



MIHA Data Snapshot, California by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	California			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		487,900	40.0	38.9 - 41.2	181,800	21.0	19.8 - 22.1	95,300	39.0	37.9 - 40.1	177,000
Health Status before Pregnancy												
In good to excellent health	92.0	91.2 - 92.7	448,000	86.0	84.4 - 87.6	156,000	93.5	92.1 - 94.9	88,900	97.7	97.2 - 98.3	172,900
Chronic conditions												
Diabetes†	2.5	2.1 - 3.0	12,200	4.1	3.1 - 5.1	7,300	2.1	1.3 - 3.0	2,000	1.4	0.9 - 1.8	2,400
Hypertension†	2.6	2.3 - 3.0	12,600	2.8	2.3 - 3.4	5,000	3.1	2.1 - 4.2	2,900	2.1	1.6 - 2.7	3,800
Asthma†	8.4	7.6 - 9.1	40,000	9.7	8.4 - 11.0	17,200	7.7	6.2 - 9.1	7,200	7.9	6.7 - 9.0	13,800
Nutrition and Weight												
Daily folic acid use, month before pregnancy	33.8	32.5 - 35.0	164,400	22.4	20.6 - 24.3	40,700	27.4	24.6 - 30.2	26,100	49.0	46.7 - 51.3	86,600
Overweight before pregnancy	25.1	23.8 - 26.3	116,100	29.2	27.0 - 31.4	49,200	25.7	23.1 - 28.4	23,700	21.2	19.4 - 23.1	37,200
Obese before pregnancy	20.1	19.0 - 21.2	93,000	25.7	23.7 - 27.8	43,200	24.9	22.2 - 27.5	22,900	12.8	11.3 - 14.2	22,400
Inadequate weight gain during pregnancy	18.2	17.0 - 19.4	74,300	20.6	18.4 - 22.8	30,100	21.3	18.2 - 24.4	16,600	13.8	12.2 - 15.4	22,200
Excessive weight gain during pregnancy	41.2	39.7 - 42.6	168,100	40.8	38.3 - 43.3	59,700	38.5	35.4 - 41.7	30,100	42.7	40.4 - 45.1	68,700
Food insecurity during pregnancy	15.6	14.6 - 16.5	75,100	28.7	26.6 - 30.7	51,400	15.8	13.6 - 17.9	15,000	2.5	1.7 - 3.2	4,300
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	7.0	6.3 - 7.7	34,000	12.6	11.1 - 14.0	22,700	5.9	4.5 - 7.3	5,600	2.3	1.6 - 3.0	4,000
Prenatal depressive symptoms	14.1	13.1 - 15.0	68,500	20.7	18.9 - 22.6	37,600	14.9	12.7 - 17.1	14,100	7.0	5.8 - 8.1	12,400
Postpartum depressive symptoms	13.5	12.6 - 14.4	65,700	18.2	16.5 - 20.0	33,100	14.3	12.1 - 16.5	13,600	9.2	8.0 - 10.5	16,300
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	24.6	23.4 - 25.7	116,800	33.1	31.0 - 35.2	58,100	26.5	23.9 - 29.2	24,600	16.5	14.8 - 18.1	28,800
Homeless or did not have a regular place to sleep	3.0	2.6 - 3.4	14,500	5.9	4.9 - 6.9	10,600	1.8	1.1 - 2.4	1,700	0.6*	0.2 - 0.9	1,000
Moved due to problems paying rent or mortgage	6.4	5.8 - 7.1	31,100	11.6	10.2 - 13.0	20,800	5.1	3.9 - 6.2	4,800	1.8	1.2 - 2.4	3,200
Woman or partner lost job	14.3	13.3 - 15.2	68,700	22.8	20.8 - 24.7	40,600	15.0	12.8 - 17.3	14,100	5.7	4.7 - 6.6	10,000
Woman or partner had pay or hours cut back	11.4	10.5 - 12.2	54,700	15.6	14.0 - 17.1	27,700	12.7	10.9 - 14.6	11,900	7.0	5.8 - 8.1	12,300
Became separated or divorced	7.0	6.3 - 7.7	34,000	13.0	11.5 - 14.6	23,300	6.4	4.9 - 7.9	6,000	1.3	0.8 - 1.8	2,300
Had no practical or emotional support	4.6	4.0 - 5.2	22,500	7.9	6.6 - 9.2	14,300	3.3	2.3 - 4.3	3,100	1.4	0.9 - 2.0	2,500
Substance Use												
Any smoking, 3 months before pregnancy	10.8	9.9 - 11.6	52,100	15.5	13.9 - 17.1	27,900	11.0	9.0 - 13.0	10,400	6.4	5.4 - 7.5	11,300
Any smoking, 3rd trimester†	2.7	2.3 - 3.1	13,200	5.0	4.1 - 5.9	9,000	2.7	1.6 - 3.9	2,600	0.6	0.4 - 0.9	1,100
Any smoking, postpartum	5.4	4.8 - 6.0	26,100	9.0	7.8 - 10.1	16,200	5.9	4.2 - 7.5	5,500	2.1	1.5 - 2.6	3,600
Any binge drinking, 3 months before pregnancy	15.1	14.1 - 16.0	72,600	13.5	11.9 - 15.0	24,100	16.6	14.3 - 18.8	15,500	17.4	15.7 - 19.1	30,500
Any alcohol use, 3rd trimester†	7.3	6.6 - 8.1	35,600	4.1	3.0 - 5.1	7,300	4.8	3.4 - 6.2	4,500	12.9	11.4 - 14.4	22,600
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	30.5	29.3 - 31.8	147,900	42.3	40.0 - 44.5	76,500	32.6	29.7 - 35.5	30,900	16.7	14.9 - 18.4	29,300
Unsure of pregnancy intentions	12.8	11.9 - 13.7	62,100	16.8	15.2 - 18.5	30,500	14.6	12.4 - 16.8	13,900	7.6	6.4 - 8.8	13,400
Postpartum birth control use†	81.0	79.9 - 82.1	386,400	81.3	79.5 - 83.1	143,800	83.0	80.5 - 85.5	77,600	79.2	77.3 - 81.1	138,300
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.3	79.2 - 81.4	384,100	74.5	72.5 - 76.6	132,100	81.5	79.1 - 84.0	76,700	85.9	84.3 - 87.6	150,300
Infant always or often shared bed	34.6	33.3 - 35.9	165,100	40.5	38.3 - 42.7	71,700	35.1	32.1 - 38.0	32,900	28.3	26.3 - 30.4	49,500
Intended to breastfeed, before birth	92.4	91.7 - 93.2	441,900	89.9	88.5 - 91.2	159,000	93.1	91.5 - 94.7	87,600	95.1	94.1 - 96.2	166,500
Intended to breastfeed exclusively, before birth	64.7	63.3 - 66.0	309,100	56.5	54.2 - 58.8	100,000	62.2	59.1 - 65.3	58,500	75.6	73.6 - 77.7	132,400
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	83.8	82.8 - 84.8	397,900	77.9	76.1 - 79.8	136,900	81.3	78.9 - 83.8	75,600	91.2	89.9 - 92.5	158,800
Exclusive breastfeeding, 1 month after delivery	44.2	42.9 - 45.6	206,800	38.7	36.5 - 40.9	66,500	42.2	39.1 - 45.3	38,900	51.2	48.8 - 53.5	88,100
Any breastfeeding, 3 months after delivery	67.3	65.8 - 68.8	252,100	56.5	53.9 - 59.1	80,200	63.5	60.0 - 67.0	46,100	81.7	79.6 - 83.7	106,800
Exclusive breastfeeding, 3 months after delivery	29.1	27.7 - 30.5	107,600	20.3	18.3 - 22.3	28,300	27.3	24.2 - 30.4	19,700	40.6	38.0 - 43.2	52,600



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Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	70.6	69.4 - 71.9	343,800	61.7	59.5 - 63.9	111,700	65.1	62.1 - 68.1	61,900	84.3	82.6 - 86.0	148,900
Initiated prenatal care in 1st trimester	89.4	88.6 - 90.2	428,900	82.9	81.2 - 84.5	148,300	88.9	87.1 - 90.8	83,800	97.0	96.3 - 97.7	170,200
Mom or infant needed but couldn't afford care postpartum	11.5	10.6 - 12.4	54,200	17.2	15.4 - 19.0	30,200	15.2	13.1 - 17.4	14,100	3.7	3.0 - 4.5	6,500
Participated in WIC during pregnancy†	53.4	52.4 - 54.4	254,400	88.1	86.7 - 89.4	159,500	65.8	62.9 - 68.7	62,400	6.2	5.2 - 7.1	10,900
Received CalFresh (food stamps) during pregnancy	25.2	24.1 - 26.2	121,600	53.7	51.4 - 55.9	96,900	15.8	13.7 - 17.9	14,900	1.1	0.7 - 1.5	1,900
Pre-pregnancy insurance												
Medi-Cal	26.7	25.6 - 27.8	129,800	52.2	49.9 - 54.4	94,400	20.3	18.1 - 22.6	19,300	1.9	1.4 - 2.4	3,400
Uninsured	21.6	20.5 - 22.7	105,000	33.6	31.4 - 35.7	60,700	30.5	27.6 - 33.5	29,000	3.8	2.9 - 4.6	6,700
Private	47.8	46.7 - 48.9	232,400	11.1	9.6 - 12.5	20,000	43.4	40.3 - 46.4	41,200	90.6	89.4 - 91.9	160,400
Prenatal insurance												
Medi-Cal	50.1	49.0 - 51.1	243,600	89.3	87.9 - 90.7	161,800	55.0	51.9 - 58.1	52,400	4.8	4.0 - 5.6	8,400
Uninsured	1.6	1.3 - 2.0	7,800	1.9	1.4 - 2.5	3,500	1.9	1.0 - 2.9	1,800	0.7	0.3 - 1.1	1,200
Private	44.1	43.1 - 45.2	214,700	7.3	6.1 - 8.5	13,200	35.1	32.1 - 38.1	33,400	89.8	88.6 - 91.1	158,700
Maternal postpartum insurance												
Medi-Cal	38.4	37.3 - 39.5	185,700	70.7	68.6 - 72.9	127,200	38.9	36.0 - 41.9	36,800	3.4	2.7 - 4.1	6,000
Uninsured	13.0	12.0 - 13.9	62,600	20.2	18.3 - 22.1	36,400	17.6	15.2 - 20.0	16,600	2.8	2.0 - 3.5	4,900
Private	45.3	44.2 - 46.3	218,800	7.3	6.1 - 8.5	13,100	38.1	35.1 - 41.2	36,100	90.2	89.0 - 91.5	159,600
Infant health insurance												
Medi-Cal	52.8	51.7 - 53.8	251,800	90.4	89.0 - 91.8	159,500	64.3	61.3 - 67.2	60,300	6.3	5.4 - 7.3	11,100
Uninsured	2.8	2.3 - 3.2	13,100	3.3	2.4 - 4.2	5,800	3.9	2.6 - 5.2	3,600	1.2	0.7 - 1.6	2,100
Private	40.9	39.8 - 41.9	195,000	4.6	3.6 - 5.6	8,200	26.0	23.3 - 28.8	24,400	88.2	86.8 - 89.5	154,400
Maternal Demographics												
Did not complete high school (or GED)	16.3	15.3 - 17.3	78,500	30.4	28.2 - 32.5	54,500	12.4	10.3 - 14.5	11,700	1.0	0.6 - 1.4	1,700
Unmarried	40.5	39.2 - 41.7	196,000	67.5	65.3 - 69.6	121,900	39.9	36.9 - 42.9	37,900	11.0	9.7 - 12.3	19,400
Race/Ethnicity												
White	29.3	28.1 - 30.4	140,000	15.2	13.7 - 16.7	27,300	23.6	21.1 - 26.1	22,100	49.7	47.4 - 51.9	85,300
Hispanic	49.2	48.0 - 50.4	235,200	68.9	67.0 - 70.8	123,800	57.8	54.8 - 60.8	54,100	20.5	18.6 - 22.3	35,200
Asian/Pacific Islander	15.4	14.3 - 16.5	73,800	6.6	5.4 - 7.8	11,900	12.6	10.2 - 14.9	11,800	26.8	24.5 - 29.0	46,000
Black	5.6	5.4 - 5.9	26,900	8.6	7.8 - 9.3	15,400	5.6	4.7 - 6.5	5,200	2.8	2.4 - 3.3	4,900
Born outside the U.S.	37.7	36.3 - 39.0	183,800	41.2	39.0 - 43.4	74,900	36.8	33.7 - 39.9	35,100	31.3	29.0 - 33.6	55,400
Speaks non-English language at home	30.7	29.4 - 32.0	147,700	37.1	34.9 - 39.3	66,800	32.1	29.0 - 35.1	30,400	20.1	18.0 - 22.1	35,100
Lives in a high poverty neighborhood	38.8	37.5 - 40.1	182,400	59.3	57.0 - 61.5	102,400	40.4	37.4 - 43.5	36,900	16.0	14.3 - 17.8	27,800

-- 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. 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 Data Snapshots, 2013-2015. California Department of Public Health; 2018.