59.1 - 72.5	3,300
Maternal postpartum insurance													
Medi-Cal	39.8	37.0 - 42.7		11,600	74.0*	56.4 - 91.5	1,000	41.3	37.8 - 44.7	9,400	23.9	17.8 - 30.0	1,200
Uninsured	9.8	7.9 - 11.7		2,900	--			10.8	8.6 - 13.1	2,500	7.5	3.5 - 11.6	400
Private	48.3	45.6 - 51.0		14,000	22.0*	4.5 - 39.5	300	45.6	42.4 - 48.8	10,400	67.6	60.9 - 74.3	3,300
Infant health insurance													
Medi-Cal	51.7	48.9 - 54.6		14,800	--			53.9	50.5 - 57.2	12,100	33.0	26.2 - 39.9	1,600
Uninsured	1.8	1.0 - 2.5		500	--			1.8	1.0 - 2.6	400	--		
Private	43.7	40.9 - 46.4		12,500	--			41.0	37.8 - 44.3	9,200	65.0	58.1 - 71.8	3,200
Maternal Demographics													
Did not complete high school (or GED)	10.8	8.7 - 12.8		3,100	23.8	11.1 - 36.5	300	10.6	8.2 - 13.0	2,400	8.0	4.0 - 12.0	400
Unmarried	38.6	35.6 - 41.6		11,200	84.1*	68.6 - 99.5	1,100	38.3	34.8 - 41.8	8,700	28.0	21.3 - 34.7	1,400
Race/Ethnicity													
White	47.1	43.9 - 50.2		13,700	31.9	13.9 - 49.8	400	47.4	43.9 - 51.0	10,800	49.5	42.2 - 56.9	2,400
Hispanic	27.5	24.7 - 30.3		8,000	44.6	27.9 - 61.4	600	27.2	24.0 - 30.3	6,200	24.2	17.7 - 30.6	1,200
Asian/Pacific Islander	16.3	13.6 - 19.0		4,700	--			16.4	13.3 - 19.5	3,700	19.6	13.1 - 26.1	900
Black	8.4	7.3 - 9.4		2,400	19.9*	5.1 - 34.7	300	8.2	6.9 - 9.4	1,900	6.1	3.3 - 8.9	300
Born outside the U.S.	28.7	25.5 - 31.8		8,400	11.3*	1.1 - 21.4	200	27.4	23.8 - 30.9	6,300	39.4	31.8 - 47.0	1,900
Speaks non-English language at home	22.5	19.6 - 25.4		6,400	10.7*	2.0 - 19.4	100	22.6	19.3 - 25.9	5,100	24.9	17.9 - 31.9	1,200
Lives in a high poverty neighborhood	38.2	35.0 - 41.4		10,900	46.0	28.1 - 63.9	600	39.3	35.7 - 42.9	8,800	30.8	23.1 - 38.5	1,500

-- 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 Greater Sacramento Region was 2,371. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the region in 2013-2015. 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, Greater Sacramento Region by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			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		29,200	10.3	8.5 - 12.2	3,000	18.9	16.8 - 21.1	5,400	32.5	29.5 - 35.6	9,300	38.2	35.0 - 41.4	10,900
Health Status before Pregnancy															
In good to excellent health	92.3	90.7 - 94.0	26,900	96.1*	92.4 - 99.8	2,800	96.4	94.4 - 98.4	5,200	94.3	91.8 - 96.7	8,800	87.7	84.1 - 91.2	9,600
Chronic conditions															
Diabetes†	2.0	1.2 - 2.7	600	--			1.1*	0.3 - 1.9	<100	1.8*	0.4 - 3.2	200	2.5	1.1 - 4.0	300
Hypertension†	3.8	2.6 - 5.1	1,100	--			3.1*	1.2 - 5.0	200	3.4*	0.9 - 5.9	300	4.6	2.3 - 6.8	500
Asthma†	10.9	9.0 - 12.9	3,200	11.6	6.2 - 17.0	300	11.5	7.3 - 15.8	600	9.8	6.4 - 13.2	900	11.5	8.2 - 14.9	1,200
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.8	29.9 - 35.8	9,600	40.9	31.4 - 50.5	1,200	42.7	36.6 - 48.8	2,300	33.8	28.5 - 39.0	3,100	25.1	20.1 - 30.1	2,700
Overweight before pregnancy	25.0	22.2 - 27.8	7,100	25.3	16.3 - 34.3	700	24.6	18.9 - 30.3	1,300	26.8	21.6 - 32.0	2,400	23.0	18.3 - 27.8	2,400
Obese before pregnancy	21.0	18.3 - 23.6	6,000	10.1	5.1 - 15.2	300	14.4	9.7 - 19.0	800	19.0	14.6 - 23.4	1,700	28.7	23.4 - 34.1	3,000
Inadequate weight gain during pregnancy	15.4	12.9 - 18.0	3,900	14.6	7.3 - 21.9	400	12.4	7.6 - 17.3	600	14.0	10.1 - 17.9	1,100	17.6	12.6 - 22.6	1,600
Excessive weight gain during pregnancy	46.0	42.4 - 49.5	11,700	47.0	36.7 - 57.2	1,300	46.7	40.1 - 53.3	2,200	46.5	40.2 - 52.8	3,800	46.0	39.5 - 52.5	4,200
Food insecurity during pregnancy	13.0	10.9 - 15.2	3,800	5.2*	0.9 - 9.5	200	3.6	2.2 - 5.0	200	12.0	8.5 - 15.4	1,100	19.5	14.9 - 24.0	2,100
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	7.7	6.1 - 9.3	2,200	4.4*	1.1 - 7.7	100	3.9*	1.6 - 6.2	200	6.1	3.9 - 8.3	600	11.4	8.0 - 14.8	1,200
Prenatal depressive symptoms	12.2	10.2 - 14.3	3,600	11.4	5.7 - 17.1	300	6.9	3.6 - 10.2	400	11.3	7.4 - 15.2	1,000	15.7	11.8 - 19.6	1,700
Postpartum depressive symptoms	12.1	10.1 - 14.1	3,500	12.0	6.7 - 17.3	400	10.2	6.2 - 14.2	600	11.7	8.3 - 15.1	1,100	13.1	9.5 - 16.7	1,400
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	27.0	24.2 - 29.9	7,700	16.7	10.4 - 22.9	500	21.4	16.4 - 26.3	1,100	25.9	21.0 - 30.9	2,400	32.5	27.1 - 37.9	3,500
Homeless or did not have a regular place to sleep	3.2	2.1 - 4.2	900	--			1.2*	0.1 - 2.3	<100	3.5*	1.4 - 5.7	300	3.9	2.0 - 5.9	400
Moved due to problems paying rent or mortgage	6.8	5.2 - 8.4	2,000	2.8*	1.0 - 4.7	<100	5.1	2.6 - 7.6	300	5.5	3.3 - 7.6	500	9.4	5.9 - 12.8	1,000
Woman or partner lost job	11.7	9.8 - 13.7	3,400	7.0*	2.8 - 11.2	200	8.6	5.4 - 11.8	500	10.6	7.2 - 14.1	1,000	15.1	11.3 - 19.0	1,600
Woman or partner had pay or hours cut back	11.0	9.1 - 12.9	3,200	9.0	4.2 - 13.8	300	8.1	5.0 - 11.1	400	11.2	8.0 - 14.3	1,000	12.9	9.2 - 16.7	1,400
Became separated or divorced	6.2	4.8 - 7.7	1,800	2.0*	0.6 - 3.4	<100	3.7	1.6 - 5.8	200	6.0	3.5 - 8.4	600	8.7	5.6 - 11.7	900
Had no practical or emotional support	3.3	2.3 - 4.4	1,000	--			2.0*	0.1 - 3.8	100	3.5	1.6 - 5.4	300	3.5	1.8 - 5.2	400
Substance Use															
Any smoking, 3 months before pregnancy	13.3	11.2 - 15.5	3,900	6.3	2.9 - 9.7	200	8.8	5.6 - 12.0	500	14.1	10.1 - 18.1	1,300	16.4	12.3 - 20.6	1,800
Any smoking, 3rd trimester†	4.0	2.8 - 5.3	1,200	--			2.3*	1.0 - 3.7	100	3.0	1.3 - 4.8	300	6.2	3.5 - 8.9	700
Any smoking, postpartum	9.2	7.3 - 11.1	2,700	--			4.7	2.2 - 7.2	300	8.6	5.3 - 12.0	800	12.8	9.0 - 16.7	1,400
Any binge drinking, 3 months before pregnancy	16.4	14.1 - 18.6	4,700	20.3	12.6 - 28.0	600	15.1	10.8 - 19.4	800	20.1	15.6 - 24.5	1,800	12.5	8.8 - 16.1	1,300
Any alcohol use, 3rd trimester†	6.9	5.5 - 8.3	2,000	14.4	7.9 - 21.0	400	9.6	6.2 - 13.1	500	5.8	3.5 - 8.2	500	4.3	2.4 - 6.3	500
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	28.2	25.2 - 31.1	8,200	23.7	14.7 - 32.7	700	18.1	13.4 - 22.8	1,000	25.7	20.6 - 30.7	2,400	36.2	30.5 - 41.9	3,900
Unsure of pregnancy intentions	14.2	12.0 - 16.3	4,100	10.1*	4.0 - 16.2	300	9.0	5.4 - 12.5	500	13.8	10.1 - 17.4	1,300	18.5	14.3 - 22.8	2,000
Postpartum birth control use†	83.6	81.2 - 85.9	23,800	83.3	75.7 - 90.8	2,400	81.7	76.9 - 86.4	4,400	86.3	82.7 - 89.9	7,800	82.2	77.8 - 86.7	8,700
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	81.8	79.3 - 84.3	23,400	82.9	75.8 - 90.0	2,400	86.8	82.7 - 90.9	4,600	80.8	76.1 - 85.5	7,400	79.5	75.0 - 84.1	8,500
Infant always or often shared bed	35.4	32.3 - 38.5	10,200	22.0	15.1 - 28.9	600	30.3	24.4 - 36.2	1,600	37.7	32.0 - 43.5	3,500	38.7	33.1 - 44.3	4,200
Intended to breastfeed, before birth	92.2	90.4 - 94.0	26,500	95.3*	92.1 - 98.5	2,800	96.6	94.6 - 98.5	5,100	92.6	89.0 - 96.1	8,500	89.1	85.7 - 92.4	9,600
Intended to breastfeed exclusively, before birth	72.5	69.5 - 75.4	20,800	83.9	77.7 - 90.2	2,500	83.4	79.0 - 87.8	4,400	73.2	67.8 - 78.6	6,700	63.6	58.0 - 69.2	6,900
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	84.5	82.2 - 86.8	24,200	91.9	88.0 - 95.8	2,700	90.6	86.9 - 94.2	4,700	86.7	82.6 - 90.7	7,900	78.2	73.7 - 82.7	8,400
Exclusive breastfeeding, 1 month after delivery	53.5	50.2 - 56.8	15,000	52.4	42.7 - 62.2	1,500	58.3	51.9 - 64.7	3,000	56.5	50.6 - 62.4	5,000	49.6	43.7 - 55.6	5,200
Any breastfeeding, 3 months after delivery	67.9	64.4 - 71.4	14,500	80.2	71.9 - 88.5	1,600	79.8	73.8 - 85.8	3,000	70.6	64.3 - 77.0	5,000	57.1	50.4 - 63.7	4,600
Exclusive breastfeeding, 3 months after delivery	35.2	31.4 - 39.0	7,400	42.3	31.5 - 53.2	800	48.1	40.5 - 55.7	1,800	34.9	28.3 - 41.6	2,400	27.9	21.2 - 34.5	2,200



MIHA Data Snapshot, Greater Sacramento Region by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			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	72.7	69.8 - 75.7	21,200	81.7	75.1 - 88.3	2,400	79.2	74.0 - 84.4	4,300	72.9	67.5 - 78.4	6,800	67.0	61.5 - 72.5	7,300
Initiated prenatal care in 1st trimester	88.8	86.4 - 91.2	25,400	95.0*	91.7 - 98.3	2,700	90.4	86.5 - 94.3	4,700	91.2	88.1 - 94.4	8,400	84.5	79.3 - 89.8	9,000
Mom or infant needed but couldn't afford care postpartum	10.1	8.2 - 12.0	2,900	5.7*	1.8 - 9.6	200	7.0	3.2 - 10.8	400	9.7	6.5 - 12.8	900	12.3	8.7 - 16.0	1,300
Participated in WIC during pregnancy†	50.3	47.7 - 52.9	14,400	17.9	10.0 - 25.8	500	24.2	18.5 - 29.8	1,300	49.2	43.7 - 54.8	4,500	72.4	67.6 - 77.1	7,800
Received CalFresh (food stamps) during pregnancy	28.3	25.5 - 31.1	8,200	6.2*	2.4 - 9.9	200	8.4	5.5 - 11.3	500	22.5	17.7 - 27.2	2,100	48.6	42.8 - 54.3	5,200
Pre-pregnancy insurance															
Medi-Cal	29.5	26.6 - 32.3	8,600	8.2	3.9 - 12.5	200	11.0	7.2 - 14.7	600	23.4	18.3 - 28.5	2,200	48.9	43.2 - 54.6	5,300
Uninsured	16.3	14.0 - 18.7	4,700	7.4*	2.9 - 11.8	200	9.9	5.8 - 14.1	500	19.2	14.7 - 23.7	1,800	19.4	14.7 - 24.1	2,100
Private	51.2	48.4 - 53.9	14,900	83.1	77.0 - 89.2	2,500	75.9	70.6 - 81.1	4,100	53.1	47.5 - 58.7	4,900	29.8	24.8 - 34.7	3,200
Prenatal insurance															
Medi-Cal	48.9	46.2 - 51.6	14,200	16.5	10.5 - 22.6	500	25.8	20.0 - 31.5	1,400	45.8	40.2 - 51.4	4,200	71.0	66.1 - 76.0	7,700
Uninsured	0.4*	0.1 - 0.6	100	--	--	--	--	--	--	--	--	--	--	--	--
Private	47.1	44.5 - 49.8	13,700	80.5	74.0 - 87.0	2,400	69.7	63.9 - 75.5	3,800	47.8	42.3 - 53.2	4,400	27.6	22.7 - 32.5	3,000
Maternal postpartum insurance															
Medi-Cal	39.8	37.0 - 42.7	11,600	11.7	6.5 - 17.0	300	16.1	11.9 - 20.3	900	37.6	32.0 - 43.2	3,500	60.9	55.5 - 66.3	6,600
Uninsured	9.8	7.9 - 11.7	2,900	4.0*	0.5 - 7.6	100	10.7	5.7 - 15.6	600	9.1	5.9 - 12.3	800	11.2	7.8 - 14.5	1,200
Private	48.3	45.6 - 51.0	14,000	83.0	76.8 - 89.3	2,500	71.0	65.3 - 76.7	3,800	50.4	44.8 - 56.1	4,600	26.9	22.1 - 31.8	2,900
Infant health insurance															
Medi-Cal	51.7	48.9 - 54.6	14,800	19.5	12.8 - 26.3	600	29.5	23.6 - 35.4	1,600	48.8	43.0 - 54.5	4,500	73.5	68.6 - 78.3	7,900
Uninsured	1.8	1.0 - 2.5	500	--	--	--	--	--	--	1.3*	0.5 - 2.1	100	2.6*	1.0 - 4.2	300
Private	43.7	40.9 - 46.4	12,500	76.7	69.3 - 84.0	2,200	66.5	60.6 - 72.4	3,500	45.2	39.6 - 50.9	4,100	23.2	18.5 - 27.8	2,500
Maternal Demographics															
Age															
15-19	4.7	3.1 - 6.2	1,400	--	--	--	1.6*	0.3 - 2.9	<100	5.1	2.4 - 7.8	500	5.5	2.7 - 8.4	600
20-34	78.4	75.8 - 81.1	22,900	75.1	66.2 - 84.1	2,200	77.9	72.8 - 83.1	4,200	77.2	72.7 - 81.8	7,200	80.8	76.1 - 85.6	8,800
35+	16.9	14.6 - 19.2	4,900	19.8	12.5 - 27.1	600	20.4	15.4 - 25.5	1,100	17.7	13.8 - 21.6	1,600	13.6	9.6 - 17.7	1,500
Did not complete high school (or GED)	10.8	8.7 - 12.8	3,100	1.2*	0.2 - 2.2	<100	3.7	1.7 - 5.7	200	8.9	5.1 - 12.6	800	18.7	14.3 - 23.0	2,000
Unmarried	38.6	35.6 - 41.6	11,200	20.6	11.8 - 29.3	600	23.7	18.3 - 29.1	1,300	36.9	31.2 - 42.5	3,400	51.4	45.6 - 57.1	5,600
Race/Ethnicity															
White	47.1	43.9 - 50.2	13,700	64.9	55.5 - 74.3	1,900	64.6	58.4 - 70.8	3,500	50.4	44.5 - 56.2	4,700	31.0	25.4 - 36.6	3,300
Hispanic	27.5	24.7 - 30.3	8,000	14.5	8.2 - 20.8	400	14.1	9.9 - 18.3	800	27.1	22.0 - 32.2	2,500	37.0	31.7 - 42.3	4,000
Asian/Pacific Islander	16.3	13.6 - 19.0	4,700	18.1	9.5 - 26.6	500	18.1	12.5 - 23.7	1,000	13.7	9.1 - 18.2	1,300	17.9	12.9 - 22.9	1,900
Black	8.4	7.3 - 9.4	2,400	1.9*	0.3 - 3.4	<100	2.8	1.2 - 4.4	200	8.4	5.2 - 11.6	800	13.0	10.6 - 15.4	1,400
Born outside the U.S.	28.7	25.5 - 31.8	8,400	20.5	12.5 - 28.4	600	22.4	16.5 - 28.3	1,200	26.9	21.3 - 32.5	2,500	35.3	29.5 - 41.0	3,900
Speaks non-English language at home	22.5	19.6 - 25.4	6,400	12.4	5.8 - 19.0	400	17.6	12.0 - 23.2	900	17.7	13.3 - 22.1	1,600	31.4	25.8 - 37.1	3,400
Income as a percent of the Federal Poverty Guideline															
0-100%	38.2	35.2 - 41.2	10,400	11.7	6.6 - 16.8	300	12.8	8.7 - 16.9	700	35.9	30.3 - 41.4	3,100	59.6	53.8 - 65.4	6,000
101-200%	20.6	17.9 - 23.4	5,600	14.3	5.9 - 22.6	400	20.8	15.2 - 26.3	1,100	23.0	18.0 - 28.0	2,000	20.6	15.7 - 25.5	2,100
> 200%	41.2	38.6 - 43.8	11,200	74.1	65.2 - 83.0	2,100	66.4	60.5 - 72.4	3,400	41.1	35.7 - 46.4	3,500	19.8	15.3 - 24.3	2,000

-- 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 Greater Sacramento Region was 2,371. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the region in 2013-2015. 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, Greater Sacramento Region by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		29,200	48.9	46.2 - 51.6	14,200	47.1	44.5 - 49.8	13,700
Health Status before Pregnancy									
In good to excellent health	92.3	90.7 - 94.0	26,900	88.2	85.3 - 91.0	12,500	96.7	94.9 - 98.4	13,300
Chronic conditions									
Diabetes†	2.0	1.2 - 2.7	600	2.5	1.3 - 3.7	400	1.4 *	0.4 - 2.5	200
Hypertension†	3.8	2.6 - 5.1	1,100	5.3	3.1 - 7.6	700	2.4	1.1 - 3.7	300
Asthma†	10.9	9.0 - 12.9	3,200	11.7	8.7 - 14.7	1,600	10.5	7.9 - 13.1	1,400
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.8	29.9 - 35.8	9,600	23.0	18.9 - 27.0	3,300	43.0	38.7 - 47.4	5,900
Overweight before pregnancy	25.0	22.2 - 27.8	7,100	26.3	21.9 - 30.6	3,600	23.5	19.6 - 27.4	3,200
Obese before pregnancy	21.0	18.3 - 23.6	6,000	24.6	20.3 - 28.8	3,300	18.7	15.1 - 22.4	2,600
Inadequate weight gain during pregnancy	15.4	12.9 - 18.0	3,900	16.4	12.3 - 20.5	2,000	14.4	11.1 - 17.8	1,800
Excessive weight gain during pregnancy	46.0	42.4 - 49.5	11,700	48.1	42.5 - 53.6	5,800	44.5	39.8 - 49.1	5,500
Food insecurity during pregnancy	13.0	10.9 - 15.2	3,800	22.4	18.4 - 26.4	3,100	4.3	2.5 - 6.0	600
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	7.7	6.1 - 9.3	2,200	12.3	9.3 - 15.2	1,700	3.6	2.1 - 5.1	500
Prenatal depressive symptoms	12.2	10.2 - 14.3	3,600	19.3	15.5 - 23.1	2,700	5.1	3.5 - 6.8	700
Postpartum depressive symptoms	12.1	10.1 - 14.1	3,500	17.0	13.4 - 20.5	2,400	7.4	5.5 - 9.4	1,000
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	27.0	24.2 - 29.9	7,700	32.8	28.2 - 37.3	4,600	21.3	17.7 - 25.0	2,900
Homeless or did not have a regular place to sleep	3.2	2.1 - 4.2	900	6.0	3.9 - 8.1	800	0.2 *	0.0 - 0.4	<100
Moved due to problems paying rent or mortgage	6.8	5.2 - 8.4	2,000	11.7	8.7 - 14.8	1,700	1.9	0.9 - 2.9	300
Woman or partner lost job	11.7	9.8 - 13.7	3,400	18.4	14.8 - 22.0	2,600	4.4	2.8 - 6.0	600
Woman or partner had pay or hours cut back	11.0	9.1 - 12.9	3,200	15.9	12.6 - 19.3	2,300	6.1	4.2 - 7.9	800
Became separated or divorced	6.2	4.8 - 7.7	1,800	10.6	7.9 - 13.3	1,500	1.9 *	0.8 - 3.1	300
Had no practical or emotional support	3.3	2.3 - 4.4	1,000	4.3	2.6 - 5.9	600	2.2 *	0.8 - 3.5	300
Substance Use									
Any smoking, 3 months before pregnancy	13.3	11.2 - 15.5	3,900	19.3	15.6 - 23.0	2,700	7.1	4.9 - 9.3	1,000
Any smoking, 3rd trimester†	4.0	2.8 - 5.3	1,200	6.6	4.3 - 8.8	900	1.4 *	0.4 - 2.5	200
Any smoking, postpartum	9.2	7.3 - 11.1	2,700	14.7	11.3 - 18.2	2,100	3.7	1.9 - 5.4	500
Any binge drinking, 3 months before pregnancy	16.4	14.1 - 18.6	4,700	12.2	9.2 - 15.2	1,700	20.4	16.9 - 23.9	2,800
Any alcohol use, 3rd trimester†	6.9	5.5 - 8.3	2,000	3.1	1.7 - 4.6	400	10.9	8.4 - 13.4	1,500
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	28.2	25.2 - 31.1	8,200	37.7	32.8 - 42.6	5,300	18.4	14.9 - 21.9	2,500
Unsure of pregnancy intentions	14.2	12.0 - 16.3	4,100	20.6	16.8 - 24.4	2,900	7.9	5.6 - 10.2	1,100
Postpartum birth control use†	83.6	81.2 - 85.9	23,800	83.5	79.9 - 87.0	11,500	83.5	80.2 - 86.7	11,200
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	81.8	79.3 - 84.3	23,400	78.1	74.0 - 82.2	10,900	85.8	82.7 - 89.0	11,600
Infant always or often shared bed	35.4	32.3 - 38.5	10,200	42.7	37.7 - 47.7	6,000	27.2	23.4 - 31.0	3,700
Intended to breastfeed, before birth	92.2	90.4 - 94.0	26,500	88.9	85.7 - 92.2	12,400	95.6	93.8 - 97.3	13,000
Intended to breastfeed exclusively, before birth	72.5	69.5 - 75.4	20,800	63.9	59.0 - 68.7	8,900	80.0	76.4 - 83.7	10,900
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	84.5	82.2 - 86.8	24,200	80.0	76.3 - 83.7	11,200	90.0	87.2 - 92.8	12,100
Exclusive breastfeeding, 1 month after delivery	53.5	50.2 - 56.8	15,000	48.8	43.7 - 53.9	6,600	58.7	54.3 - 63.1	7,900
Any breastfeeding, 3 months after delivery	67.9	64.4 - 71.4	14,500	60.3	54.8 - 65.7	6,600	77.1	72.4 - 81.9	7,200
Exclusive breastfeeding, 3 months after delivery	35.2	31.4 - 39.0	7,400	28.8	23.0 - 34.6	3,100	42.5	37.4 - 47.6	3,900



MIHA Data Snapshot, Greater Sacramento Region by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region				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	72.7	69.8	- 75.7	21,200	60.6	55.7	- 65.5	8,600	86.2	83.2	- 89.2	11,800
Initiated prenatal care in 1st trimester	88.8	86.4	- 91.2	25,400	81.1	76.6	- 85.5	11,300	97.0	95.3	- 98.6	13,100
Mom or infant needed but couldn't afford care postpartum	10.1	8.2	- 12.0	2,900	16.1	12.6	- 19.5	2,200	3.7	2.1	- 5.4	500
Participated in WIC during pregnancy†	50.3	47.7	- 52.9	14,400	82.9	79.7	- 86.0	11,600	16.1	12.7	- 19.5	2,200
Received CalFresh (food stamps) during pregnancy	28.3	25.5	- 31.1	8,200	55.3	50.5	- 60.2	7,800	1.9	0.8	- 3.0	300
Pre-pregnancy insurance												
Medi-Cal	29.5	26.6	- 32.3	8,600	60.1	55.4	- 64.8	8,600	0.1 *	0.0	- 0.2	<100
Uninsured	16.3	14.0	- 18.7	4,700	28.9	24.7	- 33.2	4,100	1.9 *	0.4	- 3.4	300
Private	51.2	48.4	- 53.9	14,900	9.0	6.2	- 11.7	1,300	97.8 *	96.3	- 99.4	13,400
Maternal postpartum insurance												
Medi-Cal	39.8	37.0	- 42.7	11,600	78.2	74.3	- 82.1	11,100	2.8	1.3	- 4.3	400
Uninsured	9.8	7.9	- 11.7	2,900	15.9	12.5	- 19.3	2,300	1.8 *	0.5	- 3.1	300
Private	48.3	45.6	- 51.0	14,000	5.8	3.6	- 8.0	800	94.9	92.9	- 97.0	13,000
Infant health insurance												
Medi-Cal	51.7	48.9	- 54.6	14,800	91.9	89.4	- 94.4	12,800	11.1	8.3	- 13.9	1,500
Uninsured	1.8	1.0	- 2.5	500	2.6	1.2	- 3.9	400	1.0 *	0.3	- 1.6	100
Private	43.7	40.9	- 46.4	12,500	5.2	3.1	- 7.4	700	86.1	82.9	- 89.2	11,700
Maternal Demographics												
Age												
15-19	4.7	3.1	- 6.2	1,400	7.0	4.3	- 9.7	1,000	2.3 *	0.5	- 4.1	300
20-34	78.4	75.8	- 81.1	22,900	81.9	78.2	- 85.6	11,700	74.0	69.9	- 78.1	10,200
35+	16.9	14.6	- 19.2	4,900	11.1	8.3	- 13.9	1,600	23.7	19.8	- 27.5	3,300
Did not complete high school (or GED)	10.8	8.7	- 12.8	3,100	19.6	15.8	- 23.5	2,700	2.4 *	0.9	- 4.0	300
Unmarried	38.6	35.6	- 41.6	11,200	60.6	55.5	- 65.6	8,500	18.1	14.4	- 21.7	2,500
Race/Ethnicity												
White	47.1	43.9	- 50.2	13,700	33.0	28.1	- 37.8	4,700	61.0	56.6	- 65.4	8,300
Hispanic	27.5	24.7	- 30.3	8,000	39.5	34.9	- 44.2	5,600	15.1	11.9	- 18.3	2,000
Asian/Pacific Islander	16.3	13.6	- 19.0	4,700	13.2	9.2	- 17.1	1,900	20.0	16.1	- 23.9	2,700
Black	8.4	7.3	- 9.4	2,400	13.2	11.0	- 15.3	1,900	3.6	2.3	- 4.8	500
Born outside the U.S.	28.7	25.5	- 31.8	8,400	36.3	31.4	- 41.3	5,200	21.2	17.2	- 25.1	2,900
Speaks non-English language at home	22.5	19.6	- 25.4	6,400	31.5	26.6	- 36.3	4,400	13.7	10.4	- 17.0	1,900
Lives in a high poverty neighborhood	38.2	35.0	- 41.4	10,900	55.8	50.9	- 60.7	7,700	22.1	18.1	- 26.1	3,000
Income as a percent of the Federal Poverty Guideline												
0-100%	38.2	35.2	- 41.2	10,400	72.2	67.7	- 76.8	9,300	5.6	3.4	- 7.8	700
101-200%	20.6	17.9	- 23.4	5,600	23.9	19.5	- 28.3	3,100	16.7	13.2	- 20.3	2,200
> 200%	41.2	38.6	- 43.8	11,200	3.9	2.1	- 5.7	500	77.7	73.9	- 81.5	10,300

-- 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 Greater Sacramento Region was 2,371. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the region in 2013-2015. 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, Greater Sacramento Region by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		29,200	27.5	24.7 - 30.3	8,000	8.4	7.3 - 9.4	2,400	47.1	43.9 - 50.2	13,700	16.3	13.6 - 19.0	4,700
Health Status before Pregnancy															
In good to excellent health	92.3	90.7 - 94.0	26,900	86.0	81.9 - 90.0	6,800	92.3 *	86.3 - 98.3	2,200	95.9	94.3 - 97.4	13,100	92.5 *	87.7 - 97.4	4,400
Chronic conditions															
Diabetes†	2.0	1.2 - 2.7	600	2.4	1.1 - 3.7	200	--			0.8 *	0.1 - 1.6	100	3.7 *	0.7 - 6.8	200
Hypertension†	3.8	2.6 - 5.1	1,100	3.6	1.7 - 5.6	300	13.1 *	4.4 - 21.8	300	2.6	1.2 - 4.1	400	--		
Asthma†	10.9	9.0 - 12.9	3,200	8.8	5.5 - 12.0	700	20.0	10.7 - 29.2	500	13.3	10.3 - 16.3	1,800	3.2 *	0.2 - 6.1	200
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.8	29.9 - 35.8	9,600	28.3	22.8 - 33.7	2,300	23.9	14.9 - 33.0	600	36.6	32.4 - 40.9	5,000	32.4	23.9 - 40.9	1,500
Overweight before pregnancy	25.0	22.2 - 27.8	7,100	30.6	24.9 - 36.3	2,300	25.7	16.3 - 35.1	600	24.8	20.6 - 28.9	3,400	16.5	9.5 - 23.5	800
Obese before pregnancy	21.0	18.3 - 23.6	6,000	28.2	22.4 - 33.9	2,100	23.6	14.8 - 32.4	600	19.9	16.1 - 23.8	2,700	11.5	5.7 - 17.3	500
Inadequate weight gain during pregnancy	15.4	12.9 - 18.0	3,900	18.6	13.3 - 23.8	1,200	11.8	4.9 - 18.7	200	12.1	8.7 - 15.4	1,500	21.7	13.8 - 29.6	900
Excessive weight gain during pregnancy	46.0	42.4 - 49.5	11,700	41.8	35.3 - 48.4	2,700	47.9	36.2 - 59.6	1,000	52.0	47.1 - 57.0	6,400	34.8	25.3 - 44.3	1,500
Food insecurity during pregnancy	13.0	10.9 - 15.2	3,800	19.9	15.0 - 24.7	1,600	14.5	8.3 - 20.7	300	10.5	7.6 - 13.4	1,400	8.0 *	2.8 - 13.1	400
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	7.7	6.1 - 9.3	2,200	10.8	7.1 - 14.5	900	12.9	7.3 - 18.5	300	4.8	3.0 - 6.6	600	8.1	3.4 - 12.9	400
Prenatal depressive symptoms	12.2	10.2 - 14.3	3,600	16.6	12.2 - 21.1	1,300	22.1	13.1 - 31.1	500	8.9	6.3 - 11.5	1,200	9.8	4.4 - 15.2	500
Postpartum depressive symptoms	12.1	10.1 - 14.1	3,500	17.5	12.9 - 22.1	1,400	13.2	6.7 - 19.8	300	10.9	8.2 - 13.5	1,500	5.9 *	2.1 - 9.7	300
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	27.0	24.2 - 29.9	7,700	35.2	29.3 - 41.1	2,700	32.1	23.1 - 41.1	700	25.7	21.8 - 29.6	3,500	12.2	5.8 - 18.6	600
Homeless or did not have a regular place to sleep	3.2	2.1 - 4.2	900	3.3 *	1.2 - 5.4	300	8.9	4.1 - 13.7	200	2.4 *	1.0 - 3.8	300	--		
Moved due to problems paying rent or mortgage	6.8	5.2 - 8.4	2,000	7.9	4.7 - 11.1	600	12.6	5.7 - 19.6	300	6.8	4.5 - 9.1	900	--		
Woman or partner lost job	11.7	9.8 - 13.7	3,400	15.9	11.5 - 20.4	1,300	20.8	13.0 - 28.6	500	9.9	7.2 - 12.6	1,300	5.3 *	1.6 - 8.9	200
Woman or partner had pay or hours cut back	11.0	9.1 - 12.9	3,200	14.7	10.4 - 19.0	1,200	21.8	13.5 - 30.1	500	9.3	6.9 - 11.8	1,300	4.1 *	0.8 - 7.4	200
Became separated or divorced	6.2	4.8 - 7.7	1,800	7.2	4.7 - 9.8	600	14.0	7.5 - 20.5	300	3.6	2.1 - 5.1	500	7.8 *	2.3 - 13.4	400
Had no practical or emotional support	3.3	2.3 - 4.4	1,000	4.5	2.5 - 6.4	400	--			2.5 *	1.0 - 4.0	300	3.5 *	0.5 - 6.5	200
Substance Use															
Any smoking, 3 months before pregnancy	13.3	11.2 - 15.5	3,900	9.4	5.8 - 12.9	700	16.8	10.0 - 23.6	400	18.3	14.6 - 21.9	2,500	3.8 *	0.3 - 7.2	200
Any smoking, 3rd trimester†	4.0	2.8 - 5.3	1,200	1.6 *	0.2 - 3.0	100	8.5 *	3.3 - 13.7	200	5.7	3.4 - 7.9	800	--		
Any smoking, postpartum	9.2	7.3 - 11.1	2,700	6.6	3.3 - 9.8	500	14.8	8.2 - 21.3	400	12.2	9.0 - 15.5	1,700	--		
Any binge drinking, 3 months before pregnancy	16.4	14.1 - 18.6	4,700	13.8	9.7 - 17.8	1,100	11.2	5.6 - 16.8	300	22.2	18.5 - 25.9	3,000	7.0 *	2.8 - 11.1	300
Any alcohol use, 3rd trimester†	6.9	5.5 - 8.3	2,000	3.4 *	1.4 - 5.4	300	3.5 *	0.7 - 6.4	<100	11.2	8.6 - 13.7	1,500	--		
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	28.2	25.2 - 31.1	8,200	38.0	32.2 - 43.9	3,000	38.1	27.4 - 48.8	900	21.6	17.6 - 25.6	2,900	26.0	17.2 - 34.8	1,200
Unsure of pregnancy intentions	14.2	12.0 - 16.3	4,100	13.5	9.7 - 17.3	1,100	25.9	17.4 - 34.3	600	12.6	9.5 - 15.7	1,700	14.4	8.1 - 20.6	700
Postpartum birth control use†	83.6	81.2 - 85.9	23,800	86.4	82.4 - 90.4	6,800	77.1	69.0 - 85.1	1,800	85.9	82.9 - 88.9	11,500	74.9	66.7 - 83.1	3,400
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	81.8	79.3 - 84.3	23,400	80.7	75.8 - 85.5	6,300	61.9	51.0 - 72.8	1,400	85.9	82.9 - 88.8	11,600	81.0	73.1 - 89.0	3,700
Infant always or often shared bed	35.4	32.3 - 38.5	10,200	37.0	31.3 - 42.8	2,900	61.2	51.1 - 71.2	1,400	26.9	22.9 - 30.9	3,600	46.0	36.5 - 55.5	2,100
Intended to breastfeed, before birth	92.2	90.4 - 94.0	26,500	92.0	88.4 - 95.5	7,300	85.5	77.2 - 93.9	2,000	93.1	90.6 - 95.5	12,600	93.2 *	89.1 - 97.3	4,300
Intended to breastfeed exclusively, before birth	72.5	69.5 - 75.4	20,800	65.6	59.9 - 71.3	5,200	55.8	45.1 - 66.6	1,300	83.1	79.7 - 86.5	11,200	60.5	51.0 - 70.0	2,800
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	84.5	82.2 - 86.8	24,200	82.6	78.0 - 87.2	6,500	84.0	77.5 - 90.4	1,900	86.1	82.9 - 89.3	11,600	83.5	76.6 - 90.3	3,900
Exclusive breastfeeding, 1 month after delivery	53.5	50.2 - 56.8	15,000	47.2	41.1 - 53.3	3,700	56.8	46.9 - 66.8	1,300	60.5	56.0 - 65.1	8,000	41.9	32.3 - 51.6	1,900
Any breastfeeding, 3 months after delivery	67.9	64.4 - 71.4	14,500	62.4	55.9 - 69.0	3,900	48.9	37.4 - 60.4	900	74.1	69.3 - 78.9	7,200	71.5	61.1 - 81.8	2,300
Exclusive breastfeeding, 3 months after delivery	35.2	31.4 - 39.0	7,400	24.9	19.2 - 30.7	1,600	27.6	17.5 - 37.7	500	46.9	41.1 - 52.8	4,500	25.8	16.1 - 35.6	800



MIHA Data Snapshot, Greater Sacramento Region by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			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	72.7	69.8 - 75.7	21,200	67.5	62.0 - 73.0	5,400	84.2	77.8 - 90.7	2,000	74.1	69.8 - 78.3	10,100	70.7	61.8 - 79.6	3,300
Initiated prenatal care in 1st trimester	88.8	86.4 - 91.2	25,400	85.9	81.8 - 90.1	6,700	90.7	85.7 - 95.6	2,100	90.4	87.0 - 93.8	12,300	87.7*	79.4 - 96.1	3,900
Mom or infant needed but couldn't afford care postpartum	10.1	8.2 - 12.0	2,900	14.5	10.2 - 18.8	1,100	9.8	4.1 - 15.4	200	8.0	5.5 - 10.4	1,100	9.2*	3.7 - 14.6	400
Participated in WIC during pregnancy†	50.3	47.7 - 52.9	14,400	73.7	68.6 - 78.8	5,700	77.1	69.8 - 84.4	1,900	33.6	28.9 - 38.3	4,500	46.1	36.8 - 55.3	2,100
Received CalFresh (food stamps) during pregnancy	28.3	25.5 - 31.1	8,200	40.1	34.2 - 46.1	3,200	57.0	47.1 - 67.0	1,400	21.7	17.4 - 25.9	2,900	12.2	5.4 - 18.9	600
Pre-pregnancy insurance															
Medi-Cal	29.5	26.6 - 32.3	8,600	43.2	37.3 - 49.0	3,400	60.6	50.9 - 70.4	1,500	19.5	15.1 - 23.8	2,600	18.1	11.1 - 25.2	800
Uninsured	16.3	14.0 - 18.7	4,700	23.2	18.2 - 28.2	1,800	9.8	4.8 - 14.8	200	13.7	10.5 - 17.0	1,900	16.3	8.1 - 24.5	800
Private	51.2	48.4 - 53.9	14,900	30.0	24.7 - 35.2	2,400	26.4	17.1 - 35.8	600	63.2	58.6 - 67.7	8,600	65.2	56.0 - 74.3	3,000
Prenatal insurance															
Medi-Cal	48.9	46.2 - 51.6	14,200	70.5	65.2 - 75.9	5,600	77.0	69.6 - 84.4	1,900	34.5	29.9 - 39.0	4,700	39.6	30.3 - 48.9	1,900
Uninsured	0.4*	0.1 - 0.6	100	--	--	--	--	--	--	0.2*	0.0 - 0.5	<100	--	--	--
Private	47.1	44.5 - 49.8	13,700	25.7	20.6 - 30.7	2,000	19.8	12.8 - 26.9	500	60.9	56.4 - 65.4	8,300	57.3	48.0 - 66.6	2,700
Maternal postpartum insurance															
Medi-Cal	39.8	37.0 - 42.7	11,600	54.4	48.6 - 60.3	4,300	68.1	58.3 - 78.0	1,600	29.8	25.1 - 34.4	4,000	29.4	20.4 - 38.5	1,400
Uninsured	9.8	7.9 - 11.7	2,900	17.0	12.6 - 21.5	1,400	5.1*	0.7 - 9.6	100	7.3	4.9 - 9.7	1,000	7.6*	2.4 - 12.7	400
Private	48.3	45.6 - 51.0	14,000	26.9	21.8 - 32.0	2,100	22.8	14.1 - 31.5	500	60.8	56.2 - 65.3	8,300	61.2	51.9 - 70.5	2,900
Infant health insurance															
Medi-Cal	51.7	48.9 - 54.6	14,800	73.4	68.2 - 78.6	5,800	75.3	66.8 - 83.8	1,700	36.8	32.2 - 41.5	5,000	47.1	37.7 - 56.5	2,200
Uninsured	1.8	1.0 - 2.5	500	2.3*	0.7 - 3.9	200	--	--	--	1.6	0.7 - 2.4	200	--	--	--
Private	43.7	40.9 - 46.4	12,500	23.0	18.0 - 28.0	1,800	15.6	9.3 - 21.8	400	58.3	53.6 - 62.9	7,900	49.3	40.1 - 58.5	2,300
Maternal Demographics															
Age															
15-19	4.7	3.1 - 6.2	1,400	7.6	4.5 - 10.7	600	11.1*	2.3 - 20.0	300	3.2*	0.9 - 5.4	400	--	--	--
20-34	78.4	75.8 - 81.1	22,900	77.8	72.9 - 82.7	6,200	76.8	67.3 - 86.3	1,900	79.4	75.7 - 83.1	10,800	79.2	72.1 - 86.3	3,700
35+	16.9	14.6 - 19.2	4,900	14.6	10.4 - 18.7	1,200	12.1	6.4 - 17.7	300	17.4	14.2 - 20.7	2,400	19.9	13.0 - 26.9	900
Did not complete high school (or GED)	10.8	8.7 - 12.8	3,100	22.6	17.4 - 27.9	1,800	18.5	9.2 - 27.9	400	4.4	2.5 - 6.4	600	4.8*	1.1 - 8.6	200
Unmarried	38.6	35.6 - 41.6	11,200	54.6	48.7 - 60.6	4,300	63.3	53.0 - 73.6	1,500	27.4	23.3 - 31.6	3,700	31.8	22.5 - 41.0	1,500
Born outside the U.S.	28.7	25.5 - 31.8	8,400	37.2	31.5 - 42.9	3,000	6.6*	1.6 - 11.5	200	14.3	9.9 - 18.6	1,900	66.6	57.6 - 75.5	3,200
Speaks non-English language at home	22.5	19.6 - 25.4	6,400	33.2	27.6 - 38.8	2,600	6.3*	1.6 - 11.0	200	9.1	5.4 - 12.7	1,200	53.7	44.1 - 63.2	2,400
Lives in a high poverty neighborhood	38.2	35.0 - 41.4	10,900	52.0	46.0 - 57.9	4,000	58.8	48.4 - 69.2	1,400	25.0	20.3 - 29.6	3,300	41.1	31.7 - 50.5	1,900
Income as a percent of the Federal Poverty Guideline															
0-100%	38.2	35.2 - 41.2	10,400	60.6	54.5 - 66.7	4,400	60.4	50.4 - 70.4	1,300	26.2	21.7 - 30.8	3,400	26.2	17.4 - 35.0	1,200
101-200%	20.6	17.9 - 23.4	5,600	20.9	15.7 - 26.0	1,500	25.9	16.7 - 35.1	600	18.4	14.8 - 22.0	2,400	25.1	16.2 - 34.1	1,100
> 200%	41.2	38.6 - 43.8	11,200	18.5	13.8 - 23.2	1,300	13.7	7.4 - 19.9	300	55.4	50.9 - 59.8	7,200	48.7	39.4 - 57.9	2,200

-- 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 Greater Sacramento Region was 2,371. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the region in 2013-2015. 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, Greater Sacramento Region by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		29,200	37.6	34.4 - 40.7	11,000	62.4	59.3 - 65.6	18,200
Health Status before Pregnancy									
In good to excellent health	92.3	90.7 - 94.0	26,900	94.6	92.5 - 96.8	10,400	91.0	88.7 - 93.2	16,600
Chronic conditions									
Diabetes†	2.0	1.2 - 2.7	600	1.5 *	0.3 - 2.7	200	2.2	1.3 - 3.2	400
Hypertension†	3.8	2.6 - 5.1	1,100	3.6 *	1.4 - 5.8	400	3.9	2.4 - 5.4	700
Asthma†	10.9	9.0 - 12.9	3,200	10.8	7.8 - 13.7	1,200	11.0	8.5 - 13.5	2,000
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.8	29.9 - 35.8	9,600	36.2	31.2 - 41.1	4,000	30.9	27.1 - 34.6	5,600
Overweight before pregnancy	25.0	22.2 - 27.8	7,100	19.2	15.0 - 23.3	2,100	28.6	24.8 - 32.3	5,000
Obese before pregnancy	21.0	18.3 - 23.6	6,000	17.5	13.5 - 21.5	1,900	23.1	19.5 - 26.6	4,100
Inadequate weight gain during pregnancy	15.4	12.9 - 18.0	3,900	12.9	8.9 - 17.0	1,200	17.0	13.6 - 20.3	2,700
Excessive weight gain during pregnancy	46.0	42.4 - 49.5	11,700	52.8	47.1 - 58.5	5,100	41.8	37.4 - 46.3	6,600
Food insecurity during pregnancy	13.0	10.9 - 15.2	3,800	11.3	8.0 - 14.6	1,200	14.0	11.3 - 16.8	2,600
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	7.7	6.1 - 9.3	2,200	8.1	5.6 - 10.7	900	7.4	5.4 - 9.5	1,300
Prenatal depressive symptoms	12.2	10.2 - 14.3	3,600	9.8	6.6 - 13.1	1,100	13.7	11.0 - 16.4	2,500
Postpartum depressive symptoms	12.1	10.1 - 14.1	3,500	11.5	8.4 - 14.5	1,300	12.5	9.9 - 15.1	2,300
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	27.0	24.2 - 29.9	7,700	27.1	22.4 - 31.9	2,900	27.0	23.4 - 30.5	4,800
Homeless or did not have a regular place to sleep	3.2	2.1 - 4.2	900	2.9	1.5 - 4.2	300	3.3	1.8 - 4.8	600
Moved due to problems paying rent or mortgage	6.8	5.2 - 8.4	2,000	6.0	3.8 - 8.3	700	7.2	5.1 - 9.4	1,300
Woman or partner lost job	11.7	9.8 - 13.7	3,400	11.2	8.0 - 14.3	1,200	12.1	9.6 - 14.6	2,200
Woman or partner had pay or hours cut back	11.0	9.1 - 12.9	3,200	9.9	7.1 - 12.8	1,100	11.7	9.2 - 14.1	2,100
Became separated or divorced	6.2	4.8 - 7.7	1,800	5.3	3.1 - 7.5	600	6.8	4.9 - 8.7	1,200
Had no practical or emotional support	3.3	2.3 - 4.4	1,000	1.4 *	0.4 - 2.3	100	4.5	2.9 - 6.1	800
Substance Use									
Any smoking, 3 months before pregnancy	13.3	11.2 - 15.5	3,900	12.0	8.9 - 15.1	1,300	14.1	11.2 - 17.0	2,600
Any smoking, 3rd trimester†	4.0	2.8 - 5.3	1,200	1.9	0.9 - 2.8	200	5.4	3.5 - 7.2	1,000
Any smoking, postpartum	9.2	7.3 - 11.1	2,700	6.2	3.7 - 8.7	700	10.9	8.3 - 13.6	2,000
Any binge drinking, 3 months before pregnancy	16.4	14.1 - 18.6	4,700	18.6	14.8 - 22.4	2,000	15.0	12.2 - 17.9	2,700
Any alcohol use, 3rd trimester†	6.9	5.5 - 8.3	2,000	8.5	5.8 - 11.2	900	6.0	4.4 - 7.6	1,100
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	28.2	25.2 - 31.1	8,200	32.3	27.2 - 37.4	3,500	25.7	22.0 - 29.3	4,600
Unsure of pregnancy intentions	14.2	12.0 - 16.3	4,100	13.9	10.4 - 17.5	1,500	14.3	11.6 - 17.0	2,600
Postpartum birth control use†	83.6	81.2 - 85.9	23,800	80.8	76.6 - 85.0	8,500	85.2	82.5 - 88.0	15,200
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	81.8	79.3 - 84.3	23,400	79.8	75.4 - 84.3	8,600	83.0	80.0 - 85.9	14,900
Infant always or often shared bed	35.4	32.3 - 38.5	10,200	37.1	31.9 - 42.4	4,000	34.4	30.5 - 38.2	6,200
Intended to breastfeed, before birth	92.2	90.4 - 94.0	26,500	96.2	94.5 - 97.9	10,400	89.9	87.2 - 92.5	16,200
Intended to breastfeed exclusively, before birth	72.5	69.5 - 75.4	20,800	78.3	73.8 - 82.8	8,400	69.0	65.1 - 72.9	12,400
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	84.5	82.2 - 86.8	24,200	86.9	83.5 - 90.3	9,300	83.1	80.0 - 86.2	14,900
Exclusive breastfeeding, 1 month after delivery	53.5	50.2 - 56.8	15,000	50.0	44.6 - 55.3	5,300	55.6	51.4 - 59.8	9,700
Any breastfeeding, 3 months after delivery	67.9	64.4 - 71.4	14,500	66.5	60.7 - 72.3	5,200	68.7	64.3 - 73.2	9,300
Exclusive breastfeeding, 3 months after delivery	35.2	31.4 - 39.0	7,400	29.6	24.0 - 35.2	2,300	38.5	33.5 - 43.4	5,100



MIHA Data Snapshot, Greater Sacramento Region by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Greater Sacramento Region				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	72.7	69.8	- 75.7	21,200	67.5	62.6	- 72.4	7,400	75.9	72.1	- 79.6	13,800
Initiated prenatal care in 1st trimester	88.8	86.4	- 91.2	25,400	90.9	87.4	- 94.3	9,700	87.5	84.3	- 90.8	15,700
Mom or infant needed but couldn't afford care postpartum	10.1	8.2	- 12.0	2,900	10.2	7.0	- 13.4	1,100	10.1	7.6	- 12.5	1,800
Participated in WIC during pregnancy†	50.3	47.7	- 52.9	14,400	45.5	40.6	- 50.5	4,900	53.2	49.5	- 56.8	9,500
Received CalFresh (food stamps) during pregnancy	28.3	25.5	- 31.1	8,200	16.5	12.8	- 20.3	1,800	35.3	31.4	- 39.2	6,400
Pre-pregnancy insurance												
Medi-Cal	29.5	26.6	- 32.3	8,600	16.8	13.1	- 20.5	1,800	37.1	33.2	- 41.0	6,700
Uninsured	16.3	14.0	- 18.7	4,700	19.9	15.5	- 24.3	2,200	14.1	11.2	- 17.0	2,600
Private	51.2	48.4	- 53.9	14,900	60.6	55.7	- 65.5	6,600	45.5	41.7	- 49.2	8,200
Prenatal insurance												
Medi-Cal	48.9	46.2	- 51.6	14,200	42.1	37.2	- 47.0	4,600	53.0	49.2	- 56.7	9,600
Uninsured	0.4 *	0.1	- 0.6	100	0.3 *	0.1	- 0.6	<100	0.4 *	0.0	- 0.8	<100
Private	47.1	44.5	- 49.8	13,700	54.9	49.9	- 59.8	6,000	42.5	38.8	- 46.1	7,700
Maternal postpartum insurance												
Medi-Cal	39.8	37.0	- 42.7	11,600	36.3	31.5	- 41.2	4,000	42.0	38.0	- 45.9	7,600
Uninsured	9.8	7.9	- 11.7	2,900	7.2	4.4	- 9.9	800	11.4	8.8	- 14.0	2,100
Private	48.3	45.6	- 51.0	14,000	55.4	50.5	- 60.3	6,100	44.0	40.3	- 47.7	8,000
Infant health insurance												
Medi-Cal	51.7	48.9	- 54.6	14,800	49.5	44.6	- 54.5	5,300	53.1	49.1	- 57.0	9,500
Uninsured	1.8	1.0	- 2.5	500	1.3 *	0.3	- 2.3	100	2.0	1.0	- 3.0	400
Private	43.7	40.9	- 46.4	12,500	47.9	43.0	- 52.8	5,100	41.2	37.4	- 44.9	7,400
Maternal Demographics												
Age												
15-19	4.7	3.1	- 6.2	1,400	11.2	7.3	- 15.1	1,200	0.7 *	0.2	- 1.2	100
20-34	78.4	75.8	- 81.1	22,900	80.8	76.4	- 85.2	8,900	77.0	73.7	- 80.3	14,000
35+	16.9	14.6	- 19.2	4,900	8.0	5.4	- 10.5	900	22.3	19.0	- 25.6	4,100
Did not complete high school (or GED)	10.8	8.7	- 12.8	3,100	5.5	3.4	- 7.6	600	14.0	11.0	- 17.0	2,500
Unmarried	38.6	35.6	- 41.6	11,200	40.7	35.7	- 45.6	4,400	37.4	33.4	- 41.4	6,800
Race/Ethnicity												
White	47.1	43.9	- 50.2	13,700	50.7	45.5	- 55.9	5,500	44.9	40.8	- 48.9	8,100
Hispanic	27.5	24.7	- 30.3	8,000	21.8	17.7	- 25.8	2,400	30.9	27.2	- 34.7	5,600
Asian/Pacific Islander	16.3	13.6	- 19.0	4,700	18.9	14.3	- 23.5	2,100	14.7	11.4	- 18.1	2,700
Black	8.4	7.3	- 9.4	2,400	7.8	5.3	- 10.2	900	8.7	7.1	- 10.3	1,600
Born outside the U.S.	28.7	25.5	- 31.8	8,400	24.9	20.1	- 29.7	2,700	30.9	26.8	- 35.0	5,600
Speaks non-English language at home	22.5	19.6	- 25.4	6,400	20.5	16.1	- 25.0	2,200	23.6	19.8	- 27.4	4,200
Lives in a high poverty neighborhood	38.2	35.0	- 41.4	10,900	33.4	28.2	- 38.6	3,600	41.1	37.0	- 45.3	7,300
Income as a percent of the Federal Poverty Guideline												
0-100%	38.2	35.2	- 41.2	10,400	31.5	26.6	- 36.5	3,200	42.1	38.1	- 46.2	7,200
101-200%	20.6	17.9	- 23.4	5,600	20.1	15.5	- 24.7	2,000	20.9	17.5	- 24.4	3,600
> 200%	41.2	38.6	- 43.8	11,200	48.4	43.4	- 53.3	4,900	36.9	33.4	- 40.4	6,300

-- 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 Greater Sacramento Region was 2,371. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the region in 2013-2015. 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.