



# MIHA Data Snapshot, San Diego County by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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		43,300	11.5	8.1 - 14.9	4,900	16.3	12.5 - 20.1	7,000	33.9	28.9 - 39.0	14,500	38.3	33.2 - 43.3	16,400
<b>Health Status before Pregnancy</b>															
In good to excellent health	94.1	91.9 - 96.2	40,700	82.7*	70.5 - 94.9	4,100	95.5*	92.4 - 98.7	6,700	93.3	89.7 - 96.8	13,500	--		
Chronic conditions															
Diabetes†	3.5*	1.4 - 5.7	1,500	--			--			--			--		
Hypertension†	3.3	1.4 - 5.1	1,400	--			--			3.7*	0.2 - 7.3	500	--		
Asthma†	9.2	5.9 - 12.5	3,900	--			6.8*	1.5 - 12.1	500	9.5	4.0 - 14.9	1,400	10.8*	4.4 - 17.1	1,800
<b>Nutrition and Weight</b>															
Daily folic acid use, month before pregnancy	38.6	33.3 - 43.9	16,700	22.7	9.6 - 35.8	1,100	29.6	17.6 - 41.5	2,100	34.5	25.6 - 43.4	5,000	51.9	42.5 - 61.3	8,500
Overweight before pregnancy	24.0	19.3 - 28.7	9,900	22.0*	7.0 - 37.0	900	26.2	13.9 - 38.4	1,700	26.5	18.9 - 34.1	3,800	22.1	14.1 - 30.1	3,500
Obese before pregnancy	16.7	12.7 - 20.6	6,900	23.3*	8.5 - 38.2	900	19.1	9.9 - 28.4	1,200	22.2	14.5 - 29.8	3,200	8.1*	3.1 - 13.2	1,300
Inadequate weight gain during pregnancy	17.6	12.9 - 22.4	6,400	26.2*	4.5 - 47.9	700	18.3*	6.6 - 30.0	1,000	22.1	13.2 - 30.9	2,900	12.2	6.4 - 18.1	1,800
Excessive weight gain during pregnancy	39.5	33.7 - 45.3	14,400	48.5	27.1 - 69.8	1,300	36.0	21.5 - 50.5	2,000	38.2	29.2 - 47.1	4,900	40.4	30.6 - 50.2	5,900
Food insecurity during pregnancy	14.1	10.4 - 17.9	6,100	26.2*	10.5 - 42.0	1,300	18.9	10.2 - 27.7	1,300	20.9	12.8 - 28.9	3,000	2.6*	0.1 - 5.2	400
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>															
Physical or psychological IPV during pregnancy	7.2	4.2 - 10.1	3,100	16.0*	4.2 - 27.8	800	6.8*	1.2 - 12.5	500	10.6*	4.2 - 17.1	1,500	--		
Prenatal depressive symptoms	13.7	9.9 - 17.6	5,900	20.7*	5.3 - 36.0	1,000	15.7	7.1 - 24.2	1,100	17.7	10.5 - 24.9	2,600	7.2*	2.4 - 11.9	1,200
Postpartum depressive symptoms	13.2	9.6 - 16.8	5,700	7.5*	1.8 - 13.1	400	16.3	6.9 - 25.7	1,100	18.3	11.1 - 25.4	2,700	9.0*	3.6 - 14.3	1,500
<b>Hardships and Support during Pregnancy</b>															
Experienced two or more hardships during childhood	27.5	22.7 - 32.3	11,600	42.7	25.7 - 59.6	2,000	28.1	17.4 - 38.9	1,900	40.7	31.7 - 49.7	5,800	11.0	5.0 - 17.1	1,800
Homeless or did not have a regular place to sleep	3.7	1.7 - 5.8	1,600	--			5.6*	0.8 - 10.3	400	5.5*	0.8 - 10.2	800	--		
Moved due to problems paying rent or mortgage	5.7	3.3 - 8.0	2,400	--			10.8*	3.5 - 18.1	800	9.9	4.2 - 15.6	1,400	1.3*	0.1 - 2.5	200
Woman or partner lost job	12.2	8.9 - 15.4	5,200	20.1*	6.8 - 33.5	1,000	10.5*	4.0 - 17.1	700	17.9	10.9 - 24.9	2,600	5.1*	1.9 - 8.3	800
Woman or partner had pay or hours cut back	9.3	6.5 - 12.0	4,000	12.8*	2.0 - 23.6	600	12.1*	4.7 - 19.5	800	12.0	6.8 - 17.2	1,700	4.3*	0.9 - 7.7	700
Became separated or divorced	6.5	3.6 - 9.5	2,800	19.7*	5.6 - 33.8	900	3.5*	0.8 - 6.2	200	8.7*	2.6 - 14.8	1,200	--		
Had no practical or emotional support	3.8	1.9 - 5.7	1,600	--			7.6*	1.6 - 13.5	500	3.0*	0.4 - 5.6	400	--		
<b>Substance Use</b>															
Any smoking, 3 months before pregnancy	12.3	8.8 - 15.8	5,200	16.1*	2.8 - 29.4	800	17.5	9.1 - 25.9	1,200	16.8	9.7 - 23.9	2,400	4.0*	0.9 - 7.1	600
Any smoking, 3rd trimester†	2.2	1.0 - 3.4	900	--			--			3.2*	0.6 - 5.8	500	--		
Any smoking, postpartum	5.5	3.1 - 7.9	2,400	--			7.3*	2.3 - 12.4	500	9.1*	3.7 - 14.6	1,300	--		
Any binge drinking, 3 months before pregnancy	18.5	14.3 - 22.8	7,800	16.3*	3.8 - 28.8	700	9.6*	2.9 - 16.2	600	27.3	19.3 - 35.3	4,000	14.8	8.1 - 21.6	2,400
Any alcohol use, 3rd trimester†	12.3	8.3 - 16.4	5,300	--			--			13.0	6.2 - 19.8	1,900	17.0	9.5 - 24.4	2,800
<b>Pregnancy Intention and Family Planning</b>															
Mistimed or unwanted pregnancy	30.4	25.5 - 35.4	13,000	43.1	26.6 - 59.5	2,100	46.5	33.7 - 59.4	3,200	31.6	23.4 - 39.8	4,500	18.5	11.2 - 25.9	2,900
Unsure of pregnancy intentions	14.2	10.3 - 18.0	6,000	19.3*	5.9 - 32.8	900	14.8	6.7 - 22.9	1,000	18.3	10.9 - 25.6	2,600	7.9*	2.6 - 13.1	1,300
Postpartum birth control use†	82.6	78.3 - 86.9	35,000	83.7*	68.9 - 98.4	3,800	89.6*	83.0 - 96.2	6,100	82.7	75.7 - 89.7	11,800	78.8	71.0 - 86.6	12,800
<b>Infant Sleep and Breastfeeding</b>															
Placed infant on back to sleep	79.9	75.4 - 84.3	34,000	69.7	53.4 - 86.0	3,400	73.3	60.7 - 85.9	5,000	82.3	76.0 - 88.7	11,700	83.5	76.4 - 90.7	13,500
Infant always or often shared bed	29.8	25.0 - 34.6	12,700	37.6	21.3 - 53.9	1,800	32.4	20.0 - 44.7	2,200	35.2	27.1 - 43.3	5,000	21.9	14.3 - 29.5	3,500
Intended to breastfeed, before birth	93.1	90.4 - 95.9	39,600	84.9*	72.8 - 97.0	4,100	91.5*	84.4 - 98.5	6,300	94.0*	90.3 - 97.6	13,400	95.4*	91.2 - 99.6	15,400
Intended to breastfeed exclusively, before birth	68.5	63.4 - 73.6	29,200	60.4	44.4 - 76.5	2,900	53.4	40.5 - 66.4	3,700	69.7	61.7 - 77.8	9,900	76.1	67.6 - 84.7	12,300
<b>Breastfeeding practices</b>															
Any breastfeeding, 1 month after delivery	90.2	87.1 - 93.2	38,000	85.2*	71.8 - 98.6	4,100	86.5*	78.0 - 95.1	5,800	89.2	84.6 - 93.8	12,700	94.1*	89.9 - 98.4	15,000
Exclusive breastfeeding, 1 month after delivery	54.2	48.7 - 59.8	22,400	60.8	44.1 - 77.5	2,800	43.9	31.1 - 56.7	2,900	53.4	44.3 - 62.5	7,300	57.6	48.2 - 67.0	9,200
Any breastfeeding, 3 months after delivery	74.5	69.1 - 79.9	24,300	57.3	38.6 - 76.0	2,400	65.3	51.9 - 78.6	3,700	71.4	61.9 - 80.9	7,700	88.7	82.1 - 95.3	10,400
Exclusive breastfeeding, 3 months after delivery	36.7	30.6 - 42.7	11,900	26.9*	10.7 - 43.2	1,100	15.4*	5.0 - 25.9	900	33.9	24.0 - 43.8	3,600	52.1	40.9 - 63.4	6,200



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Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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	75.4	71.0 - 79.8	32,600	71.4	57.2 - 85.6	3,500	62.8	50.1 - 75.5	4,300	73.1	65.8 - 80.4	10,600	83.9	77.1 - 90.7	13,700
Initiated prenatal care in 1st trimester	89.7	86.7 - 92.7	38,200	75.0	60.4 - 89.7	3,700	82.1	73.9 - 90.3	5,400	88.5	82.9 - 94.1	12,700	98.4 *	96.9 - 99.8	16,100
Mom or infant needed but couldn't afford care postpartum	10.2	6.8 - 13.7	4,300	15.9 *	3.4 - 28.4	800	10.5 *	0.8 - 20.2	700	14.7	7.9 - 21.5	2,000	4.3 *	0.6 - 8.1	700
Participated in WIC during pregnancy†	44.3	40.0 - 48.5	18,600	83.5 *	70.5 - 96.5	4,000	71.9	59.2 - 84.6	4,800	54.4	45.9 - 62.9	7,800	10.8	6.4 - 15.2	1,700
Received CalFresh (food stamps) during pregnancy	19.3	15.5 - 23.1	8,300	45.6	29.0 - 62.1	2,200	27.0	16.4 - 37.5	1,900	25.4	17.5 - 33.2	3,700	2.3 *	0.7 - 4.0	400
Pre-pregnancy insurance															
Medi-Cal	16.4	13.0 - 19.9	7,100	30.1	16.4 - 43.8	1,500	28.8	17.7 - 39.9	2,000	20.1	13.1 - 27.1	2,900	4.2 *	0.8 - 7.5	700
Uninsured	20.4	16.2 - 24.5	8,800	47.1	30.6 - 63.7	2,300	35.2	22.6 - 47.8	2,400	18.6	11.6 - 25.6	2,700	7.1	3.3 - 11.0	1,200
Private	50.4	45.7 - 55.1	21,700	13.5 *	2.5 - 24.6	700	24.5	14.1 - 35.0	1,700	42.7	34.0 - 51.3	6,200	79.5	72.5 - 86.5	13,000
Prenatal insurance															
Medi-Cal	38.5	34.5 - 42.5	16,600	75.7 *	61.3 - 90.1	3,700	71.3	60.2 - 82.4	5,000	41.4	33.2 - 49.7	6,000	10.4	5.8 - 15.0	1,700
Uninsured	2.7 *	0.9 - 4.5	1,200	--	--	--	--	--	--	--	--	--	--	--	--
Private	45.8	41.2 - 50.4	19,800	--	--	--	13.8	6.8 - 20.8	1,000	35.5	27.1 - 43.9	5,200	79.6	72.6 - 86.5	13,000
Maternal postpartum insurance															
Medi-Cal	27.7	23.7 - 31.7	11,800	66.1	50.9 - 81.3	3,200	45.7	33.4 - 58.0	3,000	31.6	23.7 - 39.5	4,600	5.5 *	2.0 - 9.0	900
Uninsured	13.5	9.9 - 17.2	5,800	19.0 *	6.7 - 31.3	900	22.5	11.1 - 33.8	1,500	15.0	8.2 - 21.8	2,200	6.9 *	2.4 - 11.4	1,100
Private	46.5	41.8 - 51.1	19,800	--	--	--	16.1	8.0 - 24.1	1,000	35.6	27.1 - 44.1	5,200	79.0	71.7 - 86.2	12,900
Infant health insurance															
Medi-Cal	41.0	36.6 - 45.3	17,400	82.6 *	71.0 - 94.2	3,900	72.5	61.6 - 83.3	5,000	46.4	37.9 - 54.8	6,600	10.4	5.5 - 15.2	1,700
Uninsured	4.8	2.5 - 7.1	2,000	14.1 *	3.0 - 25.1	700	--	--	--	5.2 *	1.0 - 9.4	700	--	--	--
Private	41.9	37.2 - 46.5	17,800	--	--	--	11.9	5.6 - 18.2	800	28.5	20.4 - 36.6	4,000	78.5	71.1 - 85.8	12,700
<b>Maternal Demographics</b>															
Unmarried	36.3	31.5 - 41.2	15,700	81.4	71.1 - 91.8	4,000	47.8	35.1 - 60.6	3,300	41.8	33.3 - 50.4	6,000	13.2	6.6 - 19.9	2,200
Race/Ethnicity															
White	38.6	33.2 - 44.0	15,500	--	--	--	20.7	9.3 - 32.1	1,300	39.4	30.3 - 48.5	5,200	52.4	42.7 - 62.0	8,100
Hispanic	43.3	38.1 - 48.6	17,400	78.4 *	63.8 - 93.0	3,500	56.6	43.0 - 70.1	3,600	47.2	38.1 - 56.2	6,300	24.7	16.8 - 32.5	3,800
Asian/Pacific Islander	12.4	8.3 - 16.6	5,000	--	--	--	15.1 *	2.9 - 27.3	1,000	5.8 *	1.2 - 10.3	800	20.1	11.8 - 28.3	3,100
Black	5.0	4.1 - 6.0	2,000	6.0 *	1.3 - 10.6	300	6.9	3.5 - 10.2	400	6.6	4.3 - 8.8	900	2.8 *	1.0 - 4.5	400
Born outside the U.S.	32.8	27.6 - 37.9	14,200	40.9	25.1 - 56.6	2,000	50.3	37.6 - 63.0	3,500	22.7	14.8 - 30.6	3,300	31.6	22.8 - 40.3	5,200
Speaks non-English language at home	26.8	21.9 - 31.6	11,600	43.9	27.8 - 60.0	2,100	46.8	33.9 - 59.6	3,300	16.3	9.7 - 23.0	2,400	22.5	14.4 - 30.5	3,700
Lives in a high poverty neighborhood	28.9	24.2 - 33.7	12,100	47.4	30.6 - 64.1	2,200	42.8	30.1 - 55.5	2,900	31.4	23.1 - 39.6	4,500	15.1	8.4 - 21.9	2,400
Income as a percent of the Federal Poverty Guideline															
0-100%	33.0	28.5 - 37.6	13,300	72.7 *	54.7 - 90.8	3,000	60.7	47.7 - 73.7	3,700	41.3	32.3 - 50.3	5,700	5.5	2.5 - 8.5	900
101-200%	19.6	15.3 - 23.8	7,900	25.6 *	7.5 - 43.7	1,100	28.2	16.0 - 40.3	1,700	23.7	16.7 - 30.7	3,200	10.4	4.7 - 16.1	1,700
> 200%	47.4	42.7 - 52.1	19,100	--	--	--	11.1 *	3.0 - 19.3	700	35.0	26.5 - 43.5	4,800	84.0	77.9 - 90.2	13,400

-- 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 San Diego County was 602. 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, San Diego County by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego County			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		43,300	95.3 *	92.4 - 98.1	39,800	4.7 *	1.9 - 7.6	2,000
<b>Health Status before Pregnancy</b>									
In good to excellent health	94.1	91.9 - 96.2	40,700	94.4	92.4 - 96.5	37,600	--		
Chronic conditions									
Diabetes†	3.5 *	1.4 - 5.7	1,500	3.5 *	1.2 - 5.7	1,400	--		
Hypertension†	3.3	1.4 - 5.1	1,400	3.6	1.5 - 5.6	1,400	--		
Asthma†	9.2	5.9 - 12.5	3,900	9.2	5.7 - 12.6	3,600	--		
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	38.6	33.3 - 43.9	16,700	37.5	32.1 - 43.0	14,900	46.8 *	15.8 - 77.9	900
Overweight before pregnancy	24.0	19.3 - 28.7	9,900	24.1	19.3 - 29.0	9,100	--		
Obese before pregnancy	16.7	12.7 - 20.6	6,900	16.6	12.6 - 20.6	6,300	--		
Inadequate weight gain during pregnancy	17.6	12.9 - 22.4	6,400	18.0	13.1 - 22.9	6,000	--		
Excessive weight gain during pregnancy	39.5	33.7 - 45.3	14,400	39.5	33.5 - 45.4	13,300	48.2 *	15.6 - 80.9	900
Food insecurity during pregnancy	14.1	10.4 - 17.9	6,100	14.5	10.5 - 18.5	5,700	--		
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	7.2	4.2 - 10.1	3,100	6.8	3.8 - 9.8	2,700	--		
Prenatal depressive symptoms	13.7	9.9 - 17.6	5,900	14.1	10.1 - 18.1	5,600	--		
Postpartum depressive symptoms	13.2	9.6 - 16.8	5,700	14.0	10.2 - 17.9	5,600	--		
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.5	22.7 - 32.3	11,600	28.3	23.3 - 33.4	11,000	--		
Homeless or did not have a regular place to sleep	3.7	1.7 - 5.8	1,600	3.3 *	1.3 - 5.2	1,300	--		
Moved due to problems paying rent or mortgage	5.7	3.3 - 8.0	2,400	5.9	3.3 - 8.4	2,300	--		
Woman or partner lost job	12.2	8.9 - 15.4	5,200	11.6	8.4 - 14.8	4,600	--		
Woman or partner had pay or hours cut back	9.3	6.5 - 12.0	4,000	8.8	6.1 - 11.5	3,500	--		
Became separated or divorced	6.5	3.6 - 9.5	2,800	6.2	3.2 - 9.2	2,400	--		
Had no practical or emotional support	3.8	1.9 - 5.7	1,600	3.7	1.8 - 5.7	1,500	--		
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	12.3	8.8 - 15.8	5,200	12.4	8.8 - 16.0	4,800	--		
Any smoking, 3rd trimester†	2.2	1.0 - 3.4	900	2.2	0.9 - 3.4	900	--		
Any smoking, postpartum	5.5	3.1 - 7.9	2,400	5.7	3.2 - 8.2	2,300	--		
Any binge drinking, 3 months before pregnancy	18.5	14.3 - 22.8	7,800	20.0	15.4 - 24.6	7,800	--		
Any alcohol use, 3rd trimester†	12.3	8.3 - 16.4	5,300	12.4	8.2 - 16.6	4,900	--		
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	30.4	25.5 - 35.4	13,000	32.2	27.0 - 37.4	12,700	--		
Unsure of pregnancy intentions	14.2	10.3 - 18.0	6,000	12.7	9.1 - 16.4	5,000	--		
Postpartum birth control use†	82.6	78.3 - 86.9	35,000	83.1	78.7 - 87.4	32,400	60.6 *	30.7 - 90.5	1,200
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	79.9	75.4 - 84.3	34,000	79.9	75.2 - 84.5	31,200	--		
Infant always or often shared bed	29.8	25.0 - 34.6	12,700	30.6	25.6 - 35.6	11,900	--		
Intended to breastfeed, before birth	93.1	90.4 - 95.9	39,600	92.7	89.7 - 95.7	36,200	--		
Intended to breastfeed exclusively, before birth	68.5	63.4 - 73.6	29,200	67.6	62.2 - 72.9	26,400	--		
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	90.2	87.1 - 93.2	38,000	89.5	86.2 - 92.8	34,600	--		
Exclusive breastfeeding, 1 month after delivery	54.2	48.7 - 59.8	22,400	51.5	45.8 - 57.3	19,500	--		
Any breastfeeding, 3 months after delivery	74.5	69.1 - 79.9	24,300	73.5	67.8 - 79.3	21,700	--		
Exclusive breastfeeding, 3 months after delivery	36.7	30.6 - 42.7	11,900	34.3	28.2 - 40.4	10,000	--		



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	San Diego 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	75.4	71.0 - 79.8		32,600	74.1	69.5 - 78.8		29,500	--			
Initiated prenatal care in 1st trimester	89.7	86.7 - 92.7		38,200	89.5	86.4 - 92.6		35,000	--			
Mom or infant needed but couldn't afford care postpartum	10.2	6.8 - 13.7		4,300	10.7	7.0 - 14.3		4,100	--			
Participated in WIC during pregnancy†	44.3	40.0 - 48.5		18,600	45.0	40.5 - 49.5		17,500	27.6 *	1.2 - 53.9		500
Received CalFresh (food stamps) during pregnancy	19.3	15.5 - 23.1		8,300	19.2	15.3 - 23.2		7,600	--			
Pre-pregnancy insurance												
Medi-Cal	16.4	13.0 - 19.9		7,100	17.4	13.7 - 21.1		6,900	--			
Uninsured	20.4	16.2 - 24.5		8,800	21.2	16.8 - 25.6		8,400	--			
Private	50.4	45.7 - 55.1		21,700	49.2	44.3 - 54.2		19,500	65.3 *	37.2 - 93.4		1,300
Prenatal insurance												
Medi-Cal	38.5	34.5 - 42.5		16,600	39.4	35.2 - 43.7		15,700	--			
Uninsured	2.7 *	0.9 - 4.5		1,200	2.7 *	0.8 - 4.6		1,100	--			
Private	45.8	41.2 - 50.4		19,800	44.8	40.1 - 49.6		17,800	65.3 *	37.2 - 93.4		1,300
Maternal postpartum insurance												
Medi-Cal	27.7	23.7 - 31.7		11,800	28.0	23.8 - 32.2		11,000	--			
Uninsured	13.5	9.9 - 17.2		5,800	14.2	10.3 - 18.1		5,600	--			
Private	46.5	41.8 - 51.1		19,800	45.6	40.7 - 50.4		17,900	64.7 *	36.5 - 92.8		1,300
Infant health insurance												
Medi-Cal	41.0	36.6 - 45.3		17,400	42.6	38.0 - 47.1		16,600	--			
Uninsured	4.8	2.5 - 7.1		2,000	4.9	2.4 - 7.3		1,900	--			
Private	41.9	37.2 - 46.5		17,800	40.4	35.5 - 45.2		15,700	64.7 *	36.5 - 92.8		1,300
<b>Maternal Demographics</b>												
Age												
15-19	4.0	2.2 - 5.8		1,700	4.3	2.3 - 6.2		1,700	--			
20-34	75.9	71.3 - 80.6		32,900	75.6	70.8 - 80.4		30,100	69.8 *	40.5 - 99.2		1,400
35+	20.1	15.7 - 24.5		8,700	20.1	15.6 - 24.7		8,000	--			
Did not complete high school (or GED)	11.5	8.1 - 14.9		4,900	11.0	7.6 - 14.4		4,300	--			
Unmarried	36.3	31.5 - 41.2		15,700	37.7	32.5 - 42.8		14,900	--			
Race/Ethnicity												
White	38.6	33.2 - 44.0		15,500	38.3	32.7 - 43.8		14,300	--			
Hispanic	43.3	38.1 - 48.6		17,400	43.8	38.3 - 49.2		16,300	--			
Asian/Pacific Islander	12.4	8.3 - 16.6		5,000	12.3	8.0 - 16.5		4,600	--			
Black	5.0	4.1 - 6.0		2,000	5.2	4.2 - 6.2		1,900	--			
Born outside the U.S.	32.8	27.6 - 37.9		14,200	32.6	27.3 - 37.8		12,900	--			
Speaks non-English language at home	26.8	21.9 - 31.6		11,600	27.8	22.8 - 32.9		11,100	--			
Lives in a high poverty neighborhood	28.9	24.2 - 33.7		12,100	30.0	25.1 - 35.0		12,000	--			
Income as a percent of the Federal Poverty Guideline												
0-100%	33.0	28.5 - 37.6		13,300	34.0	29.2 - 38.8		12,600	--			
101-200%	19.6	15.3 - 23.8		7,900	19.6	15.2 - 24.1		7,300	--			
> 200%	47.4	42.7 - 52.1		19,100	46.3	41.4 - 51.3		17,200	71.0 *	44.2 - 97.8		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 San Diego County was 602. 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, San Diego County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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		43,300	33.0	28.5 - 37.6	13,300	19.6	15.3 - 23.8	7,900	47.4	42.7 - 52.1	19,100
<b>Health Status before Pregnancy</b>												
In good to excellent health	94.1	91.9 - 96.2	40,700	88.3	82.8 - 93.7	11,800	94.0*	89.4 - 98.6	7,400	--		
Chronic conditions												
Diabetes†	3.5*	1.4 - 5.7	1,500	8.7*	2.7 - 14.6	1,100	--			--		
Hypertension†	3.3	1.4 - 5.1	1,400	2.6*	0.1 - 5.1	300	--			2.9*	0.3 - 5.6	600
Asthma†	9.2	5.9 - 12.5	3,900	7.8*	3.2 - 12.4	1,000	11.8*	3.4 - 20.3	900	9.0*	3.5 - 14.4	1,700
<b>Nutrition and Weight</b>												
Daily folic acid use, month before pregnancy	38.6	33.3 - 43.9	16,700	30.0	20.8 - 39.1	4,000	21.9	11.4 - 32.4	1,700	52.8	44.2 - 61.4	10,100
Overweight before pregnancy	24.0	19.3 - 28.7	9,900	28.1	19.1 - 37.1	3,400	28.2	17.6 - 38.8	2,200	19.0	12.1 - 26.0	3,500
Obese before pregnancy	16.7	12.7 - 20.6	6,900	23.3	15.4 - 31.3	2,800	21.7	11.9 - 31.6	1,700	11.6	6.0 - 17.3	2,200
Inadequate weight gain during pregnancy	17.6	12.9 - 22.4	6,400	21.7	11.6 - 31.8	2,300	19.6	10.5 - 28.7	1,200	14.0	7.7 - 20.3	2,400
Excessive weight gain during pregnancy	39.5	33.7 - 45.3	14,400	36.5	26.3 - 46.6	3,900	43.1	30.0 - 56.1	2,700	40.2	31.3 - 49.1	7,000
Food insecurity during pregnancy	14.1	10.4 - 17.9	6,100	29.5	20.3 - 38.6	3,800	22.1	11.6 - 32.6	1,700	--		
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>												
Physical or psychological IPV during pregnancy	7.2	4.2 - 10.1	3,100	15.9	8.3 - 23.6	2,100	5.5*	0.3 - 10.8	400	--		
Prenatal depressive symptoms	13.7	9.9 - 17.6	5,900	17.6	9.7 - 25.4	2,300	20.2	10.0 - 30.4	1,600	7.9	3.3 - 12.5	1,500
Postpartum depressive symptoms	13.2	9.6 - 16.8	5,700	17.3	10.0 - 24.7	2,300	14.3	6.6 - 22.0	1,100	9.7	4.7 - 14.8	1,900
<b>Hardships and Support during Pregnancy</b>												
Experienced two or more hardships during childhood	27.5	22.7 - 32.3	11,600	37.9	28.5 - 47.3	5,000	36.2	24.1 - 48.4	2,700	17.1	10.9 - 23.4	3,200
Homeless or did not have a regular place to sleep	3.7	1.7 - 5.8	1,600	8.2*	2.6 - 13.9	1,100	--			--		
Moved due to problems paying rent or mortgage	5.7	3.3 - 8.0	2,400	11.4	5.1 - 17.6	1,500	7.5*	2.3 - 12.8	600	--		
Woman or partner lost job	12.2	8.9 - 15.4	5,200	20.1	12.5 - 27.7	2,600	14.4	6.1 - 22.7	1,100	6.6	3.2 - 10.0	1,300
Woman or partner had pay or hours cut back	9.3	6.5 - 12.0	4,000	13.7	8.1 - 19.2	1,800	14.6	6.1 - 23.0	1,100	5.3*	1.8 - 8.8	1,000
Became separated or divorced	6.5	3.6 - 9.5	2,800	15.8	7.8 - 23.9	2,100	2.1*	0.4 - 3.7	200	--		
Had no practical or emotional support	3.8	1.9 - 5.7	1,600	6.7*	1.9 - 11.6	900	5.7*	0.6 - 10.9	400	--		
<b>Substance Use</b>												
Any smoking, 3 months before pregnancy	12.3	8.8 - 15.8	5,200	19.3	11.7 - 26.8	2,500	13.5	6.0 - 21.1	1,100	7.5	3.1 - 11.9	1,400
Any smoking, 3rd trimester†	2.2	1.0 - 3.4	900	4.8*	1.5 - 8.1	600	--			--		
Any smoking, postpartum	5.5	3.1 - 7.9	2,400	9.5	4.2 - 14.8	1,300	8.0*	0.7 - 15.4	600	--		
Any binge drinking, 3 months before pregnancy	18.5	14.3 - 22.8	7,800	16.4	9.8 - 23.0	2,100	22.0	11.6 - 32.4	1,600	19.4	12.5 - 26.2	3,700
Any alcohol use, 3rd trimester†	12.3	8.3 - 16.4	5,300	5.5*	0.6 - 10.4	700	10.3*	0.9 - 19.7	800	18.6	11.4 - 25.7	3,500
<b>Pregnancy Intention and Family Planning</b>												
Mistimed or unwanted pregnancy	30.4	25.5 - 35.4	13,000	44.2	34.9 - 53.6	5,800	31.8	20.2 - 43.4	2,500	18.9	12.1 - 25.8	3,600
Unsure of pregnancy intentions	14.2	10.3 - 18.0	6,000	20.8	13.0 - 28.6	2,700	18.7	8.9 - 28.5	1,500	7.8*	2.8 - 12.9	1,500
Postpartum birth control use†	82.6	78.3 - 86.9	35,000	85.4	78.2 - 92.6	11,000	76.6	65.6 - 87.6	5,900	82.0	75.3 - 88.6	15,500
<b>Infant Sleep and Breastfeeding</b>												
Placed infant on back to sleep	79.9	75.4 - 84.3	34,000	79.1	71.4 - 86.8	10,200	72.7	61.3 - 84.1	5,600	83.6	77.0 - 90.2	15,900
Infant always or often shared bed	29.8	25.0 - 34.6	12,700	35.8	26.9 - 44.8	4,600	44.4	32.0 - 56.8	3,400	19.7	13.1 - 26.4	3,700
Intended to breastfeed, before birth	93.1	90.4 - 95.9	39,600	90.9*	85.3 - 96.6	11,700	--			94.4*	90.4 - 98.3	17,900
Intended to breastfeed exclusively, before birth	68.5	63.4 - 73.6	29,200	60.8	51.3 - 70.2	7,800	75.3	65.4 - 85.2	5,800	73.2	65.3 - 81.0	13,900
<b>Breastfeeding practices</b>												
Any breastfeeding, 1 month after delivery	90.2	87.1 - 93.2	38,000	91.3	87.2 - 95.5	11,700	81.2	70.5 - 91.9	6,200	93.5	89.7 - 97.3	17,500
Exclusive breastfeeding, 1 month after delivery	54.2	48.7 - 59.8	22,400	49.2	39.5 - 59.0	6,100	55.5	42.9 - 68.0	4,100	58.7	50.0 - 67.3	10,900
Any breastfeeding, 3 months after delivery	74.5	69.1 - 79.9	24,300	61.7	50.7 - 72.6	6,200	64.8	50.7 - 79.0	3,900	87.0	81.1 - 92.9	12,100
Exclusive breastfeeding, 3 months after delivery	36.7	30.6 - 42.7	11,900	20.9	12.7 - 29.2	2,100	33.2	19.7 - 46.7	2,000	50.6	40.4 - 60.8	7,000



# MIHA Data Snapshot, San Diego County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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	75.4	71.0 - 79.8	32,600	64.1	55.2 - 73.1	8,500	74.4	64.5 - 84.4	5,900	86.3	80.6 - 92.0	16,500
Initiated prenatal care in 1st trimester	89.7	86.7 - 92.7	38,200	78.7	71.4 - 86.1	10,300	89.5 *	82.1 - 96.8	6,800	--		
Mom or infant needed but couldn't afford care postpartum	10.2	6.8 - 13.7	4,300	20.2	11.5 - 28.8	2,600	11.6 *	3.7 - 19.4	900	3.2 *	0.6 - 5.9	600
Participated in WIC during pregnancy†	44.3	40.0 - 48.5	18,600	80.3	72.0 - 88.5	10,600	62.8	50.8 - 74.9	5,000	6.2	2.9 - 9.5	1,200
Received CalFresh (food stamps) during pregnancy	19.3	15.5 - 23.1	8,300	46.8	37.6 - 56.1	6,100	19.0	8.4 - 29.6	1,500	--		
Pre-pregnancy insurance												
Medi-Cal	16.4	13.0 - 19.9	7,100	42.3	33.2 - 51.4	5,600	13.0 *	5.2 - 20.7	1,000	--		
Uninsured	20.4	16.2 - 24.5	8,800	36.4	27.1 - 45.6	4,800	30.4	18.6 - 42.2	2,400	3.7 *	0.9 - 6.5	700
Private	50.4	45.7 - 55.1	21,700	12.0	5.8 - 18.2	1,600	41.2	29.2 - 53.1	3,200	83.1	77.1 - 89.1	15,900
Prenatal insurance												
Medi-Cal	38.5	34.5 - 42.5	16,600	80.0	72.3 - 87.7	10,600	52.6	40.7 - 64.5	4,100	4.2 *	1.3 - 7.2	800
Uninsured	2.7 *	0.9 - 4.5	1,200	5.6 *	0.8 - 10.5	700	--			--		
Private	45.8	41.2 - 50.4	19,800	9.4 *	3.5 - 15.3	1,200	25.8	15.3 - 36.3	2,000	81.2	74.6 - 87.7	15,500
Maternal postpartum insurance												
Medi-Cal	27.7	23.7 - 31.7	11,800	61.1	51.8 - 70.3	7,800	31.2	19.5 - 43.0	2,500	3.2 *	0.7 - 5.7	600
Uninsured	13.5	9.9 - 17.2	5,800	24.3	15.8 - 32.8	3,100	21.9	11.1 - 32.7	1,700	2.6 *	0.2 - 5.0	500
Private	46.5	41.8 - 51.1	19,800	8.3 *	2.7 - 13.9	1,100	28.3	17.7 - 38.8	2,200	82.1	76.0 - 88.3	15,700
Infant health insurance												
Medi-Cal	41.0	36.6 - 45.3	17,400	82.5	75.2 - 89.8	10,500	59.1	47.3 - 70.8	4,600	5.7	2.4 - 9.0	1,100
Uninsured	4.8	2.5 - 7.1	2,000	8.1 *	2.9 - 13.3	1,000	7.7 *	0.4 - 15.0	600	--		
Private	41.9	37.2 - 46.5	17,800	--			16.1	8.1 - 24.1	1,200	80.0	73.3 - 86.6	15,200
<b>Maternal Demographics</b>												
Did not complete high school (or GED)	11.5	8.1 - 14.9	4,900	22.6	14.7 - 30.5	3,000	13.7 *	3.0 - 24.4	1,100	--		
Unmarried	36.3	31.5 - 41.2	15,700	62.4	53.3 - 71.4	8,200	46.9	34.5 - 59.2	3,700	12.2	6.6 - 17.8	2,300
Race/Ethnicity												
White	38.6	33.2 - 44.0	15,500	21.0	12.7 - 29.2	2,600	27.1	15.1 - 39.2	1,900	57.7	49.1 - 66.3	10,400
Hispanic	43.3	38.1 - 48.6	17,400	62.7	53.3 - 72.1	7,800	58.3	45.8 - 70.8	4,100	22.2	15.5 - 28.8	4,000
Asian/Pacific Islander	12.4	8.3 - 16.6	5,000	7.9 *	1.3 - 14.5	1,000	7.0 *	0.7 - 13.2	500	16.7	9.6 - 23.8	3,000
Black	5.0	4.1 - 6.0	2,000	7.9	5.1 - 10.7	1,000	6.8	3.8 - 9.7	500	3.0	1.5 - 4.5	500
Born outside the U.S.	32.8	27.6 - 37.9	14,200	39.7	30.5 - 49.0	5,300	34.9	23.4 - 46.3	2,700	25.0	17.2 - 32.8	4,800
Speaks non-English language at home	26.8	21.9 - 31.6	11,600	38.0	28.7 - 47.2	5,000	24.6	14.3 - 34.9	1,900	17.0	10.1 - 24.0	3,300
Lives in a high poverty neighborhood	28.9	24.2 - 33.7	12,100	41.1	31.9 - 50.2	5,300	37.5	25.3 - 49.7	2,800	16.5	10.0 - 23.1	3,100

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

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

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of San Diego County was 602. 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, San Diego County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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		43,300	4.0	2.2 - 5.8	1,700	75.9	71.3 - 80.6	32,900	20.1	15.7 - 24.5	8,700
<b>Health Status before Pregnancy</b>												
In good to excellent health	94.1	91.9 - 96.2	40,700	--			94.3	92.0 - 96.7	31,000	94.5 *	89.6 - 99.3	8,200
Chronic conditions												
Diabetes†	3.5 *	1.4 - 5.7	1,500	--			4.2 *	1.4 - 7.0	1,400	--		
Hypertension†	3.3	1.4 - 5.1	1,400	--			3.3 *	1.0 - 5.5	1,100	--		
Asthma†	9.2	5.9 - 12.5	3,900	--			8.1	4.6 - 11.5	2,600	12.8 *	3.1 - 22.5	1,100
<b>Nutrition and Weight</b>												
Daily folic acid use, month before pregnancy	38.6	33.3 - 43.9	16,700	--			36.3	30.2 - 42.4	11,900	52.7	40.3 - 65.0	4,600
Overweight before pregnancy	24.0	19.3 - 28.7	9,900	25.9 *	5.2 - 46.7	400	24.0	18.5 - 29.4	7,600	23.7	13.0 - 34.3	1,900
Obese before pregnancy	16.7	12.7 - 20.6	6,900	--			17.4	12.8 - 21.9	5,500	16.6	7.1 - 26.2	1,300
Inadequate weight gain during pregnancy	17.6	12.9 - 22.4	6,400	--			19.2	13.4 - 24.9	5,400	11.7 *	4.0 - 19.4	800
Excessive weight gain during pregnancy	39.5	33.7 - 45.3	14,400	46.0	20.4 - 71.6	600	38.1	31.6 - 44.6	10,700	44.1	29.7 - 58.4	3,000
Food insecurity during pregnancy	14.1	10.4 - 17.9	6,100	--			15.4	10.7 - 20.1	5,000	9.5 *	3.3 - 15.7	800
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>												
Physical or psychological IPV during pregnancy	7.2	4.2 - 10.1	3,100	22.9 *	3.2 - 42.6	400	7.8	4.1 - 11.4	2,500	--		
Prenatal depressive symptoms	13.7	9.9 - 17.6	5,900	--			14.2	9.8 - 18.7	4,700	13.3 *	4.6 - 22.0	1,200
Postpartum depressive symptoms	13.2	9.6 - 16.8	5,700	--			11.8	8.0 - 15.6	3,900	19.1	9.1 - 29.2	1,700
<b>Hardships and Support during Pregnancy</b>												
Experienced two or more hardships during childhood	27.5	22.7 - 32.3	11,600	28.7 *	7.4 - 50.0	500	28.4	22.8 - 34.0	9,100	23.8	13.0 - 34.5	2,100
Homeless or did not have a regular place to sleep	3.7	1.7 - 5.8	1,600	--			4.5 *	1.8 - 7.2	1,500	--		
Moved due to problems paying rent or mortgage	5.7	3.3 - 8.0	2,400	--			6.9	3.8 - 10.0	2,200	1.9 *	0.1 - 3.8	200
Woman or partner lost job	12.2	8.9 - 15.4	5,200	--			12.5	8.6 - 16.4	4,100	10.1 *	3.9 - 16.2	900
Woman or partner had pay or hours cut back	9.3	6.5 - 12.0	4,000	--			11.2	7.7 - 14.7	3,700	3.5 *	0.5 - 6.6	300
Became separated or divorced	6.5	3.6 - 9.5	2,800	20.3 *	1.2 - 39.3	300	5.9	2.5 - 9.3	1,900	--		
Had no practical or emotional support	3.8	1.9 - 5.7	1,600	--			4.1	1.8 - 6.5	1,400	--		
<b>Substance Use</b>												
Any smoking, 3 months before pregnancy	12.3	8.8 - 15.8	5,200	26.2 *	4.7 - 47.8	500	13.2	9.0 - 17.3	4,300	6.0 *	1.1 - 10.9	500
Any smoking, 3rd trimester†	2.2	1.0 - 3.4	900	--			2.1 *	0.7 - 3.5	700	--		
Any smoking, postpartum	5.5	3.1 - 7.9	2,400	--			6.0	3.0 - 8.9	1,900	--		
Any binge drinking, 3 months before pregnancy	18.5	14.3 - 22.8	7,800	--			18.4	13.6 - 23.2	5,900	19.1	8.9 - 29.3	1,700
Any alcohol use, 3rd trimester†	12.3	8.3 - 16.4	5,300	--			13.8	8.9 - 18.6	4,500	9.5 *	1.5 - 17.6	800
<b>Pregnancy Intention and Family Planning</b>												
Mistimed or unwanted pregnancy	30.4	25.5 - 35.4	13,000	--			31.9	26.0 - 37.7	10,400	13.8	6.4 - 21.2	1,100
Unsure of pregnancy intentions	14.2	10.3 - 18.0	6,000	--			16.5	11.8 - 21.2	5,400	--		
Postpartum birth control use†	82.6	78.3 - 86.9	35,000	--			85.7	81.1 - 90.3	27,600	69.0	57.5 - 80.5	6,000
<b>Infant Sleep and Breastfeeding</b>												
Placed infant on back to sleep	79.9	75.4 - 84.3	34,000	72.9 *	53.6 - 92.2	1,200	79.3	74.1 - 84.4	25,700	83.6 *	73.2 - 94.0	7,000
Infant always or often shared bed	29.8	25.0 - 34.6	12,700	46.0	22.8 - 69.1	800	30.7	25.0 - 36.3	9,900	23.1	12.8 - 33.3	1,900
Intended to breastfeed, before birth	93.1	90.4 - 95.9	39,600	--			93.2	90.2 - 96.2	30,300	92.0 *	84.6 - 99.5	7,700
Intended to breastfeed exclusively, before birth	68.5	63.4 - 73.6	29,200	78.4 *	60.1 - 96.7	1,300	69.8	64.1 - 75.5	22,700	61.5	48.8 - 74.3	5,200
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	90.2	87.1 - 93.2	38,000	--			89.4	85.7 - 93.1	28,700	92.0 *	85.9 - 98.1	7,700
Exclusive breastfeeding, 1 month after delivery	54.2	48.7 - 59.8	22,400	74.5 *	57.5 - 91.6	1,300	55.6	49.3 - 61.8	17,600	44.5	31.2 - 57.7	3,500
Any breastfeeding, 3 months after delivery	74.5	69.1 - 79.9	24,300	77.0 *	59.1 - 94.9	1,000	73.0	66.6 - 79.3	18,500	80.5	69.2 - 91.9	4,900
Exclusive breastfeeding, 3 months after delivery	36.7	30.6 - 42.7	11,900	44.1 *	16.8 - 71.5	600	34.5	27.9 - 41.2	8,700	44.2	28.4 - 60.0	2,600



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

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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	75.4	71.0 - 79.8		32,600	79.9*	66.3 - 93.5	1,400	72.6	67.3 - 78.0	23,800	84.9	76.9 - 92.9	7,400
Initiated prenatal care in 1st trimester	89.7	86.7 - 92.7		38,200	61.1	39.1 - 83.1	1,100	91.4	88.3 - 94.5	29,500	88.9*	81.3 - 96.5	7,600
Mom or infant needed but couldn't afford care postpartum	10.2	6.8 - 13.7		4,300	--			10.3	6.1 - 14.4	3,300	10.4*	3.7 - 17.2	900
Participated in WIC during pregnancy†	44.3	40.0 - 48.5		18,600	--			46.0	40.8 - 51.3	14,800	28.5	18.6 - 38.4	2,400
Received CalFresh (food stamps) during pregnancy	19.3	15.5 - 23.1		8,300	60.7	39.1 - 82.3	1,000	20.7	16.0 - 25.4	6,800	6.3*	1.9 - 10.7	500
Pre-pregnancy insurance													
Medi-Cal	16.4	13.0 - 19.9		7,100	64.6*	43.7 - 85.5	1,100	16.0	12.0 - 20.1	5,200	8.3*	2.4 - 14.1	700
Uninsured	20.4	16.2 - 24.5		8,800	--			21.0	16.0 - 26.0	6,900	20.5	11.4 - 29.5	1,800
Private	50.4	45.7 - 55.1		21,700	21.2*	2.7 - 39.6	400	49.2	43.6 - 54.8	16,100	60.8	49.1 - 72.5	5,300
Prenatal insurance													
Medi-Cal	38.5	34.5 - 42.5		16,600	--			40.2	35.1 - 45.2	13,200	22.8	14.0 - 31.5	2,000
Uninsured	2.7*	0.9 - 4.5		1,200	--			2.1*	0.2 - 4.0	700	--		
Private	45.8	41.2 - 50.4		19,800	--			44.7	39.2 - 50.1	14,600	57.8	45.7 - 69.8	5,000
Maternal postpartum insurance													
Medi-Cal	27.7	23.7 - 31.7		11,800	88.2*	77.2 - 99.2	1,500	28.5	23.5 - 33.4	9,200	12.8	6.3 - 19.4	1,100
Uninsured	13.5	9.9 - 17.2		5,800	--			13.2	8.9 - 17.5	4,300	16.0	7.5 - 24.5	1,400
Private	46.5	41.8 - 51.1		19,800	--			45.0	39.5 - 50.6	14,500	61.0	49.3 - 72.6	5,300
Infant health insurance													
Medi-Cal	41.0	36.6 - 45.3		17,400	--			42.9	37.5 - 48.3	13,900	23.4	14.2 - 32.6	2,000
Uninsured	4.8	2.5 - 7.1		2,000	--			4.6	2.0 - 7.3	1,500	--		
Private	41.9	37.2 - 46.5		17,800	--			40.0	34.5 - 45.5	12,900	57.7	45.3 - 70.0	4,800
<b>Maternal Demographics</b>													
Did not complete high school (or GED)	11.5	8.1 - 14.9		4,900	52.6	29.8 - 75.5	900	10.4	6.4 - 14.5	3,400	7.2*	1.8 - 12.7	600
Unmarried	36.3	31.5 - 41.2		15,700	--			36.2	30.4 - 41.9	11,800	24.9	14.4 - 35.3	2,200
Race/Ethnicity													
White	38.6	33.2 - 44.0		15,500	--			38.8	32.5 - 45.0	11,800	44.4	31.4 - 57.4	3,600
Hispanic	43.3	38.1 - 48.6		17,400	84.5*	72.5 - 96.5	1,300	43.9	37.8 - 50.1	13,400	33.2	21.8 - 44.7	2,700
Asian/Pacific Islander	12.4	8.3 - 16.6		5,000	--			11.3	6.6 - 16.0	3,500	18.6	7.9 - 29.2	1,500
Black	5.0	4.1 - 6.0		2,000	6.6*	0.6 - 12.6	100	5.4	4.0 - 6.7	1,600	3.4	1.4 - 5.4	300
Born outside the U.S.	32.8	27.6 - 37.9		14,200	--			31.1	25.2 - 37.0	10,200	44.4	32.1 - 56.7	3,900
Speaks non-English language at home	26.8	21.9 - 31.6		11,600	25.6*	4.6 - 46.5	400	23.5	18.2 - 28.9	7,700	39.2	27.1 - 51.3	3,400
Lives in a high poverty neighborhood	28.9	24.2 - 33.7		12,100	52.1	28.7 - 75.6	900	29.0	23.4 - 34.6	9,100	23.9	13.8 - 34.1	2,100

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

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

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of San Diego County was 602. 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, San Diego County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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		43,300	10.0	6.6 - 13.4	4,200	22.8	17.9 - 27.6	9,500	38.3	33.0 - 43.6	16,000	28.9	24.2 - 33.7	12,100
<b>Health Status before Pregnancy</b>															
In good to excellent health	94.1	91.9 - 96.2	40,700	--			--			94.5*	90.7 - 98.3	15,100	89.8	84.9 - 94.7	10,800
Chronic conditions															
Diabetes†	3.5*	1.4 - 5.7	1,500	--			--			2.8*	0.4 - 5.3	400	4.5*	0.4 - 8.7	500
Hypertension†	3.3	1.4 - 5.1	1,400	--			--			4.5*	0.7 - 8.2	700	5.0*	0.6 - 9.4	600
Asthma†	9.2	5.9 - 12.5	3,900	--			--			12.4	6.0 - 18.8	2,000	7.8*	2.6 - 12.9	900
<b>Nutrition and Weight</b>															
Daily folic acid use, month before pregnancy	38.6	33.3 - 43.9	16,700	64.5	48.0 - 80.9	2,700	41.5	29.2 - 53.8	3,900	35.7	27.1 - 44.3	5,700	29.0	19.7 - 38.3	3,500
Overweight before pregnancy	24.0	19.3 - 28.7	9,900	23.8*	7.7 - 39.9	900	19.5	10.0 - 28.9	1,900	25.0	17.3 - 32.7	3,800	26.5	17.3 - 35.8	3,000
Obese before pregnancy	16.7	12.7 - 20.6	6,900	--			6.9*	2.5 - 11.2	700	21.5	13.8 - 29.2	3,300	23.1	15.0 - 31.1	2,600
Inadequate weight gain during pregnancy	17.6	12.9 - 22.4	6,400	17.5*	3.4 - 31.6	600	21.1	9.7 - 32.5	1,900	13.3	7.3 - 19.3	1,900	21.9	11.5 - 32.4	2,000
Excessive weight gain during pregnancy	39.5	33.7 - 45.3	14,400	36.3	17.5 - 55.1	1,200	41.6	28.7 - 54.6	3,700	40.7	31.7 - 49.8	5,700	38.3	27.4 - 49.2	3,500
Food insecurity during pregnancy	14.1	10.4 - 17.9	6,100	--			12.0*	2.4 - 21.6	1,100	12.5	7.3 - 17.7	2,000	20.1	11.7 - 28.5	2,400
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>															
Physical or psychological IPV during pregnancy	7.2	4.2 - 10.1	3,100	--			7.2*	0.9 - 13.4	700	6.0*	1.5 - 10.6	1,000	10.7*	4.0 - 17.4	1,300
Prenatal depressive symptoms	13.7	9.9 - 17.6	5,900	10.1*	0.3 - 19.9	400	15.0	6.6 - 23.5	1,400	14.5	8.4 - 20.7	2,300	13.7	5.9 - 21.6	1,700
Postpartum depressive symptoms	13.2	9.6 - 16.8	5,700	--			10.6*	3.9 - 17.4	1,000	12.6	7.2 - 18.0	2,000	18.8	10.3 - 27.3	2,300
<b>Hardships and Support during Pregnancy</b>															
Experienced two or more hardships during childhood	27.5	22.7 - 32.3	11,600	9.8*	1.1 - 18.4	400	25.9	14.8 - 37.0	2,400	27.1	19.6 - 34.6	4,200	36.5	26.5 - 46.5	4,300
Homeless or did not have a regular place to sleep	3.7	1.7 - 5.8	1,600	--			--			4.3*	0.4 - 8.3	700	2.3*	0.7 - 3.9	300
Moved due to problems paying rent or mortgage	5.7	3.3 - 8.0	2,400	--			7.2*	1.6 - 12.9	700	3.8*	1.1 - 6.5	600	8.2*	2.2 - 14.1	1,000
Woman or partner lost job	12.2	8.9 - 15.4	5,200	--			7.5*	2.3 - 12.8	700	14.2	8.8 - 19.5	2,200	14.0	7.0 - 21.1	1,700
Woman or partner had pay or hours cut back	9.3	6.5 - 12.0	4,000	--			7.9*	2.5 - 13.2	800	10.0	5.5 - 14.6	1,600	9.2	4.0 - 14.5	1,100
Became separated or divorced	6.5	3.6 - 9.5	2,800	--			--			7.1*	2.1 - 12.1	1,100	8.1*	2.0 - 14.1	1,000
Had no practical or emotional support	3.8	1.9 - 5.7	1,600	--			--			3.6*	1.0 - 6.2	600	2.9*	0.3 - 5.4	300
<b>Substance Use</b>															
Any smoking, 3 months before pregnancy	12.3	8.8 - 15.8	5,200	--			11.1*	3.2 - 19.1	1,000	12.8	7.2 - 18.5	2,000	14.0	7.5 - 20.6	1,700
Any smoking, 3rd trimester†	2.2	1.0 - 3.4	900	--			--			--			2.8*	0.5 - 5.2	300
Any smoking, postpartum	5.5	3.1 - 7.9	2,400	--			--			4.8*	1.8 - 7.8	800	4.5*	1.1 - 7.8	500
Any binge drinking, 3 months before pregnancy	18.5	14.3 - 22.8	7,800	13.5*	2.9 - 24.2	600	18.3	8.8 - 27.9	1,700	23.3	15.7 - 30.9	3,600	15.9	8.7 - 23.1	1,900
Any alcohol use, 3rd trimester†	12.3	8.3 - 16.4	5,300	16.8*	1.2 - 32.4	700	12.2*	3.4 - 21.0	1,200	9.8	4.2 - 15.3	1,500	15.6	7.1 - 24.2	1,900
<b>Pregnancy Intention and Family Planning</b>															
Mistimed or unwanted pregnancy	30.4	25.5 - 35.4	13,000	23.9*	7.6 - 40.1	1,000	26.8	15.6 - 38.0	2,500	31.3	23.6 - 39.0	4,900	36.4	26.7 - 46.0	4,400
Unsure of pregnancy intentions	14.2	10.3 - 18.0	6,000	--			15.1*	6.0 - 24.3	1,400	16.3	9.5 - 23.1	2,500	13.1	7.0 - 19.3	1,600
Postpartum birth control use†	82.6	78.3 - 86.9	35,000	78.8*	63.0 - 94.6	3,300	81.2	71.0 - 91.5	7,600	82.4	76.1 - 88.8	12,900	83.1	74.8 - 91.4	9,700
<b>Infant Sleep and Breastfeeding</b>															
Placed infant on back to sleep	79.9	75.4 - 84.3	34,000	74.5*	58.4 - 90.7	3,100	72.2	60.4 - 84.0	6,900	83.4	77.2 - 89.6	13,000	82.9	75.0 - 90.7	9,700
Infant always or often shared bed	29.8	25.0 - 34.6	12,700	29.6*	11.9 - 47.3	1,200	27.1	16.3 - 37.9	2,600	33.6	25.6 - 41.5	5,200	27.9	19.5 - 36.4	3,300
Intended to breastfeed, before birth	93.1	90.4 - 95.9	39,600	--			93.7*	87.7 - 99.7	8,900	93.4*	89.2 - 97.6	14,600	90.0*	83.6 - 96.4	10,600
Intended to breastfeed exclusively, before birth	68.5	63.4 - 73.6	29,200	79.7*	64.1 - 95.3	3,300	70.0	58.2 - 81.7	6,700	67.8	59.7 - 75.9	10,600	65.3	55.6 - 74.9	7,700
<b>Breastfeeding practices</b>															
Any breastfeeding, 1 month after delivery	90.2	87.1 - 93.2	38,000	--			92.3*	87.0 - 97.5	8,700	90.8	86.4 - 95.2	14,000	84.1	76.1 - 92.0	9,900
Exclusive breastfeeding, 1 month after delivery	54.2	48.7 - 59.8	22,400	57.7	39.4 - 75.9	2,300	57.2	44.9 - 69.5	5,400	51.8	42.9 - 60.7	8,000	50.3	39.8 - 60.7	5,600
Any breastfeeding, 3 months after delivery	74.5	69.1 - 79.9	24,300	--			75.7	63.6 - 87.8	5,800	74.3	65.7 - 82.9	8,900	68.1	57.1 - 79.1	6,200
Exclusive breastfeeding, 3 months after delivery	36.7	30.6 - 42.7	11,900	50.1	27.6 - 72.7	1,400	35.4	22.3 - 48.6	2,700	42.4	32.3 - 52.5	5,100	28.4	18.1 - 38.8	2,500

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, San Diego County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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	75.4	71.0 - 79.8	32,600	84.2 *	71.1 - 97.4	3,500	70.0	58.1 - 81.8	6,700	77.6	70.9 - 84.2	12,400	71.7	63.6 - 79.8	8,700
Initiated prenatal care in 1st trimester	89.7	86.7 - 92.7	38,200	--			--			86.3	80.7 - 91.9	13,600	90.1	85.3 - 95.0	10,600
Mom or infant needed but couldn't afford care postpartum	10.2	6.8 - 13.7	4,300	--			11.7 *	2.5 - 20.9	1,100	10.2	5.0 - 15.4	1,600	10.0 *	3.6 - 16.3	1,200
Participated in WIC during pregnancy†	44.3	40.0 - 48.5	18,600	3.7 *	0.4 - 7.0	200	31.8	20.8 - 42.8	2,900	41.6	33.8 - 49.4	6,500	71.7	62.5 - 80.8	8,500
Received CalFresh (food stamps) during pregnancy	19.3	15.5 - 23.1	8,300	--			9.0 *	2.2 - 15.9	800	20.9	14.5 - 27.3	3,300	29.8	20.7 - 38.8	3,600
Pre-pregnancy insurance															
Medi-Cal	16.4	13.0 - 19.9	7,100	2.9 *	0.1 - 5.8	100	9.4 *	3.1 - 15.8	900	19.2	13.2 - 25.2	3,100	24.7	16.2 - 33.2	3,000
Uninsured	20.4	16.2 - 24.5	8,800	--			20.8	9.6 - 32.0	2,000	12.5	7.6 - 17.3	2,000	33.8	24.7 - 42.9	4,000
Private	50.4	45.7 - 55.1	21,700	78.4 *	65.1 - 91.6	3,300	51.0	38.9 - 63.1	4,900	55.2	47.2 - 63.3	8,800	32.2	23.3 - 41.2	3,900
Prenatal insurance															
Medi-Cal	38.5	34.5 - 42.5	16,600	4.3 *	0.8 - 7.7	200	28.6	17.3 - 40.0	2,700	36.2	28.9 - 43.6	5,800	60.9	51.7 - 70.1	7,300
Uninsured	2.7 *	0.9 - 4.5	1,200	--			--			--			--		
Private	45.8	41.2 - 50.4	19,800	77.8 *	64.5 - 91.1	3,300	48.8	36.9 - 60.7	4,600	48.6	40.3 - 56.8	7,800	28.6	19.9 - 37.3	3,400
Maternal postpartum insurance															
Medi-Cal	27.7	23.7 - 31.7	11,800	3.7 *	0.4 - 7.0	200	15.9	7.8 - 23.9	1,500	26.6	19.9 - 33.3	4,300	46.4	36.8 - 56.1	5,500
Uninsured	13.5	9.9 - 17.2	5,800	15.2 *	1.3 - 29.1	600	13.0 *	3.2 - 22.9	1,200	11.8	6.6 - 17.1	1,900	15.7	9.1 - 22.2	1,900
Private	46.5	41.8 - 51.1	19,800	72.7	56.9 - 88.4	3,000	51.6	39.6 - 63.6	4,700	50.1	41.8 - 58.4	8,000	28.4	19.7 - 37.1	3,400
Infant health insurance															
Medi-Cal	41.0	36.6 - 45.3	17,400	8.5 *	1.1 - 15.9	400	32.6	20.8 - 44.4	3,100	38.9	31.2 - 46.7	6,100	63.9	54.5 - 73.2	7,400
Uninsured	4.8	2.5 - 7.1	2,000	--			--			6.3 *	1.9 - 10.7	1,000	3.6 *	1.0 - 6.2	400
Private	41.9	37.2 - 46.5	17,800	72.8	57.1 - 88.5	3,000	47.7	35.7 - 59.7	4,500	42.2	33.7 - 50.7	6,600	24.4	15.8 - 33.0	2,800
<b>Maternal Demographics</b>															
Age															
15-19	4.0	2.2 - 5.8	1,700	--			--			5.0 *	1.4 - 8.5	800	7.3 *	3.0 - 11.7	900
20-34	75.9	71.3 - 80.6	32,900	67.7	50.4 - 85.0	2,800	86.9	79.4 - 94.4	8,300	70.2	61.8 - 78.6	11,200	75.6	67.4 - 83.7	9,100
35+	20.1	15.7 - 24.5	8,700	32.3	15.0 - 49.6	1,400	12.9	5.4 - 20.4	1,200	24.8	16.7 - 32.9	4,000	17.1	9.7 - 24.4	2,100
Did not complete high school (or GED)	11.5	8.1 - 14.9	4,900	--			--			11.7	6.0 - 17.3	1,900	18.1	10.2 - 26.0	2,200
Unmarried	36.3	31.5 - 41.2	15,700	--			30.7	18.9 - 42.5	2,900	36.6	28.4 - 44.7	5,800	51.4	41.5 - 61.2	6,200
Race/Ethnicity															
White	38.6	33.2 - 44.0	15,500	48.0	29.3 - 66.7	1,900	49.0	36.3 - 61.8	4,500	37.5	28.6 - 46.3	5,500	32.3	21.9 - 42.7	3,600
Hispanic	43.3	38.1 - 48.6	17,400	19.6 *	7.4 - 31.8	800	33.1	21.2 - 45.0	3,000	44.0	35.5 - 52.6	6,500	57.2	46.9 - 67.6	6,300
Asian/Pacific Islander	12.4	8.3 - 16.6	5,000	32.1 *	13.0 - 51.1	1,200	14.2 *	3.9 - 24.4	1,300	11.8	5.9 - 17.6	1,700	--		
Black	5.0	4.1 - 6.0	2,000	--			3.3	1.4 - 5.2	300	5.7	3.6 - 7.9	800	7.3	4.3 - 10.2	800
Born outside the U.S.	32.8	27.6 - 37.9	14,200	41.0	22.6 - 59.4	1,700	28.5	16.8 - 40.2	2,700	31.8	23.8 - 39.7	5,000	32.0	22.9 - 41.1	3,900
Speaks non-English language at home	26.8	21.9 - 31.6	11,600	33.7	16.2 - 51.2	1,400	18.9	8.0 - 29.9	1,800	23.2	16.2 - 30.2	3,700	35.4	26.1 - 44.7	4,300
Income as a percent of the Federal Poverty Guideline															
0-100%	33.0	28.5 - 37.6	13,300	--			24.0	12.2 - 35.7	2,000	35.6	27.5 - 43.7	5,300	47.8	37.8 - 57.8	5,300
101-200%	19.6	15.3 - 23.8	7,900	15.4 *	2.0 - 28.9	600	16.4	7.4 - 25.5	1,400	17.3	11.0 - 23.6	2,600	24.9	16.0 - 33.9	2,800
> 200%	47.4	42.7 - 52.1	19,100	77.8 *	63.0 - 92.7	3,300	59.6	47.1 - 72.1	5,100	47.1	38.4 - 55.9	7,100	27.3	17.9 - 36.7	3,100

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

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

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of San Diego County was 602. 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, San Diego County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego County			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		43,300	38.5	34.5 - 42.5	16,600	45.8	41.2 - 50.4	19,800
<b>Health Status before Pregnancy</b>									
In good to excellent health	94.1	91.9 - 96.2	40,700	88.2	83.3 - 93.2	14,700	97.9 *	96.0 - 99.7	19,400
Chronic conditions									
Diabetes†	3.5 *	1.4 - 5.7	1,500	6.7 *	1.9 - 11.5	1,100	--		
Hypertension†	3.3	1.4 - 5.1	1,400	3.6 *	0.2 - 7.1	600	3.5 *	0.7 - 6.3	700
Asthma†	9.2	5.9 - 12.5	3,900	8.4	3.6 - 13.2	1,400	12.4	6.5 - 18.4	2,400
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	38.6	33.3 - 43.9	16,700	20.4	13.1 - 27.7	3,400	56.5	48.2 - 64.8	11,200
Overweight before pregnancy	24.0	19.3 - 28.7	9,900	27.1	19.3 - 35.0	4,200	20.6	13.7 - 27.5	4,000
Obese before pregnancy	16.7	12.7 - 20.6	6,900	20.4	14.1 - 26.7	3,100	15.5	9.2 - 21.9	3,000
Inadequate weight gain during pregnancy	17.6	12.9 - 22.4	6,400	20.3	11.5 - 29.1	2,500	15.7	9.4 - 22.0	2,800
Excessive weight gain during pregnancy	39.5	33.7 - 45.3	14,400	41.8	32.1 - 51.6	5,200	39.8	31.2 - 48.5	7,000
Food insecurity during pregnancy	14.1	10.4 - 17.9	6,100	27.3	19.3 - 35.2	4,400	--		
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	7.2	4.2 - 10.1	3,100	12.3	6.1 - 18.6	2,000	--		
Prenatal depressive symptoms	13.7	9.9 - 17.6	5,900	16.3	9.7 - 23.0	2,700	8.3	3.7 - 12.9	1,600
Postpartum depressive symptoms	13.2	9.6 - 16.8	5,700	17.2	10.8 - 23.5	2,900	10.7	5.5 - 15.9	2,100
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.5	22.7 - 32.3	11,600	38.4	30.0 - 46.8	6,300	15.1	9.6 - 20.7	2,900
Homeless or did not have a regular place to sleep	3.7	1.7 - 5.8	1,600	7.3 *	2.7 - 12.0	1,200	--		
Moved due to problems paying rent or mortgage	5.7	3.3 - 8.0	2,400	9.7	4.6 - 14.9	1,600	2.9 *	0.6 - 5.1	600
Woman or partner lost job	12.2	8.9 - 15.4	5,200	22.1	15.1 - 29.0	3,600	6.0	2.8 - 9.3	1,200
Woman or partner had pay or hours cut back	9.3	6.5 - 12.0	4,000	16.3	10.5 - 22.2	2,700	4.3 *	1.4 - 7.1	800
Became separated or divorced	6.5	3.6 - 9.5	2,800	11.3	5.2 - 17.3	1,800	--		
Had no practical or emotional support	3.8	1.9 - 5.7	1,600	5.3 *	1.9 - 8.6	900	--		
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	12.3	8.8 - 15.8	5,200	17.5	11.4 - 23.6	2,900	5.1 *	1.3 - 8.9	1,000
Any smoking, 3rd trimester†	2.2	1.0 - 3.4	900	3.9 *	1.3 - 6.5	600	--		
Any smoking, postpartum	5.5	3.1 - 7.9	2,400	8.4	4.1 - 12.8	1,400	--		
Any binge drinking, 3 months before pregnancy	18.5	14.3 - 22.8	7,800	17.1	11.0 - 23.1	2,700	16.6	10.4 - 22.8	3,300
Any alcohol use, 3rd trimester†	12.3	8.3 - 16.4	5,300	5.8 *	1.1 - 10.5	1,000	16.9	10.1 - 23.6	3,300
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	30.4	25.5 - 35.4	13,000	42.3	33.9 - 50.7	6,900	20.0	13.3 - 26.8	3,900
Unsure of pregnancy intentions	14.2	10.3 - 18.0	6,000	21.3	14.2 - 28.5	3,500	10.0	4.6 - 15.3	1,900
Postpartum birth control use†	82.6	78.3 - 86.9	35,000	84.2	77.3 - 91.1	13,600	85.2	79.4 - 91.0	16,600
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	79.9	75.4 - 84.3	34,000	80.5	73.4 - 87.6	13,000	83.5	77.1 - 89.8	16,300
Infant always or often shared bed	29.8	25.0 - 34.6	12,700	38.4	30.1 - 46.7	6,200	21.9	15.1 - 28.6	4,300
Intended to breastfeed, before birth	93.1	90.4 - 95.9	39,600	93.6 *	89.6 - 97.5	15,100	96.1 *	93.4 - 98.8	18,800
Intended to breastfeed exclusively, before birth	68.5	63.4 - 73.6	29,200	64.2	56.0 - 72.5	10,300	73.0	65.4 - 80.6	14,300
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	90.2	87.1 - 93.2	38,000	85.6	79.6 - 91.7	13,600	95.5 *	92.5 - 98.5	18,600
Exclusive breastfeeding, 1 month after delivery	54.2	48.7 - 59.8	22,400	48.3	39.5 - 57.1	7,400	60.1	51.8 - 68.4	11,700
Any breastfeeding, 3 months after delivery	74.5	69.1 - 79.9	24,300	61.9	52.2 - 71.5	7,900	87.8	81.5 - 94.0	12,700
Exclusive breastfeeding, 3 months after delivery	36.7	30.6 - 42.7	11,900	20.1	12.6 - 27.6	2,500	51.1	41.2 - 61.1	7,400



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

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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	75.4	71.0 - 79.8		32,600	62.0	54.1 - 69.9		10,300	88.0	82.7 - 93.3		17,400
Initiated prenatal care in 1st trimester	89.7	86.7 - 92.7		38,200	83.6	78.0 - 89.2		13,500	--			
Mom or infant needed but couldn't afford care postpartum	10.2	6.8 - 13.7		4,300	15.6	8.7 - 22.4		2,500	3.6 *	0.8 - 6.5		700
Participated in WIC during pregnancy†	44.3	40.0 - 48.5		18,600	82.3	75.4 - 89.2		13,500	10.3	5.9 - 14.6		2,000
Received CalFresh (food stamps) during pregnancy	19.3	15.5 - 23.1		8,300	47.0	38.6 - 55.4		7,700	--			
Pre-pregnancy insurance												
Medi-Cal	16.4	13.0 - 19.9		7,100	42.0	33.8 - 50.2		6,900	--			
Uninsured	20.4	16.2 - 24.5		8,800	43.2	34.8 - 51.5		7,100	--			
Private	50.4	45.7 - 55.1		21,700	11.8	6.4 - 17.1		1,900	97.2 *	95.0 - 99.5		19,200
Maternal postpartum insurance												
Medi-Cal	27.7	23.7 - 31.7		11,800	69.3	61.7 - 76.9		11,200	--			
Uninsured	13.5	9.9 - 17.2		5,800	25.9	18.5 - 33.3		4,200	--			
Private	46.5	41.8 - 51.1		19,800	3.3 *	0.9 - 5.6		500	94.7 *	91.0 - 98.4		18,700
Infant health insurance												
Medi-Cal	41.0	36.6 - 45.3		17,400	95.3	92.5 - 98.0		15,300	6.3 *	2.6 - 10.0		1,200
Uninsured	4.8	2.5 - 7.1		2,000	3.7 *	1.2 - 6.2		600	4.0 *	0.5 - 7.4		800
Private	41.9	37.2 - 46.5		17,800	--				88.6	83.5 - 93.7		17,400
<b>Maternal Demographics</b>												
Age												
15-19	4.0	2.2 - 5.8		1,700	8.9	4.6 - 13.3		1,500	--			
20-34	75.9	71.3 - 80.6		32,900	79.2	73.0 - 85.3		13,200	74.1	66.7 - 81.5		14,600
35+	20.1	15.7 - 24.5		8,700	11.9	7.0 - 16.8		2,000	25.4	18.1 - 32.8		5,000
Did not complete high school (or GED)	11.5	8.1 - 14.9		4,900	22.4	15.1 - 29.7		3,700	--			
Unmarried	36.3	31.5 - 41.2		15,700	63.9	56.1 - 71.7		10,500	16.2	10.3 - 22.0		3,200
Race/Ethnicity												
White	38.6	33.2 - 44.0		15,500	19.2	11.8 - 26.7		2,900	53.6	45.1 - 62.1		9,900
Hispanic	43.3	38.1 - 48.6		17,400	67.0	58.6 - 75.4		10,100	25.1	18.3 - 31.9		4,600
Asian/Pacific Islander	12.4	8.3 - 16.6		5,000	6.9 *	1.3 - 12.4		1,000	18.0	10.9 - 25.1		3,300
Black	5.0	4.1 - 6.0		2,000	6.2	4.1 - 8.2		900	2.8	1.5 - 4.1		500
Born outside the U.S.	32.8	27.6 - 37.9		14,200	38.4	30.2 - 46.6		6,300	29.4	21.6 - 37.2		5,800
Speaks non-English language at home	26.8	21.9 - 31.6		11,600	37.0	28.9 - 45.2		6,200	18.2	11.4 - 24.9		3,600
Lives in a high poverty neighborhood	28.9	24.2 - 33.7		12,100	45.7	37.3 - 54.1		7,300	18.0	11.8 - 24.2		3,400
Income as a percent of the Federal Poverty Guideline												
0-100%	33.0	28.5 - 37.6		13,300	68.1	59.8 - 76.5		10,600	6.6 *	2.4 - 10.9		1,200
101-200%	19.6	15.3 - 23.8		7,900	26.7	18.7 - 34.6		4,100	10.8	5.9 - 15.8		2,000
> 200%	47.4	42.7 - 52.1		19,100	5.2 *	1.5 - 8.9		800	82.5	76.3 - 88.7		15,500

-- 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 San Diego County was 602. 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, San Diego County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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		43,300	43.3	38.1 - 48.6	17,400	5.0	4.1 - 6.0	2,000	38.6	33.2 - 44.0	15,500	12.4	8.3 - 16.6	5,000	
<b>Health Status before Pregnancy</b>																
In good to excellent health	94.1	91.9 - 96.2	40,700	91.7	87.9 - 95.5	16,000	89.6*	82.6 - 96.5	1,800	95.6*	92.3 - 99.0	14,900	--			
Chronic conditions																
Diabetes†	3.5*	1.4 - 5.7	1,500	3.9*	1.0 - 6.9	700	--			--			--			
Hypertension†	3.3	1.4 - 5.1	1,400	4.3*	0.8 - 7.8	700	--			--			--			
Asthma†	9.2	5.9 - 12.5	3,900	7.7	3.3 - 12.1	1,300	7.5*	2.2 - 12.7	100	12.2	5.4 - 18.9	1,900	--			
<b>Nutrition and Weight</b>																
Daily folic acid use, month before pregnancy	38.6	33.3 - 43.9	16,700	26.9	19.6 - 34.2	4,700	30.9	19.7 - 42.2	600	46.5	36.8 - 56.2	7,200	63.2	46.8 - 79.6	3,200	
Overweight before pregnancy	24.0	19.3 - 28.7	9,900	28.7	21.0 - 36.4	4,600	26.4	14.9 - 38.0	500	22.8	14.7 - 30.9	3,500	--			
Obese before pregnancy	16.7	12.7 - 20.6	6,900	18.1	11.9 - 24.3	2,900	29.5	16.8 - 42.2	600	15.3	8.6 - 21.9	2,400	--			
Inadequate weight gain during pregnancy	17.6	12.9 - 22.4	6,400	26.1	17.3 - 34.9	3,600	11.6*	4.0 - 19.3	200	11.9	5.6 - 18.2	1,700	--			
Excessive weight gain during pregnancy	39.5	33.7 - 45.3	14,400	35.8	27.0 - 44.7	4,900	50.7	36.7 - 64.7	900	46.0	36.0 - 55.9	6,500	20.7*	4.6 - 36.9	900	
Food insecurity during pregnancy	14.1	10.4 - 17.9	6,100	18.6	11.7 - 25.4	3,200	18.1	8.5 - 27.7	400	10.6	4.4 - 16.7	1,600	--			
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>																
Physical or psychological IPV during pregnancy	7.2	4.2 - 10.1	3,100	8.1*	3.1 - 13.1	1,400	11.5*	3.2 - 19.8	200	5.9*	1.4 - 10.5	900	--			
Prenatal depressive symptoms	13.7	9.9 - 17.6	5,900	17.9	11.5 - 24.3	3,100	13.1*	4.0 - 22.2	300	9.4*	3.5 - 15.2	1,500	--			
Postpartum depressive symptoms	13.2	9.6 - 16.8	5,700	16.5	10.4 - 22.5	2,900	17.9*	6.3 - 29.4	400	9.8	4.2 - 15.4	1,500	--			
<b>Hardships and Support during Pregnancy</b>																
Experienced two or more hardships during childhood	27.5	22.7 - 32.3	11,600	41.5	33.3 - 49.7	7,100	27.2	16.5 - 38.0	500	19.2	11.6 - 26.8	2,900	--			
Homeless or did not have a regular place to sleep	3.7	1.7 - 5.8	1,600	3.1*	0.4 - 5.7	500	8.1*	0.2 - 16.0	200	--			--			
Moved due to problems paying rent or mortgage	5.7	3.3 - 8.0	2,400	7.0*	2.4 - 11.5	1,200	14.0*	4.9 - 23.0	300	5.3*	1.6 - 8.9	800	--			
Woman or partner lost job	12.2	8.9 - 15.4	5,200	16.8	10.7 - 22.9	2,900	9.5*	3.2 - 15.8	200	7.3	3.4 - 11.2	1,100	7.8*	0.7 - 14.8	400	
Woman or partner had pay or hours cut back	9.3	6.5 - 12.0	4,000	11.7	6.9 - 16.6	2,000	12.0*	4.4 - 19.5	200	6.9*	2.6 - 11.2	1,100	--			
Became separated or divorced	6.5	3.6 - 9.5	2,800	9.8	4.1 - 15.4	1,700	13.7	6.2 - 21.3	300	--			--			
Had no practical or emotional support	3.8	1.9 - 5.7	1,600	7.0	2.9 - 11.2	1,200	--			--			--			
<b>Substance Use</b>																
Any smoking, 3 months before pregnancy	12.3	8.8 - 15.8	5,200	10.7	5.9 - 15.6	1,900	14.3*	5.4 - 23.2	300	16.0	8.9 - 23.1	2,400	--			
Any smoking, 3rd trimester†	2.2	1.0 - 3.4	900	1.9*	0.2 - 3.6	300	--			--			--			
Any smoking, postpartum	5.5	3.1 - 7.9	2,400	2.6*	0.7 - 4.4	400	11.7*	3.1 - 20.3	200	8.1*	2.8 - 13.3	1,200	--			
Any binge drinking, 3 months before pregnancy	18.5	14.3 - 22.8	7,800	20.6	14.1 - 27.1	3,500	12.1*	4.5 - 19.7	200	19.4	11.5 - 27.3	3,000	8.5*	0.7 - 16.2	400	
Any alcohol use, 3rd trimester†	12.3	8.3 - 16.4	5,300	6.8*	2.3 - 11.3	1,200	--			21.8	13.2 - 30.4	3,400	--			
<b>Pregnancy Intention and Family Planning</b>																
Mistimed or unwanted pregnancy	30.4	25.5 - 35.4	13,000	37.8	30.0 - 45.7	6,500	40.8	27.9 - 53.7	800	25.2	16.6 - 33.8	3,800	26.3*	10.0 - 42.5	1,300	
Unsure of pregnancy intentions	14.2	10.3 - 18.0	6,000	16.5	10.4 - 22.6	2,800	18.6	9.4 - 27.8	400	7.5*	2.6 - 12.4	1,100	--			
Postpartum birth control use†	82.6	78.3 - 86.9	35,000	86.8	80.9 - 92.8	14,800	69.7	56.6 - 82.8	1,300	79.8	71.8 - 87.8	12,200	83.0*	69.8 - 96.2	4,200	
<b>Infant Sleep and Breastfeeding</b>																
Placed infant on back to sleep	79.9	75.4 - 84.3	34,000	86.4	81.3 - 91.5	14,900	74.5	64.2 - 84.9	1,400	79.7	71.9 - 87.6	12,100	69.1*	50.8 - 87.3	3,500	
Infant always or often shared bed	29.8	25.0 - 34.6	12,700	36.5	28.9 - 44.2	6,300	52.5	39.3 - 65.7	1,000	13.5	7.2 - 19.8	2,100	41.7	23.5 - 59.9	2,100	
Intended to breastfeed, before birth	93.1	90.4 - 95.9	39,600	90.4	85.1 - 95.8	15,600	--			94.9*	91.1 - 98.6	14,400	--			
Intended to breastfeed exclusively, before birth	68.5	63.4 - 73.6	29,200	60.7	52.8 - 68.6	10,500	72.5	61.1 - 84.0	1,400	79.0	70.9 - 87.1	12,000	54.9	36.4 - 73.4	2,700	
<b>Breastfeeding practices</b>																
Any breastfeeding, 1 month after delivery	90.2	87.1 - 93.2	38,000	88.1	83.5 - 92.7	15,000	87.8	81.4 - 94.1	1,700	91.1*	85.1 - 97.2	13,700	90.8*	82.0 - 99.6	4,500	
Exclusive breastfeeding, 1 month after delivery	54.2	48.7 - 59.8	22,400	56.0	48.1 - 64.0	9,400	42.1	28.5 - 55.7	800	59.4	49.7 - 69.2	9,000	39.8	21.5 - 58.1	1,900	
Any breastfeeding, 3 months after delivery	74.5	69.1 - 79.9	24,300	64.2	55.2 - 73.2	8,500	76.9	66.6 - 87.2	1,100	82.5	73.4 - 91.6	9,400	80.2*	65.4 - 95.0	3,100	
Exclusive breastfeeding, 3 months after delivery	36.7	30.6 - 42.7	11,900	28.1	20.1 - 36.2	3,800	22.1	10.3 - 34.0	300	49.2	37.7 - 60.6	5,600	27.1*	8.9 - 45.2	1,000	

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, San Diego County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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	75.4	71.0 - 79.8	32,600	71.2	64.4 - 78.0	12,400	69.3	58.0 - 80.6	1,400	82.2	74.9 - 89.4	12,700	75.3 *	58.0 - 92.5	3,800
Initiated prenatal care in 1st trimester	89.7	86.7 - 92.7	38,200	82.9	76.8 - 88.9	14,200	88.8 *	81.2 - 96.4	1,800	96.3 *	93.3 - 99.3	14,900	--		
Mom or infant needed but couldn't afford care postpartum	10.2	6.8 - 13.7	4,300	16.4	9.7 - 23.1	2,800	12.0 *	4.1 - 19.9	200	2.1 *	0.2 - 3.9	300	--		
Participated in WIC during pregnancy†	44.3	40.0 - 48.5	18,600	67.3	59.9 - 74.6	11,300	68.4	59.0 - 77.7	1,400	20.4	13.4 - 27.3	3,100	24.6 *	9.4 - 39.8	1,200
Received CalFresh (food stamps) during pregnancy	19.3	15.5 - 23.1	8,300	25.5	18.6 - 32.4	4,400	35.7	23.3 - 48.2	700	11.8	5.5 - 18.0	1,800	--		
Pre-pregnancy insurance															
Medi-Cal	16.4	13.0 - 19.9	7,100	26.0	19.1 - 32.9	4,500	37.0	23.8 - 50.1	700	6.5 *	2.2 - 10.7	1,000	--		
Uninsured	20.4	16.2 - 24.5	8,800	30.9	23.5 - 38.3	5,400	10.7	5.3 - 16.1	200	11.8	5.3 - 18.2	1,800	--		
Private	50.4	45.7 - 55.1	21,700	32.9	25.8 - 40.0	5,700	28.5	17.0 - 39.9	600	66.2	57.5 - 74.9	10,300	69.8	52.7 - 86.8	3,500
Prenatal insurance															
Medi-Cal	38.5	34.5 - 42.5	16,600	57.7	50.4 - 64.9	10,100	45.8	33.7 - 57.8	900	18.6	11.6 - 25.6	2,900	20.6 *	5.4 - 35.7	1,000
Uninsured	2.7 *	0.9 - 4.5	1,200	4.8 *	0.8 - 8.7	800	--			--			--		
Private	45.8	41.2 - 50.4	19,800	26.6	20.1 - 33.2	4,600	25.7	14.8 - 36.7	500	63.9	54.9 - 72.8	9,900	66.6	49.5 - 83.8	3,300
Maternal postpartum insurance															
Medi-Cal	27.7	23.7 - 31.7	11,800	42.1	34.5 - 49.6	7,300	45.5	32.8 - 58.1	900	12.2	6.3 - 18.1	1,900	10.6 *	0.7 - 20.4	500
Uninsured	13.5	9.9 - 17.2	5,800	21.9	15.0 - 28.8	3,800	7.1 *	1.4 - 12.9	100	5.3 *	0.9 - 9.6	800	--		
Private	46.5	41.8 - 51.1	19,800	26.0	19.5 - 32.5	4,500	23.2	12.6 - 33.8	500	67.2	58.7 - 75.7	10,400	71.3	55.4 - 87.1	3,300
Infant health insurance															
Medi-Cal	41.0	36.6 - 45.3	17,400	61.9	54.6 - 69.2	10,700	51.9	39.6 - 64.1	1,000	19.9	12.5 - 27.2	3,000	23.5 *	7.9 - 39.1	1,200
Uninsured	4.8	2.5 - 7.1	2,000	7.9	3.4 - 12.3	1,400	--			--			--		
Private	41.9	37.2 - 46.5	17,800	21.4	15.6 - 27.3	3,700	18.1	8.1 - 28.0	300	62.8	53.7 - 71.9	9,500	63.2	45.8 - 80.6	3,200
<b>Maternal Demographics</b>															
Age															
15-19	4.0	2.2 - 5.8	1,700	7.6	3.4 - 11.8	1,300	5.1 *	0.9 - 9.4	100	--			--		
20-34	75.9	71.3 - 80.6	32,900	76.8	70.1 - 83.6	13,400	81.1	72.3 - 89.9	1,600	76.1	67.7 - 84.6	11,800	69.0	52.4 - 85.6	3,500
35+	20.1	15.7 - 24.5	8,700	15.6	9.8 - 21.3	2,700	13.8	6.0 - 21.6	300	23.4	15.0 - 31.8	3,600	30.3	13.7 - 46.9	1,500
Did not complete high school (or GED)															
Unmarried	11.5	8.1 - 14.9	4,900	20.4	13.6 - 27.2	3,500	13.3 *	3.9 - 22.8	300	--			--		
Born outside the U.S.	36.3	31.5 - 41.2	15,700	50.9	43.0 - 58.8	8,800	54.1	40.9 - 67.3	1,100	21.7	13.9 - 29.6	3,300	20.1 *	5.7 - 34.5	1,000
Speaks non-English language at home	32.8	27.6 - 37.9	14,200	42.1	34.2 - 50.1	7,400	21.7	10.6 - 32.7	400	11.6	6.0 - 17.2	1,800	68.2	52.9 - 83.5	3,400
Lives in a high poverty neighborhood	26.8	21.9 - 31.6	11,600	37.1	29.4 - 44.8	6,500	11.4 *	3.8 - 19.0	200	9.4 *	3.8 - 15.0	1,500	56.9	39.2 - 74.6	2,800
Income as a percent of the Federal Poverty Guideline															
0-100%	28.9	24.2 - 33.7	12,100	38.0	30.1 - 45.9	6,300	40.8	27.6 - 53.9	800	23.0	14.6 - 31.4	3,600	--		
101-200%	33.0	28.5 - 37.6	13,300	49.0	40.9 - 57.1	7,800	49.0	36.1 - 61.9	1,000	17.4	10.4 - 24.4	2,600	21.8 *	5.0 - 38.5	1,000
> 200%	19.6	15.3 - 23.8	7,900	25.8	18.4 - 33.1	4,100	23.9	14.1 - 33.7	500	12.8	6.3 - 19.2	1,900	10.9 *	1.0 - 20.8	500
	47.4	42.7 - 52.1	19,100	25.2	18.5 - 32.0	4,000	27.1	15.4 - 38.8	500	69.8	61.3 - 78.4	10,400	67.3	49.5 - 85.1	3,000

-- 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 San Diego County was 602. 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, San Diego County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego County			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		43,300	43.1	37.7 - 48.6	18,700	56.9	51.4 - 62.3	24,600
<b>Health Status before Pregnancy</b>									
In good to excellent health	94.1	91.9 - 96.2	40,700	93.8	90.4 - 97.1	17,500	94.3	91.5 - 97.1	23,200
Chronic conditions									
Diabetes†	3.5 *	1.4 - 5.7	1,500	--			3.2 *	1.2 - 5.1	800
Hypertension†	3.3	1.4 - 5.1	1,400	--			4.4 *	1.7 - 7.1	1,100
Asthma†	9.2	5.9 - 12.5	3,900	14.5	8.0 - 21.0	2,700	5.2	2.4 - 8.0	1,200
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	38.6	33.3 - 43.9	16,700	42.0	33.4 - 50.6	7,800	35.9	29.1 - 42.7	8,800
Overweight before pregnancy	24.0	19.3 - 28.7	9,900	21.4	14.4 - 28.5	3,900	26.0	19.7 - 32.4	6,000
Obese before pregnancy	16.7	12.7 - 20.6	6,900	13.0	7.2 - 18.7	2,400	19.6	14.1 - 25.0	4,500
Inadequate weight gain during pregnancy	17.6	12.9 - 22.4	6,400	9.6	4.5 - 14.8	1,600	24.1	16.9 - 31.3	4,800
Excessive weight gain during pregnancy	39.5	33.7 - 45.3	14,400	47.2	38.2 - 56.2	7,700	33.3	26.0 - 40.5	6,700
Food insecurity during pregnancy	14.1	10.4 - 17.9	6,100	12.8	6.9 - 18.7	2,300	15.1	10.1 - 20.2	3,700
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	7.2	4.2 - 10.1	3,100	8.1 *	3.3 - 12.9	1,500	6.4	2.8 - 10.1	1,600
Prenatal depressive symptoms	13.7	9.9 - 17.6	5,900	12.1	6.3 - 17.9	2,300	15.0	9.9 - 20.1	3,700
Postpartum depressive symptoms	13.2	9.6 - 16.8	5,700	11.7	6.5 - 16.9	2,200	14.3	9.4 - 19.2	3,500
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.5	22.7 - 32.3	11,600	27.1	19.4 - 34.9	4,900	27.7	21.5 - 34.0	6,700
Homeless or did not have a regular place to sleep	3.7	1.7 - 5.8	1,600	2.9 *	0.1 - 5.7	500	4.4 *	1.4 - 7.3	1,100
Moved due to problems paying rent or mortgage	5.7	3.3 - 8.0	2,400	4.7 *	1.6 - 7.8	900	6.4	3.0 - 9.8	1,600
Woman or partner lost job	12.2	8.9 - 15.4	5,200	12.4	7.7 - 17.2	2,300	12.0	7.5 - 16.5	2,900
Woman or partner had pay or hours cut back	9.3	6.5 - 12.0	4,000	10.6	6.0 - 15.3	2,000	8.2	4.8 - 11.6	2,000
Became separated or divorced	6.5	3.6 - 9.5	2,800	7.8 *	2.8 - 12.8	1,400	5.6 *	2.0 - 9.2	1,400
Had no practical or emotional support	3.8	1.9 - 5.7	1,600	3.2 *	0.1 - 6.4	600	4.2	1.9 - 6.5	1,000
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	12.3	8.8 - 15.8	5,200	15.9	9.8 - 22.0	2,900	9.7	5.7 - 13.6	2,400
Any smoking, 3rd trimester†	2.2	1.0 - 3.4	900	1.9 *	0.4 - 3.3	300	2.4 *	0.6 - 4.2	600
Any smoking, postpartum	5.5	3.1 - 7.9	2,400	6.4 *	2.4 - 10.4	1,200	4.8 *	1.9 - 7.7	1,200
Any binge drinking, 3 months before pregnancy	18.5	14.3 - 22.8	7,800	26.4	18.8 - 34.1	4,800	12.5	8.1 - 17.0	3,000
Any alcohol use, 3rd trimester†	12.3	8.3 - 16.4	5,300	15.2	8.0 - 22.5	2,800	10.1	5.8 - 14.5	2,400
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	30.4	25.5 - 35.4	13,000	32.9	24.9 - 41.0	6,200	28.5	22.2 - 34.7	6,800
Unsure of pregnancy intentions	14.2	10.3 - 18.0	6,000	13.8	8.2 - 19.5	2,600	14.4	9.1 - 19.6	3,400
Postpartum birth control use†	82.6	78.3 - 86.9	35,000	82.9	76.1 - 89.8	15,200	82.4	76.9 - 87.9	19,800
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	79.9	75.4 - 84.3	34,000	80.3	73.3 - 87.4	14,900	79.5	73.7 - 85.3	19,100
Infant always or often shared bed	29.8	25.0 - 34.6	12,700	29.5	22.0 - 37.0	5,500	30.0	23.6 - 36.3	7,200
Intended to breastfeed, before birth	93.1	90.4 - 95.9	39,600	93.7 *	89.2 - 98.1	17,300	92.7	89.3 - 96.2	22,300
Intended to breastfeed exclusively, before birth	68.5	63.4 - 73.6	29,200	78.4	70.9 - 85.8	14,500	60.9	54.0 - 67.8	14,600
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	90.2	87.1 - 93.2	38,000	89.8	84.7 - 94.9	16,500	90.4	86.7 - 94.1	21,500
Exclusive breastfeeding, 1 month after delivery	54.2	48.7 - 59.8	22,400	48.7	40.2 - 57.3	9,000	58.7	51.6 - 65.7	13,400
Any breastfeeding, 3 months after delivery	74.5	69.1 - 79.9	24,300	76.2	68.1 - 84.3	10,800	73.3	65.9 - 80.6	13,600
Exclusive breastfeeding, 3 months after delivery	36.7	30.6 - 42.7	11,900	30.7	21.6 - 39.8	4,300	41.2	33.0 - 49.4	7,500



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

Maternal and Infant Health Assessment (MIHA) Survey

	San Diego 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	75.4	71.0 - 79.8		32,600	69.1	61.4 - 76.7		12,800	80.2	75.0 - 85.4		19,700
Initiated prenatal care in 1st trimester	89.7	86.7 - 92.7		38,200	93.4	89.6 - 97.1		17,400	86.8	82.4 - 91.2		20,800
Mom or infant needed but couldn't afford care postpartum	10.2	6.8 - 13.7		4,300	7.9 *	3.0 - 12.8		1,500	12.0	7.2 - 16.8		2,800
Participated in WIC during pregnancy†	44.3	40.0 - 48.5		18,600	35.4	28.3 - 42.5		6,400	51.0	44.7 - 57.3		12,200
Received CalFresh (food stamps) during pregnancy	19.3	15.5 - 23.1		8,300	15.7	9.7 - 21.6		2,900	22.0	16.7 - 27.3		5,400
Pre-pregnancy insurance												
Medi-Cal	16.4	13.0 - 19.9		7,100	10.1	5.9 - 14.2		1,900	21.2	15.9 - 26.6		5,200
Uninsured	20.4	16.2 - 24.5		8,800	21.1	14.3 - 27.8		3,900	19.9	14.4 - 25.3		4,900
Private	50.4	45.7 - 55.1		21,700	56.7	48.7 - 64.6		10,600	45.7	39.1 - 52.2		11,200
Prenatal insurance												
Medi-Cal	38.5	34.5 - 42.5		16,600	34.8	27.8 - 41.8		6,500	41.3	35.1 - 47.5		10,100
Uninsured	2.7 *	0.9 - 4.5		1,200	--				3.0 *	0.6 - 5.5		700
Private	45.8	41.2 - 50.4		19,800	48.8	40.7 - 56.8		9,100	43.5	37.1 - 49.9		10,700
Maternal postpartum insurance												
Medi-Cal	27.7	23.7 - 31.7		11,800	26.8	20.2 - 33.4		4,900	28.4	22.5 - 34.3		6,900
Uninsured	13.5	9.9 - 17.2		5,800	10.4	5.3 - 15.4		1,900	15.9	10.6 - 21.1		3,900
Private	46.5	41.8 - 51.1		19,800	49.6	41.6 - 57.7		9,100	44.1	37.5 - 50.6		10,700
Infant health insurance												
Medi-Cal	41.0	36.6 - 45.3		17,400	36.3	29.0 - 43.7		6,700	44.6	38.1 - 51.1		10,700
Uninsured	4.8	2.5 - 7.1		2,000	3.4 *	0.7 - 6.0		600	5.9 *	2.4 - 9.5		1,400
Private	41.9	37.2 - 46.5		17,800	46.3	38.1 - 54.4		8,600	38.5	32.0 - 44.9		9,200
<b>Maternal Demographics</b>												
Age												
15-19	4.0	2.2 - 5.8		1,700	7.3	3.7 - 11.0		1,400	--			
20-34	75.9	71.3 - 80.6		32,900	79.8	72.7 - 86.9		14,900	72.9	66.8 - 79.1		18,000
35+	20.1	15.7 - 24.5		8,700	12.9	6.5 - 19.3		2,400	25.6	19.5 - 31.6		6,300
Did not complete high school (or GED)	11.5	8.1 - 14.9		4,900	11.1	5.7 - 16.6		2,000	11.8	7.3 - 16.3		2,900
Unmarried	36.3	31.5 - 41.2		15,700	43.1	34.9 - 51.2		8,000	31.2	25.0 - 37.5		7,700
Race/Ethnicity												
White	38.6	33.2 - 44.0		15,500	46.1	37.2 - 55.0		8,000	32.8	26.1 - 39.6		7,500
Hispanic	43.3	38.1 - 48.6		17,400	34.8	27.0 - 42.7		6,100	49.8	42.9 - 56.8		11,400
Asian/Pacific Islander	12.4	8.3 - 16.6		5,000	13.7	6.9 - 20.4		2,400	11.5	6.3 - 16.6		2,600
Black	5.0	4.1 - 6.0		2,000	4.5	2.9 - 6.2		800	5.4	3.7 - 7.0		1,200
Born outside the U.S.	32.8	27.6 - 37.9		14,200	23.8	16.3 - 31.4		4,400	39.6	32.7 - 46.5		9,700
Speaks non-English language at home	26.8	21.9 - 31.6		11,600	20.4	13.3 - 27.5		3,800	31.6	25.1 - 38.2		7,800
Lives in a high poverty neighborhood	28.9	24.2 - 33.7		12,100	30.3	22.4 - 38.2		5,400	27.9	21.8 - 34.0		6,700
Income as a percent of the Federal Poverty Guideline												
0-100%	33.0	28.5 - 37.6		13,300	25.8	18.6 - 33.1		4,400	38.4	31.9 - 44.8		8,900
101-200%	19.6	15.3 - 23.8		7,900	16.1	9.9 - 22.3		2,800	22.1	16.2 - 28.0		5,100
> 200%	47.4	42.7 - 52.1		19,100	58.1	49.8 - 66.3		9,900	39.5	33.0 - 46.0		9,200

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

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