



MIHA Data Snapshot, California by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	California			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		487,900	87.6	87.1 - 88.1	411,700	12.4	11.9 - 12.9	58,300
Health Status before Pregnancy									
In good to excellent health	92.0	91.2 - 92.7	448,000	92.2	91.3 - 93.0	378,800	90.8	89.4 - 92.2	52,900
Chronic conditions									
Diabetes†	2.5	2.1 - 3.0	12,200	2.6	2.1 - 3.1	10,500	2.2	1.5 - 2.9	1,300
Hypertension†	2.6	2.3 - 3.0	12,600	2.7	2.2 - 3.1	10,800	2.8	2.1 - 3.4	1,600
Asthma†	8.4	7.6 - 9.1	40,000	8.2	7.4 - 9.0	33,100	9.7	8.3 - 11.1	5,600
Nutrition and Weight									
Daily folic acid use, month before pregnancy	33.8	32.5 - 35.0	164,400	34.5	33.0 - 35.9	141,700	30.3	28.0 - 32.7	17,600
Overweight before pregnancy	25.1	23.8 - 26.3	116,100	24.6	23.2 - 25.9	96,300	27.1	24.8 - 29.3	14,800
Obese before pregnancy	20.1	19.0 - 21.2	93,000	19.8	18.6 - 21.1	77,800	22.5	20.4 - 24.5	12,300
Inadequate weight gain during pregnancy	18.2	17.0 - 19.4	74,300	18.4	17.1 - 19.8	63,900	15.9	13.9 - 17.8	7,600
Excessive weight gain during pregnancy	41.2	39.7 - 42.6	168,100	40.6	39.0 - 42.3	140,900	46.2	43.4 - 49.0	22,100
Food insecurity during pregnancy	15.6	14.6 - 16.5	75,100	15.2	14.1 - 16.2	61,700	16.5	14.8 - 18.2	9,500
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	7.0	6.3 - 7.7	34,000	6.6	5.9 - 7.4	27,200	8.2	6.9 - 9.4	4,700
Prenatal depressive symptoms	14.1	13.1 - 15.0	68,500	14.1	13.0 - 15.2	57,900	14.5	12.6 - 16.4	8,400
Postpartum depressive symptoms	13.5	12.6 - 14.4	65,700	13.4	12.4 - 14.5	55,100	13.5	11.8 - 15.2	7,800
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	24.6	23.4 - 25.7	116,800	24.1	22.8 - 25.4	96,500	27.8	25.6 - 30.0	15,800
Homeless or did not have a regular place to sleep	3.0	2.6 - 3.4	14,500	2.8	2.4 - 3.3	11,500	3.4	2.4 - 4.3	2,000
Moved due to problems paying rent or mortgage	6.4	5.8 - 7.1	31,100	6.4	5.7 - 7.2	26,300	5.9	4.9 - 7.0	3,400
Woman or partner lost job	14.3	13.3 - 15.2	68,700	14.0	12.9 - 15.1	56,800	13.9	12.2 - 15.7	8,000
Woman or partner had pay or hours cut back	11.4	10.5 - 12.2	54,700	11.0	10.1 - 11.9	44,600	11.9	10.5 - 13.3	6,900
Became separated or divorced	7.0	6.3 - 7.7	34,000	6.9	6.1 - 7.7	28,200	7.7	6.4 - 9.0	4,400
Had no practical or emotional support	4.6	4.0 - 5.2	22,500	4.6	3.9 - 5.3	18,900	3.9	3.2 - 4.6	2,300
Substance Use									
Any smoking, 3 months before pregnancy	10.8	9.9 - 11.6	52,100	10.4	9.4 - 11.3	42,400	13.4	11.8 - 15.0	7,700
Any smoking, 3rd trimester†	2.7	2.3 - 3.1	13,200	2.4	2.0 - 2.9	9,900	4.6	3.7 - 5.5	2,700
Any smoking, postpartum	5.4	4.8 - 6.0	26,100	5.0	4.3 - 5.6	20,300	7.8	6.5 - 9.0	4,500
Any binge drinking, 3 months before pregnancy	15.1	14.1 - 16.0	72,600	15.3	14.2 - 16.4	62,100	14.8	13.3 - 16.4	8,500
Any alcohol use, 3rd trimester†	7.3	6.6 - 8.1	35,600	7.7	6.8 - 8.5	31,300	5.9	4.7 - 7.1	3,400
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	30.5	29.3 - 31.8	147,900	30.5	29.1 - 31.9	124,700	30.8	28.6 - 33.0	17,800
Unsure of pregnancy intentions	12.8	11.9 - 13.7	62,100	12.4	11.4 - 13.4	50,500	14.4	12.6 - 16.2	8,300
Postpartum birth control use†	81.0	79.9 - 82.1	386,400	80.4	79.1 - 81.7	323,400	84.1	82.1 - 86.2	48,100
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.3	79.2 - 81.4	384,100	80.4	79.1 - 81.7	324,400	79.3	77.3 - 81.3	45,500
Infant always or often shared bed	34.6	33.3 - 35.9	165,100	33.8	32.3 - 35.3	136,200	38.6	36.3 - 41.0	22,100
Intended to breastfeed, before birth	92.4	91.7 - 93.2	441,900	92.5	91.7 - 93.3	373,000	92.1	90.9 - 93.3	52,800
Intended to breastfeed exclusively, before birth	64.7	63.3 - 66.0	309,100	64.4	62.9 - 65.9	259,800	68.2	66.0 - 70.4	39,100
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	83.8	82.8 - 84.8	397,900	84.0	82.8 - 85.1	336,700	82.5	80.7 - 84.2	46,700
Exclusive breastfeeding, 1 month after delivery	44.2	42.9 - 45.6	206,800	43.2	41.7 - 44.8	170,600	49.2	46.7 - 51.7	27,500
Any breastfeeding, 3 months after delivery	67.3	65.8 - 68.8	252,100	67.6	65.9 - 69.3	213,300	65.7	63.0 - 68.4	29,500
Exclusive breastfeeding, 3 months after delivery	29.1	27.7 - 30.5	107,600	28.2	26.6 - 29.8	88,000	34.4	31.5 - 37.3	15,300



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	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	70.6	69.4 - 71.9		343,800	71.0	69.6 - 72.4		291,300	69.8	67.7 - 71.9		40,600
Initiated prenatal care in 1st trimester	89.4	88.6 - 90.2		428,900	90.0	89.1 - 90.9		364,700	86.7	85.2 - 88.3		49,800
Mom or infant needed but couldn't afford care postpartum	11.5	10.6 - 12.4		54,200	11.2	10.2 - 12.2		44,600	11.4	10.0 - 12.8		6,400
Participated in WIC during pregnancy†	53.4	52.4 - 54.4		254,400	52.0	50.9 - 53.2		208,900	59.6	57.2 - 62.0		33,900
Received CalFresh (food stamps) during pregnancy	25.2	24.1 - 26.2		121,600	24.1	22.9 - 25.3		98,300	30.4	28.2 - 32.6		17,500
Pre-pregnancy insurance												
Medi-Cal	26.7	25.6 - 27.8		129,800	25.2	24.0 - 26.5		103,600	34.1	31.8 - 36.3		19,800
Uninsured	21.6	20.5 - 22.7		105,000	21.2	20.0 - 22.5		87,100	22.9	20.9 - 24.8		13,300
Private	47.8	46.7 - 48.9		232,400	49.8	48.6 - 51.1		204,500	37.4	35.0 - 39.8		21,700
Prenatal insurance												
Medi-Cal	50.1	49.0 - 51.1		243,600	47.9	46.7 - 49.1		196,700	60.7	58.2 - 63.1		35,100
Uninsured	1.6	1.3 - 2.0		7,800	1.6	1.2 - 2.1		6,700	1.2	0.8 - 1.6		700
Private	44.1	43.1 - 45.2		214,700	46.4	45.2 - 47.7		190,600	32.6	30.2 - 34.9		18,800
Maternal postpartum insurance												
Medi-Cal	38.4	37.3 - 39.5		185,700	36.4	35.0 - 37.7		148,300	49.6	47.2 - 52.1		28,700
Uninsured	13.0	12.0 - 13.9		62,600	12.8	11.7 - 13.8		52,100	12.6	11.1 - 14.1		7,300
Private	45.3	44.2 - 46.3		218,800	47.6	46.4 - 48.8		194,100	33.9	31.5 - 36.2		19,600
Infant health insurance												
Medi-Cal	52.8	51.7 - 53.8		251,800	50.7	49.5 - 52.0		204,500	63.1	60.6 - 65.6		36,100
Uninsured	2.8	2.3 - 3.2		13,100	2.6	2.1 - 3.1		10,600	2.6	1.9 - 3.4		1,500
Private	40.9	39.8 - 41.9		195,000	43.1	41.9 - 44.3		173,600	29.7	27.4 - 32.1		17,000
Maternal Demographics												
Age												
15-19	5.4	4.8 - 6.0		26,200	5.1	4.4 - 5.8		21,000	6.8	5.8 - 7.9		4,000
20-34	74.4	73.2 - 75.7		363,200	73.8	72.4 - 75.2		303,800	78.7	76.8 - 80.7		45,900
35+	20.2	19.1 - 21.3		98,500	21.1	19.8 - 22.4		87,000	14.4	12.7 - 16.2		8,400
Did not complete high school (or GED)	16.3	15.3 - 17.3		78,500	15.6	14.5 - 16.8		63,600	17.7	15.9 - 19.5		10,200
Unmarried	40.5	39.2 - 41.7		196,000	39.6	38.2 - 41.0		162,000	43.4	41.0 - 45.8		25,100
Race/Ethnicity												
White	29.3	28.1 - 30.4		140,000	28.3	27.0 - 29.6		114,000	39.8	37.5 - 42.1		22,800
Hispanic	49.2	48.0 - 50.4		235,200	48.1	46.7 - 49.5		194,100	52.1	49.8 - 54.4		29,900
Asian/Pacific Islander	15.4	14.3 - 16.5		73,800	17.2	15.9 - 18.4		69,200	4.8	3.6 - 6.0		2,800
Black	5.6	5.4 - 5.9		26,900	6.1	5.7 - 6.4		24,400	2.1	1.5 - 2.6		1,200
Born outside the U.S.	37.7	36.3 - 39.0		183,800	38.6	37.1 - 40.2		158,900	27.5	25.4 - 29.6		16,000
Speaks non-English language at home	30.7	29.4 - 32.0		147,700	30.9	29.4 - 32.4		125,600	25.5	23.6 - 27.5		14,700
Lives in a high poverty neighborhood	38.8	37.5 - 40.1		182,400	37.7	36.3 - 39.1		155,300	46.5	44.1 - 48.9		27,100
Income as a percent of the Federal Poverty Guideline												
0-100%	40.0	38.9 - 41.2		181,800	38.7	37.3 - 40.0		148,300	45.6	43.1 - 48.1		24,600
101-200%	21.0	19.8 - 22.1		95,300	20.4	19.1 - 21.7		78,100	24.6	22.5 - 26.7		13,300
> 200%	39.0	37.9 - 40.1		177,000	41.0	39.7 - 42.2		157,200	29.8	27.3 - 32.4		16,100

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, or fewer than 5 women reported.

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

† Measure/definition 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. 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 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.

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