



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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		4,900	14.9	11.6 - 18.3	700	19.0	15.3 - 22.8	900	34.9	30.2 - 39.5	1,700	31.1	26.8 - 35.5	1,500
<b>Health Status before Pregnancy</b>															
In good to excellent health	93.5	91.2 - 95.8	4,600	75.6	64.7 - 86.5	500	94.2 *	89.9 - 98.4	900	95.2 *	92.1 - 98.4	1,600	--		
Chronic conditions															
Diabetes†	2.2	1.0 - 3.4	100	5.7 *	1.3 - 10.1	<100	--			2.9 *	0.4 - 5.3	<100	--		
Hypertension†	3.3	1.9 - 4.8	200	--			--			5.4 *	2.1 - 8.8	<100	--		
Asthma†	10.7	7.9 - 13.5	500	15.9	6.9 - 24.9	100	9.3 *	3.4 - 15.2	<100	8.7	4.3 - 13.2	100	11.9	6.9 - 16.9	200
<b>Nutrition and Weight</b>															
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	1,900	25.1	14.0 - 36.2	200	31.2	20.5 - 41.8	300	41.8	33.4 - 50.2	700	48.9	40.7 - 57.1	700
Overweight before pregnancy	24.0	19.9 - 28.1	1,100	42.4	28.8 - 56.0	200	26.0	16.7 - 35.3	200	23.5	16.5 - 30.6	400	17.0	11.1 - 23.0	300
Obese before pregnancy	21.7	17.5 - 25.9	1,000	25.4	14.0 - 36.8	100	25.9	14.5 - 37.4	200	27.1	19.1 - 35.1	400	13.1	8.1 - 18.1	200
Inadequate weight gain during pregnancy	14.6	11.1 - 18.0	600	21.4 *	8.6 - 34.3	<100	23.4	13.9 - 32.9	200	11.3	6.0 - 16.6	200	10.8	6.2 - 15.4	200
Excessive weight gain during pregnancy	48.5	43.3 - 53.7	2,000	51.3	36.3 - 66.3	200	40.2	28.5 - 51.8	300	53.6	44.4 - 62.8	800	47.9	39.5 - 56.2	700
Food insecurity during pregnancy	14.7	11.2 - 18.2	700	29.1	18.0 - 40.2	200	19.0	10.5 - 27.6	200	14.9	8.6 - 21.2	300	2.0 *	0.1 - 3.8	<100
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>															
Physical or psychological IPV during pregnancy	6.0	3.5 - 8.6	300	14.3 *	5.4 - 23.3	100	5.8 *	1.5 - 10.1	<100	5.2 *	0.8 - 9.6	<100	--		
Prenatal depressive symptoms	14.1	10.8 - 17.5	700	28.9	17.7 - 40.1	200	11.2	5.0 - 17.5	100	12.1	6.5 - 17.7	200	8.6	4.3 - 12.8	100
Postpartum depressive symptoms	13.7	10.5 - 16.9	700	23.3	12.8 - 33.9	200	9.9 *	4.0 - 15.8	<100	12.1	7.4 - 16.8	200	11.2	6.0 - 16.5	200
<b>Hardships and Support during Pregnancy</b>															
Experienced two or more hardships during childhood	27.2	23.0 - 31.4	1,300	40.1	27.8 - 52.5	300	28.2	18.3 - 38.1	300	29.0	21.8 - 36.2	500	17.7	11.9 - 23.5	300
Homeless or did not have a regular place to sleep	3.7	1.6 - 5.7	200	7.2 *	1.5 - 12.9	<100	--			5.0 *	0.5 - 9.6	<100	--		
Moved due to problems paying rent or mortgage	6.5	4.0 - 8.9	300	7.2 *	1.0 - 13.4	<100	5.5 *	0.4 - 10.6	<100	7.3 *	2.5 - 12.1	100	5.8 *	1.7 - 9.9	<100
Woman or partner lost job	13.0	9.6 - 16.4	600	19.5	9.6 - 29.4	100	13.8 *	5.7 - 22.0	100	14.4	8.6 - 20.2	200	5.2 *	1.3 - 9.1	<100
Woman or partner had pay or hours cut back	14.4	10.7 - 18.0	700	17.0	7.2 - 26.8	100	10.7 *	3.3 - 18.1	<100	17.8	11.1 - 24.6	300	9.9	4.6 - 15.1	100
Became separated or divorced	7.1	4.4 - 9.7	300	13.5 *	4.4 - 22.6	<100	7.3 *	2.3 - 12.4	<100	7.0 *	2.3 - 11.7	100	1.6 *	0.1 - 3.1	<100
Had no practical or emotional support	4.5	1.9 - 7.0	200	9.2 *	0.7 - 17.7	<100	--			--			--		
<b>Substance Use</b>															
Any smoking, 3 months before pregnancy	13.7	10.4 - 17.1	700	20.2	10.0 - 30.4	100	7.2 *	2.9 - 11.5	<100	17.8	11.2 - 24.3	300	9.0	4.5 - 13.5	100
Any smoking, 3rd trimester†	3.1 *	1.2 - 5.0	200	9.5 *	1.6 - 17.3	<100	--			--			--		
Any smoking, postpartum	5.3	3.0 - 7.5	300	11.9 *	3.9 - 19.8	<100	--			8.0 *	3.0 - 13.1	100	--		
Any binge drinking, 3 months before pregnancy	18.4	14.6 - 22.2	900	10.1 *	3.2 - 17.0	<100	14.1	6.5 - 21.7	100	19.6	12.8 - 26.4	300	22.8	15.7 - 30.0	300
Any alcohol use, 3rd trimester†	10.0	7.3 - 12.7	500	--			--			5.7 *	2.1 - 9.4	<100	22.4	15.7 - 29.0	300
<b>Pregnancy Intention and Family Planning</b>															
Mistimed or unwanted pregnancy	26.1	21.9 - 30.4	1,300	35.1	23.0 - 47.2	200	18.6	11.0 - 26.2	200	34.4	26.2 - 42.6	600	16.7	10.5 - 22.9	300
Unsure of pregnancy intentions	11.0	8.3 - 13.8	500	11.3 *	4.5 - 18.1	<100	16.0	8.7 - 23.4	100	9.0	5.0 - 13.0	100	9.1	4.0 - 14.2	100
Postpartum birth control use†	87.1	84.0 - 90.2	4,300	85.9 *	75.9 - 95.9	600	88.7	82.5 - 94.8	800	87.1	81.9 - 92.4	1,400	87.1	81.6 - 92.7	1,300
<b>Infant Sleep and Breastfeeding</b>															
Placed infant on back to sleep	83.7	80.1 - 87.3	4,000	73.8	62.0 - 85.5	500	81.0	72.4 - 89.6	700	88.1	83.0 - 93.3	1,500	86.8	81.8 - 91.9	1,300
Infant always or often shared bed	39.7	35.0 - 44.4	1,900	51.2	38.8 - 63.6	300	42.3	31.5 - 53.2	400	37.7	29.7 - 45.8	600	34.3	26.5 - 42.0	500
Intended to breastfeed, before birth	95.4	93.5 - 97.4	4,600	92.1 *	84.9 - 99.2	600	93.3 *	87.8 - 98.9	800	96.6 *	93.9 - 99.3	1,600	96.6 *	93.6 - 99.6	1,500
Intended to breastfeed exclusively, before birth	81.0	77.3 - 84.7	3,900	67.9	56.3 - 79.5	500	66.5	56.3 - 76.8	600	87.5	82.5 - 92.4	1,500	87.3	81.5 - 93.0	1,300
<b>Breastfeeding practices</b>															
Any breastfeeding, 1 month after delivery	92.3	89.9 - 94.7	4,500	86.3 *	78.0 - 94.6	600	91.3 *	85.5 - 97.2	800	92.7	88.9 - 96.5	1,600	94.9 *	90.8 - 99.0	1,400
Exclusive breastfeeding, 1 month after delivery	63.5	58.9 - 68.2	3,000	52.2	39.5 - 64.9	300	60.2	49.3 - 71.1	500	62.6	54.5 - 70.6	1,000	70.1	62.2 - 78.0	1,000
Any breastfeeding, 3 months after delivery	82.8	78.6 - 87.1	3,000	78.3	67.1 - 89.5	500	74.9	63.5 - 86.3	500	79.1	71.2 - 87.1	1,000	93.2 *	88.8 - 97.7	1,000
Exclusive breastfeeding, 3 months after delivery	49.0	43.4 - 54.6	1,800	38.2	24.1 - 52.2	200	44.2	31.6 - 56.7	300	47.7	37.8 - 57.5	600	56.0	46.1 - 65.9	600



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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	80.9	77.1 - 84.6	4,000	85.0	76.6 - 93.3	600	81.0	73.2 - 88.8	700	75.8	68.6 - 82.9	1,300	88.0	82.9 - 93.1	1,300
Initiated prenatal care in 1st trimester	92.3	89.9 - 94.7	4,500	79.6	68.7 - 90.4	500	89.0	82.7 - 95.2	800	94.4	91.2 - 97.6	1,600	97.3 *	95.2 - 99.4	1,500
Mom or infant needed but couldn't afford care postpartum	8.5	5.6 - 11.5	400	13.3 *	4.4 - 22.3	<100	5.1 *	1.1 - 9.0	<100	10.4	4.6 - 16.3	200	4.0 *	1.4 - 6.5	<100
Participated in WIC during pregnancy†	41.9	37.2 - 46.6	2,100	81.6	71.5 - 91.8	600	63.9	53.5 - 74.3	600	39.4	31.3 - 47.6	700	10.0	5.0 - 14.9	200
Received CalFresh (food stamps) during pregnancy	19.3	15.6 - 23.0	1,000	48.6	36.5 - 60.8	400	23.0	14.1 - 31.8	200	16.8	10.9 - 22.8	300	3.7 *	1.1 - 6.4	<100
Pre-pregnancy insurance															
Medi-Cal	17.4	14.0 - 20.9	900	43.5	31.5 - 55.4	300	29.5	19.4 - 39.6	300	11.7	6.8 - 16.5	200	4.7 *	0.6 - 8.7	<100
Uninsured	24.4	20.4 - 28.5	1,200	40.2	28.1 - 52.3	300	38.1	27.5 - 48.6	300	23.0	16.4 - 29.6	400	7.2	3.5 - 10.8	100
Private	55.3	50.6 - 60.0	2,700	13.4 *	5.2 - 21.5	<100	27.9	18.1 - 37.7	300	61.2	53.1 - 69.2	1,000	87.8	82.6 - 93.1	1,300
Prenatal insurance															
Medi-Cal	47.1	42.4 - 51.9	2,300	91.3 *	85.0 - 97.7	700	76.1	67.3 - 84.9	700	41.5	33.3 - 49.8	700	12.3	7.0 - 17.6	200
Uninsured	1.1 *	0.3 - 1.8	<100	--	--	--	--	--	--	--	--	--	--	--	--
Private	48.5	43.8 - 53.3	2,400	8.0 *	1.8 - 14.3	<100	18.1	10.3 - 25.8	200	52.5	44.0 - 60.9	900	84.1	78.3 - 89.8	1,300
Maternal postpartum insurance															
Medi-Cal	30.6	26.1 - 35.0	1,500	58.2	46.2 - 70.3	400	46.7	35.8 - 57.6	400	31.0	23.1 - 38.9	500	5.9 *	1.9 - 9.9	<100
Uninsured	15.8	12.5 - 19.1	800	36.1	24.4 - 47.9	300	27.6	17.7 - 37.4	300	9.5	5.4 - 13.7	200	5.1	2.1 - 8.0	<100
Private	51.0	46.2 - 55.8	2,500	--	--	--	22.9	13.9 - 31.8	200	54.4	45.9 - 62.8	900	87.9	82.9 - 92.8	1,300
Infant health insurance															
Medi-Cal	48.2	43.5 - 53.0	2,300	90.0 *	81.8 - 98.2	600	78.1	69.6 - 86.6	700	43.6	35.3 - 52.0	700	14.5	8.9 - 20.0	200
Uninsured	1.1 *	0.2 - 1.9	<100	--	--	--	--	--	--	--	--	--	--	--	--
Private	47.1	42.3 - 51.9	2,300	--	--	--	17.6	10.0 - 25.3	200	49.3	40.8 - 57.8	800	83.8	78.1 - 89.6	1,300
<b>Maternal Demographics</b>															
Unmarried	33.2	28.9 - 37.5	1,600	57.8	45.9 - 69.7	400	40.6	30.3 - 50.8	400	35.7	27.9 - 43.5	600	13.0	8.1 - 18.0	200
Race/Ethnicity															
White	51.7	46.8 - 56.5	2,300	12.6 *	3.4 - 21.7	<100	25.4	16.0 - 34.8	200	60.2	51.9 - 68.5	900	78.7	71.3 - 86.1	1,100
Hispanic	40.8	36.0 - 45.5	1,800	79.5	68.8 - 90.1	500	68.6	58.6 - 78.7	600	32.9	25.0 - 40.7	500	11.8	7.0 - 16.6	200
Asian/Pacific Islander	5.1	2.4 - 7.7	200	--	--	--	--	--	--	--	--	--	8.2 *	2.0 - 14.5	100
Black	1.4	0.6 - 2.2	<100	--	--	--	--	--	--	--	--	--	--	--	--
Born outside the U.S.	30.6	26.2 - 35.0	1,500	63.7	51.8 - 75.5	500	44.0	33.1 - 54.9	400	20.4	13.8 - 27.1	300	16.8	9.5 - 24.0	300
Speaks non-English language at home	24.8	20.8 - 28.8	1,200	59.9	47.9 - 71.9	400	41.8	31.2 - 52.4	400	14.8	8.8 - 20.9	300	9.0	3.9 - 14.1	100
Lives in a high poverty neighborhood	17.0	13.6 - 20.3	800	25.3	14.8 - 35.8	200	24.0	15.2 - 32.8	200	15.1	9.7 - 20.6	200	11.8	6.7 - 16.9	200
Income as a percent of the Federal Poverty Guideline															
0-100%	27.2	22.8 - 31.5	1,300	75.3	64.2 - 86.4	500	39.8	28.5 - 51.2	300	24.4	17.0 - 31.8	400	3.9 *	1.3 - 6.5	<100
101-200%	24.0	19.9 - 28.2	1,100	20.3	10.2 - 30.4	100	42.2	30.9 - 53.5	400	26.4	19.2 - 33.6	400	10.4	5.3 - 15.6	200
> 200%	48.8	44.0 - 53.7	2,300	--	--	--	18.0	9.4 - 26.6	200	49.2	40.7 - 57.8	800	85.7	80.1 - 91.4	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 Sonoma County was 557. 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, Sonoma County by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma County			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		4,900	85.5	82.1 - 88.9	4,100	14.5	11.1 - 17.9	700
<b>Health Status before Pregnancy</b>									
In good to excellent health	93.5	91.2 - 95.8	4,600	94.4	92.1 - 96.7	3,900	91.8 *	85.4 - 98.2	600
Chronic conditions									
Diabetes†	2.2	1.0 - 3.4	100	2.3	1.0 - 3.6	<100	--		
Hypertension†	3.3	1.9 - 4.8	200	2.5	1.2 - 3.8	<100	--		
Asthma†	10.7	7.9 - 13.5	500	11.1	8.0 - 14.2	400	7.8 *	1.6 - 14.0	<100
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	1,900	40.6	35.4 - 45.8	1,700	28.4	17.6 - 39.2	200
Overweight before pregnancy	24.0	19.9 - 28.1	1,100	22.9	18.7 - 27.2	900	27.3	14.1 - 40.4	200
Obese before pregnancy	21.7	17.5 - 25.9	1,000	21.6	17.0 - 26.2	800	25.2	12.9 - 37.6	200
Inadequate weight gain during pregnancy	14.6	11.1 - 18.0	600	15.8	11.9 - 19.6	500	9.2 *	0.7 - 17.7	<100
Excessive weight gain during pregnancy	48.5	43.3 - 53.7	2,000	45.9	40.4 - 51.5	1,600	63.9	50.0 - 77.8	400
Food insecurity during pregnancy	14.7	11.2 - 18.2	700	14.1	10.3 - 17.9	600	17.3	7.7 - 26.9	100
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	6.0	3.5 - 8.6	300	5.5	2.6 - 8.3	200	7.3 *	1.7 - 12.8	<100
Prenatal depressive symptoms	14.1	10.8 - 17.5	700	15.4	11.5 - 19.2	600	4.7 *	0.1 - 9.2	<100
Postpartum depressive symptoms	13.7	10.5 - 16.9	700	14.2	10.6 - 17.8	600	6.8 *	1.6 - 12.0	<100
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.2	23.0 - 31.4	1,300	26.6	22.0 - 31.2	1,100	25.4	15.0 - 35.9	200
Homeless or did not have a regular place to sleep	3.7	1.6 - 5.7	200	3.4 *	1.1 - 5.7	100	--		
Moved due to problems paying rent or mortgage	6.5	4.0 - 8.9	300	6.2	3.4 - 9.0	300	8.1 *	2.3 - 13.9	<100
Woman or partner lost job	13.0	9.6 - 16.4	600	12.5	8.8 - 16.1	500	18.1	7.6 - 28.5	100
Woman or partner had pay or hours cut back	14.4	10.7 - 18.0	700	14.6	10.5 - 18.7	600	14.3	5.9 - 22.7	<100
Became separated or divorced	7.1	4.4 - 9.7	300	5.8	3.1 - 8.5	200	11.2 *	2.9 - 19.4	<100
Had no practical or emotional support	4.5	1.9 - 7.0	200	4.4 *	1.6 - 7.2	200	--		
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	13.7	10.4 - 17.1	700	14.3	10.5 - 18.1	600	5.1 *	0.3 - 9.8	<100
Any smoking, 3rd trimester†	3.1 *	1.2 - 5.0	200	2.6 *	0.7 - 4.6	100	--		
Any smoking, postpartum	5.3	3.0 - 7.5	300	5.3	2.8 - 7.8	200	--		
Any binge drinking, 3 months before pregnancy	18.4	14.6 - 22.2	900	18.9	14.7 - 23.1	800	17.9	7.4 - 28.3	100
Any alcohol use, 3rd trimester†	10.0	7.3 - 12.7	500	9.9	6.9 - 12.9	400	10.8 *	4.2 - 17.4	<100
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	26.1	21.9 - 30.4	1,300	24.3	19.8 - 28.9	1,000	36.8	24.3 - 49.3	300
Unsure of pregnancy intentions	11.0	8.3 - 13.8	500	11.4	8.4 - 14.5	500	9.6 *	2.8 - 16.4	<100
Postpartum birth control use†	87.1	84.0 - 90.2	4,300	87.7	84.3 - 91.0	3,600	85.7 *	76.7 - 94.8	600
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	83.7	80.1 - 87.3	4,000	83.5	79.5 - 87.4	3,400	85.7 *	76.4 - 94.9	600
Infant always or often shared bed	39.7	35.0 - 44.4	1,900	38.8	33.7 - 43.9	1,600	46.5	33.6 - 59.5	300
Intended to breastfeed, before birth	95.4	93.5 - 97.4	4,600	95.0	92.8 - 97.2	3,900	--		
Intended to breastfeed exclusively, before birth	81.0	77.3 - 84.7	3,900	79.8	75.7 - 83.9	3,200	85.1 *	76.0 - 94.2	600
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	92.3	89.9 - 94.7	4,500	91.7	88.9 - 94.5	3,700	--		
Exclusive breastfeeding, 1 month after delivery	63.5	58.9 - 68.2	3,000	62.4	57.4 - 67.5	2,500	70.4	58.7 - 82.0	500
Any breastfeeding, 3 months after delivery	82.8	78.6 - 87.1	3,000	82.5	77.8 - 87.2	2,500	82.1	71.8 - 92.4	500
Exclusive breastfeeding, 3 months after delivery	49.0	43.4 - 54.6	1,800	49.4	43.2 - 55.6	1,500	46.9	33.2 - 60.6	300



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	Sonoma 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	80.9	77.1 - 84.6		4,000	82.5	78.5 - 86.5		3,400	72.1	60.9 - 83.4		500
Initiated prenatal care in 1st trimester	92.3	89.9 - 94.7		4,500	92.2	89.6 - 94.9		3,700	--			
Mom or infant needed but couldn't afford care postpartum	8.5	5.6 - 11.5		400	8.8	5.5 - 12.2		400	7.3 *	1.3 - 13.2		<100
Participated in WIC during pregnancy†	41.9	37.2 - 46.6		2,100	41.2	36.1 - 46.3		1,700	49.9	37.0 - 62.9		300
Received CalFresh (food stamps) during pregnancy	19.3	15.6 - 23.0		1,000	20.0	15.8 - 24.1		800	12.5	5.2 - 19.8		<100
Pre-pregnancy insurance												
Medi-Cal	17.4	14.0 - 20.9		900	17.2	13.4 - 21.0		700	14.9	6.4 - 23.4		100
Uninsured	24.4	20.4 - 28.5		1,200	23.1	18.8 - 27.4		900	33.4	21.5 - 45.3		200
Private	55.3	50.6 - 60.0		2,700	57.6	52.5 - 62.6		2,400	44.4	31.6 - 57.2		300
Prenatal insurance												
Medi-Cal	47.1	42.4 - 51.9		2,300	46.4	41.2 - 51.5		1,900	49.7	36.8 - 62.6		300
Uninsured	1.1 *	0.3 - 1.8		<100	1.0 *	0.2 - 1.8		<100	--			
Private	48.5	43.8 - 53.3		2,400	50.8	45.6 - 56.0		2,100	36.2	24.1 - 48.4		300
Maternal postpartum insurance												
Medi-Cal	30.6	26.1 - 35.0		1,500	30.6	25.8 - 35.5		1,200	27.3	16.2 - 38.4		200
Uninsured	15.8	12.5 - 19.1		800	15.5	11.9 - 19.2		600	18.4	8.7 - 28.1		100
Private	51.0	46.2 - 55.8		2,500	52.5	47.4 - 57.7		2,100	43.1	30.4 - 55.9		300
Infant health insurance												
Medi-Cal	48.2	43.5 - 53.0		2,300	47.0	41.8 - 52.2		1,900	56.8	44.0 - 69.7		400
Uninsured	1.1 *	0.2 - 1.9		<100	1.3 *	0.3 - 2.3		<100	--			
Private	47.1	42.3 - 51.9		2,300	49.2	44.0 - 54.4		2,000	32.5	20.8 - 44.1		200
<b>Maternal Demographics</b>												
Age												
15-19	3.8	2.1 - 5.5		200	4.1	2.2 - 6.0		200	--			
20-34	74.0	69.5 - 78.5		3,700	76.1	71.4 - 80.9		3,100	64.8	51.7 - 77.8		400
35+	22.2	17.8 - 26.5		1,100	19.8	15.2 - 24.4		800	32.1	19.3 - 44.9		200
Did not complete high school (or GED)	14.9	11.6 - 18.3		700	14.6	11.0 - 18.2		600	12.7 *	3.7 - 21.7		<100
Unmarried	33.2	28.9 - 37.5		1,600	32.7	28.1 - 37.4		1,300	33.6	21.9 - 45.4		200
Race/Ethnicity												
White	51.7	46.8 - 56.5		2,300	51.3	46.0 - 56.5		1,900	53.1	39.6 - 66.6		300
Hispanic	40.8	36.0 - 45.5		1,800	40.9	35.8 - 46.0		1,500	45.2	31.7 - 58.7		300
Asian/Pacific Islander	5.1	2.4 - 7.7		200	5.3	2.5 - 8.0		200	--			
Black	1.4	0.6 - 2.2		<100	1.4 *	0.4 - 2.3		<100	--			
Born outside the U.S.	30.6	26.2 - 35.0		1,500	32.0	27.1 - 36.8		1,300	23.2	12.5 - 33.9		200
Speaks non-English language at home	24.8	20.8 - 28.8		1,200	25.4	20.9 - 29.8		1,000	25.8	14.2 - 37.4		200
Lives in a high poverty neighborhood	17.0	13.6 - 20.3		800	19.0	15.2 - 22.8		800	--			
Income as a percent of the Federal Poverty Guideline												
0-100%	27.2	22.8 - 31.5		1,300	27.0	22.2 - 31.8		1,100	27.1	15.9 - 38.3		200
101-200%	24.0	19.9 - 28.2		1,100	23.4	18.9 - 28.0		900	29.1	17.0 - 41.3		200
> 200%	48.8	44.0 - 53.7		2,300	49.5	44.2 - 54.8		1,900	43.8	30.6 - 57.1		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 Sonoma County was 557. 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, Sonoma County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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		4,900	27.2	22.8 - 31.5	1,300	24.0	19.9 - 28.2	1,100	48.8	44.0 - 53.7	2,300
<b>Health Status before Pregnancy</b>												
In good to excellent health	93.5	91.2 - 95.8	4,600	83.9	77.2 - 90.7	1,100	93.6*	88.9 - 98.2	1,100	--		
Chronic conditions												
Diabetes†	2.2	1.0 - 3.4	100	4.3*	1.3 - 7.3	<100	--			--		
Hypertension†	3.3	1.9 - 4.8	200	2.9*	0.6 - 5.1	<100	--			3.3*	1.0 - 5.5	<100
Asthma†	10.7	7.9 - 13.5	500	14.7	8.0 - 21.3	200	7.5*	3.1 - 12.0	<100	10.3	6.3 - 14.3	200
<b>Nutrition and Weight</b>												
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	1,900	29.0	20.3 - 37.8	400	27.7	19.0 - 36.4	300	51.1	44.1 - 58.1	1,200
Overweight before pregnancy	24.0	19.9 - 28.1	1,100	32.5	23.1 - 41.8	400	23.1	15.1 - 31.2	200	20.4	14.9 - 25.9	500
Obese before pregnancy	21.7	17.5 - 25.9	1,000	25.4	16.4 - 34.4	300	22.4	14.2 - 30.7	200	20.7	14.5 - 26.8	500
Inadequate weight gain during pregnancy	14.6	11.1 - 18.0	600	23.4	14.3 - 32.4	200	18.2	10.1 - 26.3	200	7.8	4.6 - 11.0	200
Excessive weight gain during pregnancy	48.5	43.3 - 53.7	2,000	40.4	29.8 - 51.0	400	53.1	42.1 - 64.0	500	50.2	42.9 - 57.5	1,100
Food insecurity during pregnancy	14.7	11.2 - 18.2	700	32.3	23.3 - 41.3	400	16.4	8.8 - 24.1	200	2.0*	0.4 - 3.6	<100
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>												
Physical or psychological IPV during pregnancy	6.0	3.5 - 8.6	300	13.1	5.8 - 20.3	200	8.4*	2.1 - 14.7	<100	1.4*	0.2 - 2.6	<100
Prenatal depressive symptoms	14.1	10.8 - 17.5	700	23.1	15.0 - 31.2	300	14.9	7.3 - 22.5	200	9.0	5.2 - 12.7	200
Postpartum depressive symptoms	13.7	10.5 - 16.9	700	19.5	12.4 - 26.6	200	16.9	9.0 - 24.7	200	9.5	5.6 - 13.4	200
<b>Hardships and Support during Pregnancy</b>												
Experienced two or more hardships during childhood	27.2	23.0 - 31.4	1,300	40.5	31.1 - 49.8	500	32.9	23.5 - 42.3	400	18.4	13.5 - 23.3	400
Homeless or did not have a regular place to sleep	3.7	1.6 - 5.7	200	7.4*	1.7 - 13.1	<100	5.6*	0.2 - 11.0	<100	--		
Moved due to problems paying rent or mortgage	6.5	4.0 - 8.9	300	12.4	5.4 - 19.3	200	10.1*	4.0 - 16.1	100	1.9*	0.3 - 3.4	<100
Woman or partner lost job	13.0	9.6 - 16.4	600	24.8	16.2 - 33.5	300	15.1	7.3 - 22.9	200	4.7	2.1 - 7.2	100
Woman or partner had pay or hours cut back	14.4	10.7 - 18.0	700	23.6	14.7 - 32.4	300	17.3	8.8 - 25.8	200	8.0	4.2 - 11.7	200
Became separated or divorced	7.1	4.4 - 9.7	300	14.5	7.4 - 21.6	200	9.0*	2.5 - 15.6	100	1.5*	0.3 - 2.7	<100
Had no practical or emotional support	4.5	1.9 - 7.0	200	8.2*	1.8 - 14.7	100	--			--		
<b>Substance Use</b>												
Any smoking, 3 months before pregnancy	13.7	10.4 - 17.1	700	19.5	11.5 - 27.5	200	13.4	6.3 - 20.6	200	11.0	6.7 - 15.2	300
Any smoking, 3rd trimester†	3.1*	1.2 - 5.0	200	7.9*	1.7 - 14.2	100	--			--		
Any smoking, postpartum	5.3	3.0 - 7.5	300	10.1*	3.5 - 16.7	100	3.9*	0.8 - 7.1	<100	3.0*	0.7 - 5.3	<100
Any binge drinking, 3 months before pregnancy	18.4	14.6 - 22.2	900	15.8	8.5 - 23.0	200	17.1	8.8 - 25.4	200	21.1	15.4 - 26.7	500
Any alcohol use, 3rd trimester†	10.0	7.3 - 12.7	500	4.8*	1.3 - 8.3	<100	2.4*	0.4 - 4.4	<100	17.1	12.0 - 22.1	400
<b>Pregnancy Intention and Family Planning</b>												
Mistimed or unwanted pregnancy	26.1	21.9 - 30.4	1,300	39.3	29.8 - 48.7	500	32.0	22.5 - 41.6	400	15.5	10.6 - 20.4	400
Unsure of pregnancy intentions	11.0	8.3 - 13.8	500	14.2	8.6 - 19.9	200	11.9	6.3 - 17.6	100	8.0	4.0 - 12.0	200
Postpartum birth control use†	87.1	84.0 - 90.2	4,300	87.6	81.8 - 93.4	1,100	90.2	85.2 - 95.2	1,000	86.3	81.5 - 91.1	2,000
<b>Infant Sleep and Breastfeeding</b>												
Placed infant on back to sleep	83.7	80.1 - 87.3	4,000	85.8	79.3 - 92.3	1,000	81.0	72.8 - 89.2	900	86.7	82.1 - 91.2	2,000
Infant always or often shared bed	39.7	35.0 - 44.4	1,900	45.9	36.3 - 55.5	600	49.7	39.8 - 59.6	600	30.8	24.4 - 37.1	700
Intended to breastfeed, before birth	95.4	93.5 - 97.4	4,600	95.1*	91.0 - 99.2	1,200	--			95.1*	92.0 - 98.1	2,200
Intended to breastfeed exclusively, before birth	81.0	77.3 - 84.7	3,900	76.2	68.4 - 84.1	900	77.6	69.6 - 85.6	900	86.3	81.4 - 91.1	2,000
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	92.3	89.9 - 94.7	4,500	89.5	84.2 - 94.7	1,100	92.1*	87.2 - 97.1	1,000	94.5*	91.2 - 97.8	2,200
Exclusive breastfeeding, 1 month after delivery	63.5	58.9 - 68.2	3,000	59.9	50.4 - 69.3	700	64.3	54.8 - 73.8	700	66.7	60.0 - 73.3	1,500
Any breastfeeding, 3 months after delivery	82.8	78.6 - 87.1	3,000	71.4	61.4 - 81.4	700	84.3	76.2 - 92.3	700	89.2	84.2 - 94.2	1,400
Exclusive breastfeeding, 3 months after delivery	49.0	43.4 - 54.6	1,800	40.6	30.1 - 51.0	400	52.4	40.6 - 64.2	400	54.3	45.8 - 62.7	900



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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	80.9	77.1 - 84.6		4,000	70.7	62.1 - 79.4	900	75.6	66.9 - 84.3	900	90.1	86.3 - 94.0	2,100
Initiated prenatal care in 1st trimester	92.3	89.9 - 94.7		4,500	85.9	79.3 - 92.6	1,100	92.7 *	87.9 - 97.6	1,000	97.3 *	95.5 - 99.1	2,200
Mom or infant needed but couldn't afford care postpartum	8.5	5.6 - 11.5		400	14.0	6.5 - 21.6	200	9.2 *	2.4 - 16.1	100	5.6	2.5 - 8.7	100
Participated in WIC during pregnancy†	41.9	37.2 - 46.6		2,100	81.5	73.7 - 89.3	1,000	66.1	56.9 - 75.2	700	5.6	2.6 - 8.6	100
Received CalFresh (food stamps) during pregnancy	19.3	15.6 - 23.0		1,000	51.6	42.2 - 61.1	700	20.1	11.7 - 28.5	200	--		
<b>Pre-pregnancy insurance</b>													
Medi-Cal	17.4	14.0 - 20.9		900	43.5	34.2 - 52.7	600	20.9	13.1 - 28.7	200	--		
Uninsured	24.4	20.4 - 28.5		1,200	40.4	31.3 - 49.6	500	37.0	27.4 - 46.6	400	5.3	2.8 - 7.8	100
Private	55.3	50.6 - 60.0		2,700	14.0	6.8 - 21.2	200	39.0	29.3 - 48.7	400	90.9	86.8 - 95.1	2,100
<b>Prenatal insurance</b>													
Medi-Cal	47.1	42.4 - 51.9		2,300	93.4 *	88.7 - 98.0	1,200	71.4	62.9 - 79.9	800	5.0	2.4 - 7.7	100
Uninsured	1.1 *	0.3 - 1.8		<100	--			--			--		
Private	48.5	43.8 - 53.3		2,400	5.8 *	1.3 - 10.4	<100	22.6	14.8 - 30.5	300	89.5	85.1 - 93.8	2,000
<b>Maternal postpartum insurance</b>													
Medi-Cal	30.6	26.1 - 35.0		1,500	66.6	58.2 - 75.1	800	42.2	32.3 - 52.1	500	3.6 *	1.4 - 5.9	<100
Uninsured	15.8	12.5 - 19.1		800	28.2	20.4 - 36.1	400	21.1	12.9 - 29.3	200	2.8 *	0.8 - 4.7	<100
Private	51.0	46.2 - 55.8		2,500	4.7 *	0.4 - 9.0	<100	33.0	23.8 - 42.2	400	89.9	85.6 - 94.2	2,100
<b>Infant health insurance</b>													
Medi-Cal	48.2	43.5 - 53.0		2,300	92.0 *	86.0 - 98.0	1,100	74.0	65.8 - 82.3	800	8.3	4.9 - 11.7	200
Uninsured	1.1 *	0.2 - 1.9		<100	--			--			--		
Private	47.1	42.3 - 51.9		2,300	--			18.8	11.6 - 26.0	200	87.3	82.6 - 92.0	2,000
<b>Maternal Demographics</b>													
Did not complete high school (or GED)	14.9	11.6 - 18.3		700	37.1	28.1 - 46.1	500	11.8	5.6 - 18.0	100	--		
Unmarried	33.2	28.9 - 37.5		1,600	57.6	48.3 - 66.9	700	34.6	25.9 - 43.3	400	15.6	11.1 - 20.1	400
<b>Race/Ethnicity</b>													
White	51.7	46.8 - 56.5		2,300	25.5	16.4 - 34.6	300	35.9	25.8 - 45.9	400	78.9	72.7 - 85.0	1,600
Hispanic	40.8	36.0 - 45.5		1,800	65.4	55.7 - 75.1	800	59.4	49.2 - 69.6	600	12.3	7.8 - 16.8	300
Asian/Pacific Islander	5.1	2.4 - 7.7		200	5.5 *	0.3 - 10.7	<100	--			7.5 *	2.8 - 12.2	200
Black	1.4	0.6 - 2.2		<100	--			--			--		
Born outside the U.S.	30.6	26.2 - 35.0		1,500	48.5	39.1 - 57.8	600	41.3	31.5 - 51.0	500	11.1	6.2 - 16.0	300
Speaks non-English language at home	24.8	20.8 - 28.8		1,200	43.3	34.3 - 52.4	600	35.2	25.5 - 44.8	400	5.4 *	2.2 - 8.7	100
Lives in a high poverty neighborhood	17.0	13.6 - 20.3		800	26.2	18.4 - 33.9	300	19.6	12.2 - 27.0	200	10.4	6.3 - 14.5	200

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

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

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Sonoma County was 557. 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, Sonoma County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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		4,900	3.8	2.1 - 5.5	200	74.0	69.5 - 78.5	3,700	22.2	17.8 - 26.5	1,100
<b>Health Status before Pregnancy</b>												
In good to excellent health	93.5	91.2 - 95.8	4,600	78.2*	59.7 - 96.7	100	93.8	91.4 - 96.3	3,400	94.9*	89.9 - 99.8	1,000
Chronic conditions												
Diabetes†	2.2	1.0 - 3.4	100	--			2.0*	0.7 - 3.3	<100	--		
Hypertension†	3.3	1.9 - 4.8	200	--			3.2	1.5 - 4.9	100	4.3*	0.6 - 8.0	<100
Asthma†	10.7	7.9 - 13.5	500	39.5*	15.8 - 63.3	<100	10.0	7.0 - 13.1	400	8.1*	2.7 - 13.5	<100
<b>Nutrition and Weight</b>												
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	1,900	--			38.1	33.0 - 43.3	1,400	45.9	34.4 - 57.5	500
Overweight before pregnancy	24.0	19.9 - 28.1	1,100	--			26.1	21.5 - 30.8	900	18.5	9.3 - 27.7	200
Obese before pregnancy	21.7	17.5 - 25.9	1,000	--			21.2	16.8 - 25.6	700	25.1	13.5 - 36.7	300
Inadequate weight gain during pregnancy	14.6	11.1 - 18.0	600	--			15.3	11.3 - 19.3	500	10.2	4.3 - 16.1	<100
Excessive weight gain during pregnancy	48.5	43.3 - 53.7	2,000	35.8*	13.4 - 58.3	<100	50.7	44.9 - 56.4	1,500	43.8	31.4 - 56.2	400
Food insecurity during pregnancy	14.7	11.2 - 18.2	700	--			15.6	11.4 - 19.8	600	11.4	5.0 - 17.8	100
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>												
Physical or psychological IPV during pregnancy	6.0	3.5 - 8.6	300	--			6.1	3.0 - 9.2	200	3.1*	0.3 - 5.9	<100
Prenatal depressive symptoms	14.1	10.8 - 17.5	700	23.9*	5.2 - 42.6	<100	15.6	11.5 - 19.7	600	7.3*	2.5 - 12.1	<100
Postpartum depressive symptoms	13.7	10.5 - 16.9	700	--			14.9	11.1 - 18.7	500	10.5*	4.0 - 17.1	100
<b>Hardships and Support during Pregnancy</b>												
Experienced two or more hardships during childhood	27.2	23.0 - 31.4	1,300	43.8	19.6 - 68.0	<100	27.6	22.8 - 32.4	1,000	23.2	14.6 - 31.8	300
Homeless or did not have a regular place to sleep	3.7	1.6 - 5.7	200	--			3.6*	1.3 - 5.9	100	--		
Moved due to problems paying rent or mortgage	6.5	4.0 - 8.9	300	--			6.3	3.6 - 9.1	200	5.5*	0.4 - 10.6	<100
Woman or partner lost job	13.0	9.6 - 16.4	600	39.5*	15.2 - 63.9	<100	12.5	8.7 - 16.3	500	10.6*	3.6 - 17.6	100
Woman or partner had pay or hours cut back	14.4	10.7 - 18.0	700	--			14.2	10.0 - 18.5	500	15.2	7.2 - 23.2	200
Became separated or divorced	7.1	4.4 - 9.7	300	--			7.7	4.5 - 10.9	300	5.0*	0.2 - 9.9	<100
Had no practical or emotional support	4.5	1.9 - 7.0	200	--			3.5*	1.2 - 5.8	100	--		
<b>Substance Use</b>												
Any smoking, 3 months before pregnancy	13.7	10.4 - 17.1	700	16.1*	1.6 - 30.5	<100	14.8	10.8 - 18.9	500	9.8*	3.4 - 16.1	100
Any smoking, 3rd trimester†	3.1*	1.2 - 5.0	200	--			3.8*	1.3 - 6.2	100	--		
Any smoking, postpartum	5.3	3.0 - 7.5	300	--			6.4	3.5 - 9.3	200	--		
Any binge drinking, 3 months before pregnancy	18.4	14.6 - 22.2	900	24.6*	4.6 - 44.5	<100	19.4	14.9 - 23.8	700	14.2	6.6 - 21.9	200
Any alcohol use, 3rd trimester†	10.0	7.3 - 12.7	500	--			9.0	6.1 - 11.9	300	14.2	7.2 - 21.3	200
<b>Pregnancy Intention and Family Planning</b>												
Mistimed or unwanted pregnancy	26.1	21.9 - 30.4	1,300	40.6*	16.3 - 64.9	<100	27.9	23.0 - 32.9	1,000	17.3	9.1 - 25.5	200
Unsure of pregnancy intentions	11.0	8.3 - 13.8	500	20.1*	3.6 - 36.6	<100	8.5	6.0 - 11.1	300	18.0	9.6 - 26.4	200
Postpartum birth control use†	87.1	84.0 - 90.2	4,300	--			87.1	83.7 - 90.6	3,100	86.1	78.2 - 94.0	900
<b>Infant Sleep and Breastfeeding</b>												
Placed infant on back to sleep	83.7	80.1 - 87.3	4,000	80.1*	63.3 - 96.8	200	84.4	80.4 - 88.4	3,000	82.2	73.6 - 90.7	900
Infant always or often shared bed	39.7	35.0 - 44.4	1,900	55.0	32.0 - 77.9	100	37.8	32.7 - 43.0	1,400	43.2	31.8 - 54.6	500
Intended to breastfeed, before birth	95.4	93.5 - 97.4	4,600	--			95.6	93.4 - 97.8	3,400	--		
Intended to breastfeed exclusively, before birth	81.0	77.3 - 84.7	3,900	74.6*	55.7 - 93.6	100	80.2	76.0 - 84.4	2,900	84.6	76.7 - 92.4	900
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	92.3	89.9 - 94.7	4,500	82.2*	66.3 - 98.0	200	93.2	90.7 - 95.7	3,300	91.1*	84.5 - 97.6	1,000
Exclusive breastfeeding, 1 month after delivery	63.5	58.9 - 68.2	3,000	56.9	33.6 - 80.2	<100	63.1	57.9 - 68.3	2,200	66.1	55.3 - 76.8	700
Any breastfeeding, 3 months after delivery	82.8	78.6 - 87.1	3,000	75.8*	55.4 - 96.3	100	80.7	75.5 - 85.9	2,200	91.4*	85.6 - 97.2	700
Exclusive breastfeeding, 3 months after delivery	49.0	43.4 - 54.6	1,800	43.4*	15.9 - 70.9	<100	48.1	41.8 - 54.4	1,300	53.0	39.9 - 66.1	400



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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	80.9	77.1 - 84.6		4,000	49.9	26.6 - 73.3	<100	80.2	75.9 - 84.5	2,900	88.5	82.1 - 94.9	1,000
Initiated prenatal care in 1st trimester	92.3	89.9 - 94.7		4,500	69.0 *	45.5 - 92.5	100	92.3	89.6 - 95.0	3,300	96.6 *	93.5 - 99.6	1,000
Mom or infant needed but couldn't afford care postpartum	8.5	5.6 - 11.5		400	--			9.1	5.5 - 12.8	300	5.6 *	0.7 - 10.4	<100
Participated in WIC during pregnancy†	41.9	37.2 - 46.6		2,100	--			42.8	37.5 - 48.0	1,600	31.9	21.6 - 42.2	300
Received CalFresh (food stamps) during pregnancy	19.3	15.6 - 23.0		1,000	49.6	25.8 - 73.3	<100	19.7	15.3 - 24.1	700	13.4	7.5 - 19.2	100
<b>Pre-pregnancy insurance</b>													
Medi-Cal	17.4	14.0 - 20.9		900	48.2	25.3 - 71.0	<100	15.9	12.3 - 19.6	600	17.2	8.1 - 26.3	200
Uninsured	24.4	20.4 - 28.5		1,200	40.6 *	16.5 - 64.7	<100	25.2	20.5 - 29.8	900	19.2	11.5 - 27.0	200
Private	55.3	50.6 - 60.0		2,700	--			57.1	51.9 - 62.3	2,100	57.6	46.3 - 68.9	600
<b>Prenatal insurance</b>													
Medi-Cal	47.1	42.4 - 51.9		2,300	--			48.0	42.7 - 53.2	1,700	36.6	25.8 - 47.3	400
Uninsured	1.1 *	0.3 - 1.8		<100	--			--			--		
Private	48.5	43.8 - 53.3		2,400	--			49.3	44.0 - 54.6	1,800	53.8	42.4 - 65.3	600
<b>Maternal postpartum insurance</b>													
Medi-Cal	30.6	26.1 - 35.0		1,500	78.2 *	59.8 - 96.7	100	30.8	25.8 - 35.8	1,100	21.9	12.5 - 31.3	200
Uninsured	15.8	12.5 - 19.1		800	--			15.9	12.0 - 19.8	600	15.3	8.2 - 22.3	200
Private	51.0	46.2 - 55.8		2,500	--			51.7	46.4 - 57.0	1,900	56.3	44.9 - 67.6	600
<b>Infant health insurance</b>													
Medi-Cal	48.2	43.5 - 53.0		2,300	--			48.5	43.2 - 53.8	1,700	39.0	28.0 - 49.9	400
Uninsured	1.1 *	0.2 - 1.9		<100	--			1.5 *	0.3 - 2.6	<100	--		
Private	47.1	42.3 - 51.9		2,300	--			47.4	42.1 - 52.7	1,700	54.1	42.6 - 65.5	600
<b>Maternal Demographics</b>													
Did not complete high school (or GED)	14.9	11.6 - 18.3		700	55.3	31.3 - 79.3	100	12.4	8.8 - 16.0	400	16.5	8.8 - 24.3	200
Unmarried	33.2	28.9 - 37.5		1,600	77.9 *	57.1 - 98.7	100	34.9	29.9 - 39.9	1,300	20.1	12.2 - 28.0	200
<b>Race/Ethnicity</b>													
White	51.7	46.8 - 56.5		2,300	19.0 *	3.8 - 34.3	<100	51.5	46.1 - 57.0	1,700	58.3	46.9 - 69.8	600
Hispanic	40.8	36.0 - 45.5		1,800	81.0 *	65.7 - 96.2	200	40.7	35.3 - 46.0	1,400	33.5	23.0 - 44.1	300
Asian/Pacific Islander	5.1	2.4 - 7.7		200	--			4.8	2.1 - 7.5	200	--		
Black	1.4	0.6 - 2.2		<100	--			1.7 *	0.5 - 2.9	<100	--		
Born outside the U.S.	30.6	26.2 - 35.0		1,500	29.2 *	8.6 - 49.9	<100	29.8	24.9 - 34.7	1,100	33.4	22.5 - 44.3	400
Speaks non-English language at home	24.8	20.8 - 28.8		1,200	25.9 *	5.5 - 46.3	<100	25.2	20.5 - 29.9	900	23.3	14.7 - 32.0	300
Lives in a high poverty neighborhood	17.0	13.6 - 20.3		800	27.4 *	6.3 - 48.4	<100	19.1	15.0 - 23.2	700	7.8	3.5 - 12.2	<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 Sonoma County was 557. 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, Sonoma County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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		4,900	8.9	6.0 - 11.9	400	27.6	23.2 - 32.1	1,300	46.4	41.6 - 51.2	2,200	17.0	13.6 - 20.3	800
<b>Health Status before Pregnancy</b>															
In good to excellent health	93.5	91.2 - 95.8	4,600	--			96.3 *	93.0 - 99.6	1,300	92.2	88.7 - 95.8	2,100	93.3 *	87.8 - 98.8	800
Chronic conditions															
Diabetes†	2.2	1.0 - 3.4	100	--			--			3.0 *	1.1 - 5.0	<100	--		
Hypertension†	3.3	1.9 - 4.8	200	--			--			3.8	1.7 - 6.0	<100	--		
Asthma†	10.7	7.9 - 13.5	500	--			10.6	5.2 - 16.1	100	12.5	8.0 - 16.9	300	7.8 *	2.6 - 12.9	<100
<b>Nutrition and Weight</b>															
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	1,900	24.1 *	9.7 - 38.5	100	41.4	31.8 - 50.9	500	39.6	32.7 - 46.4	900	40.2	29.8 - 50.7	300
Overweight before pregnancy	24.0	19.9 - 28.1	1,100	17.3 *	6.5 - 28.1	<100	26.0	17.4 - 34.6	300	22.3	16.5 - 28.1	500	26.3	16.5 - 36.0	200
Obese before pregnancy	21.7	17.5 - 25.9	1,000	27.2 *	10.7 - 43.8	100	17.2	8.6 - 25.9	200	24.1	17.9 - 30.3	500	22.0	13.2 - 30.7	200
Inadequate weight gain during pregnancy	14.6	11.1 - 18.0	600	--			10.1	5.0 - 15.2	100	17.8	12.0 - 23.5	300	20.5	11.1 - 29.9	100
Excessive weight gain during pregnancy	48.5	43.3 - 53.7	2,000	38.6	21.3 - 56.0	100	47.9	37.7 - 58.2	600	51.6	44.0 - 59.2	900	45.8	34.0 - 57.6	300
Food insecurity during pregnancy	14.7	11.2 - 18.2	700	20.4 *	2.9 - 37.9	<100	9.9 *	3.4 - 16.4	100	14.6	10.0 - 19.2	300	19.0	10.5 - 27.6	200
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>															
Physical or psychological IPV during pregnancy	6.0	3.5 - 8.6	300	--			5.9 *	0.3 - 11.6	<100	4.3 *	1.8 - 6.8	<100	8.5 *	2.1 - 14.8	<100
Prenatal depressive symptoms	14.1	10.8 - 17.5	700	--			16.1	8.7 - 23.5	200	10.6	6.7 - 14.4	200	19.4	11.0 - 27.7	200
Postpartum depressive symptoms	13.7	10.5 - 16.9	700	--			10.2	5.0 - 15.5	100	10.3	6.6 - 14.1	200	22.6	13.7 - 31.5	200
<b>Hardships and Support during Pregnancy</b>															
Experienced two or more hardships during childhood	27.2	23.0 - 31.4	1,300	22.6 *	5.2 - 39.9	<100	22.3	14.7 - 29.9	300	28.2	22.1 - 34.3	600	30.9	20.9 - 40.8	200
Homeless or did not have a regular place to sleep	3.7	1.6 - 5.7	200	--			--			3.0 *	0.5 - 5.5	<100	--		
Moved due to problems paying rent or mortgage	6.5	4.0 - 8.9	300	--			6.0 *	0.6 - 11.3	<100	6.9	3.4 - 10.4	200	7.6 *	1.2 - 14.1	<100
Woman or partner lost job	13.0	9.6 - 16.4	600	17.3 *	0.5 - 34.1	<100	12.6	5.7 - 19.5	200	13.4	8.9 - 17.9	300	12.1 *	4.7 - 19.5	<100
Woman or partner had pay or hours cut back	14.4	10.7 - 18.0	700	--			12.6	5.5 - 19.7	200	16.1	10.8 - 21.4	400	13.6	6.2 - 21.0	100
Became separated or divorced	7.1	4.4 - 9.7	300	--			10.5 *	3.8 - 17.1	100	3.2	1.4 - 5.0	<100	9.0 *	3.1 - 15.0	<100
Had no practical or emotional support	4.5	1.9 - 7.0	200	--			--			6.2 *	1.9 - 10.5	100	--		
<b>Substance Use</b>															
Any smoking, 3 months before pregnancy	13.7	10.4 - 17.1	700	--			14.7	7.6 - 21.9	200	13.4	8.9 - 17.9	300	10.1 *	3.7 - 16.5	<100
Any smoking, 3rd trimester†	3.1 *	1.2 - 5.0	200	--			6.2 *	0.6 - 11.8	<100	--			--		
Any smoking, postpartum	5.3	3.0 - 7.5	300	--			7.4 *	1.7 - 13.1	<100	4.1 *	1.6 - 6.7	<100	--		
Any binge drinking, 3 months before pregnancy	18.4	14.6 - 22.2	900	18.5 *	2.0 - 35.0	<100	17.4	9.8 - 24.9	200	20.0	14.4 - 25.6	400	17.9	9.5 - 26.2	100
Any alcohol use, 3rd trimester†	10.0	7.3 - 12.7	500	--			14.1	7.9 - 20.2	200	7.6	4.1 - 11.1	200	10.4 *	4.0 - 16.9	<100
<b>Pregnancy Intention and Family Planning</b>															
Mistimed or unwanted pregnancy	26.1	21.9 - 30.4	1,300	30.4	12.7 - 48.0	100	31.5	22.2 - 40.7	400	21.1	15.5 - 26.8	500	29.0	19.2 - 38.8	200
Unsure of pregnancy intentions	11.0	8.3 - 13.8	500	14.5 *	1.6 - 27.3	<100	9.3	4.4 - 14.2	100	11.6	7.5 - 15.6	300	11.4	5.2 - 17.7	<100
Postpartum birth control use†	87.1	84.0 - 90.2	4,300	87.9 *	78.0 - 97.8	400	88.2	82.5 - 93.8	1,200	85.7	80.7 - 90.8	1,900	90.3 *	84.5 - 96.1	700
<b>Infant Sleep and Breastfeeding</b>															
Placed infant on back to sleep	83.7	80.1 - 87.3	4,000	--			84.5	77.8 - 91.2	1,100	80.8	75.2 - 86.3	1,700	88.7	82.3 - 95.2	700
Infant always or often shared bed	39.7	35.0 - 44.4	1,900	34.2	16.8 - 51.6	100	33.2	24.1 - 42.4	400	42.9	36.0 - 49.8	900	45.7	35.0 - 56.3	400
Intended to breastfeed, before birth	95.4	93.5 - 97.4	4,600	--			94.0 *	89.6 - 98.5	1,200	96.7 *	94.2 - 99.1	2,100	--		
Intended to breastfeed exclusively, before birth	81.0	77.3 - 84.7	3,900	70.0	54.2 - 85.9	300	81.1	73.6 - 88.6	1,100	85.3	80.7 - 90.0	1,900	72.2	62.6 - 81.8	600
<b>Breastfeeding practices</b>															
Any breastfeeding, 1 month after delivery	92.3	89.9 - 94.7	4,500	86.2 *	73.5 - 98.9	400	93.6 *	89.2 - 98.0	1,200	94.0	91.2 - 96.8	2,100	87.9 *	80.5 - 95.2	700
Exclusive breastfeeding, 1 month after delivery	63.5	58.9 - 68.2	3,000	54.0	36.5 - 71.6	200	60.6	51.0 - 70.2	800	68.9	62.6 - 75.1	1,500	59.3	48.6 - 70.0	500
Any breastfeeding, 3 months after delivery	82.8	78.6 - 87.1	3,000	74.5 *	55.7 - 93.3	200	83.2	73.8 - 92.6	800	83.8	78.4 - 89.2	1,400	81.7	72.2 - 91.1	500
Exclusive breastfeeding, 3 months after delivery	49.0	43.4 - 54.6	1,800	47.2	25.9 - 68.5	100	50.1	38.0 - 62.1	400	49.8	42.0 - 57.5	800	46.2	33.7 - 58.7	300

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, Sonoma County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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	80.9	77.1 - 84.6	4,000	80.8 *	65.5 - 96.2	300	82.8	75.6 - 90.0	1,100	79.2	73.7 - 84.7	1,800	83.0	75.1 - 90.9	700
Initiated prenatal care in 1st trimester	92.3	89.9 - 94.7	4,500	--			95.9 *	92.9 - 98.9	1,200	90.7	86.8 - 94.6	2,000	90.0 *	82.9 - 97.2	700
Mom or infant needed but couldn't afford care postpartum	8.5	5.6 - 11.5	400	--			8.7 *	2.5 - 14.9	100	9.4	5.2 - 13.6	200	6.7 *	1.7 - 11.8	<100
Participated in WIC during pregnancy†	41.9	37.2 - 46.6	2,100	33.0	15.8 - 50.1	100	26.3	17.6 - 35.0	300	46.4	39.5 - 53.3	1,000	63.5	53.1 - 73.9	500
Received CalFresh (food stamps) during pregnancy	19.3	15.6 - 23.0	1,000	20.6 *	3.4 - 37.8	<100	13.9	7.1 - 20.6	200	16.8	12.1 - 21.5	400	32.4	22.4 - 42.3	300
Pre-pregnancy insurance															
Medi-Cal	17.4	14.0 - 20.9	900	14.1 *	3.0 - 25.2	<100	11.5	5.9 - 17.0	200	19.9	14.2 - 25.6	400	18.7	10.5 - 26.9	200
Uninsured	24.4	20.4 - 28.5	1,200	24.5 *	7.1 - 41.9	100	11.6	5.6 - 17.5	200	29.0	22.8 - 35.1	600	33.9	23.8 - 44.0	300
Private	55.3	50.6 - 60.0	2,700	61.4	43.5 - 79.2	300	70.1	61.2 - 79.0	900	50.0	43.1 - 56.8	1,100	44.5	33.9 - 55.2	400
Prenatal insurance															
Medi-Cal	47.1	42.4 - 51.9	2,300	41.3	23.5 - 59.2	200	32.9	23.8 - 42.0	400	51.8	44.9 - 58.7	1,100	59.0	48.5 - 69.5	500
Uninsured	1.1 *	0.3 - 1.8	<100	--			--			--			--		
Private	48.5	43.8 - 53.3	2,400	56.3	38.5 - 74.1	200	57.2	47.6 - 66.9	800	46.2	39.4 - 53.1	1,000	37.4	27.0 - 47.8	300
Maternal postpartum insurance															
Medi-Cal	30.6	26.1 - 35.0	1,500	28.7 *	10.9 - 46.6	100	25.6	17.1 - 34.1	300	31.6	25.0 - 38.1	700	34.5	24.4 - 44.6	300
Uninsured	15.8	12.5 - 19.1	800	9.9 *	0.7 - 19.1	<100	6.6 *	1.9 - 11.3	<100	19.2	13.8 - 24.6	400	25.9	16.6 - 35.1	200
Private	51.0	46.2 - 55.8	2,500	61.3	43.3 - 79.3	300	60.0	50.4 - 69.7	800	48.1	41.2 - 55.0	1,100	39.6	29.1 - 50.2	300
Infant health insurance															
Medi-Cal	48.2	43.5 - 53.0	2,300	41.6	22.9 - 60.3	200	30.7	21.9 - 39.4	400	55.6	48.8 - 62.4	1,200	61.3	50.8 - 71.9	500
Uninsured	1.1 *	0.2 - 1.9	<100	--			--			--			--		
Private	47.1	42.3 - 51.9	2,300	54.4	35.9 - 72.9	200	57.8	48.1 - 67.4	800	42.2	35.4 - 49.0	900	37.4	27.0 - 47.9	300
<b>Maternal Demographics</b>															
Age															
15-19	3.8	2.1 - 5.5	200	--			--			5.0	2.1 - 7.9	100	6.3 *	0.8 - 11.9	<100
20-34	74.0	69.5 - 78.5	3,700	73.2 *	56.9 - 89.5	300	70.7	61.0 - 80.3	900	73.6	67.2 - 80.1	1,600	83.8	76.3 - 91.2	700
35+	22.2	17.8 - 26.5	1,100	26.8 *	10.5 - 43.1	100	27.4	17.8 - 37.0	400	21.4	15.2 - 27.5	500	9.9	4.6 - 15.3	<100
Did not complete high school (or GED)	14.9	11.6 - 18.3	700	--			11.6	5.3 - 17.9	200	15.4	10.4 - 20.3	300	21.0	12.2 - 29.8	200
Unmarried	33.2	28.9 - 37.5	1,600	26.1	11.4 - 40.7	100	32.0	23.1 - 40.9	400	31.0	25.0 - 37.0	700	42.6	32.1 - 53.2	300
Race/Ethnicity															
White	51.7	46.8 - 56.5	2,300	70.0	55.0 - 85.0	300	68.8	60.0 - 77.6	800	44.3	37.4 - 51.3	900	34.2	23.7 - 44.7	300
Hispanic	40.8	36.0 - 45.5	1,800	28.4	13.6 - 43.2	100	24.6	16.5 - 32.6	300	47.5	40.4 - 54.5	1,000	58.9	47.8 - 69.9	400
Asian/Pacific Islander	5.1	2.4 - 7.7	200	--			--			5.5 *	1.7 - 9.3	100	--		
Black	1.4	0.6 - 2.2	<100	--			--			--			--		
Born outside the U.S.	30.6	26.2 - 35.0	1,500	28.9	13.6 - 44.1	100	16.0	9.4 - 22.6	200	35.6	28.8 - 42.5	800	42.1	31.7 - 52.5	300
Speaks non-English language at home	24.8	20.8 - 28.8	1,200	15.1 *	3.9 - 26.3	<100	13.8	7.6 - 20.0	200	30.0	23.5 - 36.5	700	37.0	26.9 - 47.1	300
Income as a percent of the Federal Poverty Guideline															
0-100%	27.2	22.8 - 31.5	1,300	21.4 *	6.3 - 36.5	<100	15.9	8.3 - 23.6	200	29.4	22.8 - 35.9	600	41.9	31.2 - 52.6	300
101-200%	24.0	19.9 - 28.2	1,100	19.0 *	3.4 - 34.5	<100	18.1	11.0 - 25.2	200	27.5	21.1 - 34.0	600	28.2	18.4 - 38.0	200
> 200%	48.8	44.0 - 53.7	2,300	59.6	41.6 - 77.7	300	66.0	56.7 - 75.3	800	43.1	36.2 - 50.0	900	29.9	19.7 - 40.1	200

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

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

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Sonoma County was 557. 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, Sonoma County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma County			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		4,900	47.1	42.4 - 51.9	2,300	48.5	43.8 - 53.3	2,400
<b>Health Status before Pregnancy</b>									
In good to excellent health	93.5	91.2 - 95.8	4,600	88.2	83.7 - 92.6	2,000	98.3 *	96.9 - 99.7	2,400
Chronic conditions									
Diabetes†	2.2	1.0 - 3.4	100	2.5 *	0.8 - 4.1	<100	2.2 *	0.4 - 3.9	<100
Hypertension†	3.3	1.9 - 4.8	200	4.2	1.8 - 6.6	<100	2.8 *	0.8 - 4.7	<100
Asthma†	10.7	7.9 - 13.5	500	10.3	6.4 - 14.2	200	11.1	6.9 - 15.3	300
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	1,900	28.0	21.6 - 34.4	700	49.8	42.9 - 56.6	1,200
Overweight before pregnancy	24.0	19.9 - 28.1	1,100	26.6	20.2 - 32.9	500	21.3	16.0 - 26.5	500
Obese before pregnancy	21.7	17.5 - 25.9	1,000	24.6	18.1 - 31.1	500	19.9	14.0 - 25.8	500
Inadequate weight gain during pregnancy	14.6	11.1 - 18.0	600	20.9	14.6 - 27.2	400	9.9	6.2 - 13.7	200
Excessive weight gain during pregnancy	48.5	43.3 - 53.7	2,000	46.7	38.8 - 54.7	800	48.0	41.0 - 55.1	1,000
Food insecurity during pregnancy	14.7	11.2 - 18.2	700	27.0	20.6 - 33.4	600	4.3 *	1.6 - 6.9	100
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	6.0	3.5 - 8.6	300	11.0	5.9 - 16.0	300	1.4 *	0.2 - 2.6	<100
Prenatal depressive symptoms	14.1	10.8 - 17.5	700	20.4	14.6 - 26.2	500	8.7	5.1 - 12.4	200
Postpartum depressive symptoms	13.7	10.5 - 16.9	700	17.7	12.4 - 23.0	400	10.8	6.9 - 14.8	300
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.2	23.0 - 31.4	1,300	36.5	29.7 - 43.4	800	19.1	14.2 - 23.9	500
Homeless or did not have a regular place to sleep	3.7	1.6 - 5.7	200	7.4	3.2 - 11.6	200	--		
Moved due to problems paying rent or mortgage	6.5	4.0 - 8.9	300	11.2	6.4 - 16.0	300	2.3 *	0.6 - 3.9	<100
Woman or partner lost job	13.0	9.6 - 16.4	600	22.8	16.4 - 29.2	500	4.5	2.1 - 6.9	100
Woman or partner had pay or hours cut back	14.4	10.7 - 18.0	700	21.2	15.0 - 27.5	500	8.4	4.4 - 12.4	200
Became separated or divorced	7.1	4.4 - 9.7	300	13.6	8.3 - 18.9	300	1.3 *	0.1 - 2.4	<100
Had no practical or emotional support	4.5	1.9 - 7.0	200	8.9	3.7 - 14.1	200	--		
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	13.7	10.4 - 17.1	700	17.5	11.9 - 23.2	400	11.0	7.0 - 15.1	300
Any smoking, 3rd trimester†	3.1 *	1.2 - 5.0	200	5.8 *	2.0 - 9.6	100	--		
Any smoking, postpartum	5.3	3.0 - 7.5	300	8.3	4.2 - 12.5	200	2.8 *	0.7 - 5.0	<100
Any binge drinking, 3 months before pregnancy	18.4	14.6 - 22.2	900	16.2	10.7 - 21.7	400	21.1	15.4 - 26.7	500
Any alcohol use, 3rd trimester†	10.0	7.3 - 12.7	500	3.8 *	1.4 - 6.2	<100	16.0	11.3 - 20.8	400
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	26.1	21.9 - 30.4	1,300	37.3	30.4 - 44.2	900	16.2	11.3 - 21.0	400
Unsure of pregnancy intentions	11.0	8.3 - 13.8	500	14.2	10.1 - 18.4	300	7.5	3.9 - 11.2	200
Postpartum birth control use†	87.1	84.0 - 90.2	4,300	87.1	82.5 - 91.7	2,000	86.7	82.1 - 91.2	2,100
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	83.7	80.1 - 87.3	4,000	80.5	74.6 - 86.3	1,800	87.6	83.3 - 91.8	2,100
Infant always or often shared bed	39.7	35.0 - 44.4	1,900	47.8	40.7 - 54.8	1,100	30.2	24.2 - 36.3	700
Intended to breastfeed, before birth	95.4	93.5 - 97.4	4,600	95.4 *	92.5 - 98.3	2,100	95.8 *	93.3 - 98.4	2,300
Intended to breastfeed exclusively, before birth	81.0	77.3 - 84.7	3,900	77.3	71.7 - 83.0	1,700	85.0	80.2 - 89.8	2,000
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	92.3	89.9 - 94.7	4,500	90.3	86.5 - 94.0	2,000	95.2 *	92.3 - 98.0	2,300
Exclusive breastfeeding, 1 month after delivery	63.5	58.9 - 68.2	3,000	60.5	53.5 - 67.5	1,300	67.4	61.0 - 73.9	1,600
Any breastfeeding, 3 months after delivery	82.8	78.6 - 87.1	3,000	76.6	69.8 - 83.4	1,400	88.6	83.4 - 93.7	1,500
Exclusive breastfeeding, 3 months after delivery	49.0	43.4 - 54.6	1,800	45.5	37.4 - 53.6	800	53.6	45.3 - 61.8	900



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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	80.9	77.1 - 84.6		4,000	71.4	65.0 - 77.8		1,700	89.3	85.4 - 93.2		2,100
Initiated prenatal care in 1st trimester	92.3	89.9 - 94.7		4,500	86.4	81.7 - 91.0		1,900	97.6 *	95.8 - 99.3		2,300
Mom or infant needed but couldn't afford care postpartum	8.5	5.6 - 11.5		400	12.1	6.9 - 17.2		300	5.3 *	2.0 - 8.6		100
Participated in WIC during pregnancy†	41.9	37.2 - 46.6		2,100	79.1	73.5 - 84.7		1,800	7.8	4.4 - 11.2		200
Received CalFresh (food stamps) during pregnancy	19.3	15.6 - 23.0		1,000	40.4	33.6 - 47.2		900	--			
Pre-pregnancy insurance												
Medi-Cal	17.4	14.0 - 20.9		900	37.1	30.6 - 43.7		900	--			
Uninsured	24.4	20.4 - 28.5		1,200	46.9	40.0 - 53.7		1,100	3.0 *	1.0 - 5.0		<100
Private	55.3	50.6 - 60.0		2,700	14.6	9.3 - 19.9		300	97.0 *	95.0 - 99.0		2,300
Maternal postpartum insurance												
Medi-Cal	30.6	26.1 - 35.0		1,500	60.9	54.3 - 67.6		1,400	2.9 *	0.8 - 5.0		<100
Uninsured	15.8	12.5 - 19.1		800	31.6	25.3 - 37.9		700	--			
Private	51.0	46.2 - 55.8		2,500	7.3	3.7 - 10.8		200	96.4 *	94.1 - 98.6		2,300
Infant health insurance												
Medi-Cal	48.2	43.5 - 53.0		2,300	92.9	89.2 - 96.5		2,100	8.9	5.3 - 12.5		200
Uninsured	1.1 *	0.2 - 1.9		<100	--				--			
Private	47.1	42.3 - 51.9		2,300	4.2 *	1.3 - 7.0		<100	89.4	85.5 - 93.3		2,100
<b>Maternal Demographics</b>												
Age												
15-19	3.8	2.1 - 5.5		200	7.5	4.0 - 11.0		200	--			
20-34	74.0	69.5 - 78.5		3,700	75.3	69.2 - 81.4		1,700	75.1	68.5 - 81.7		1,800
35+	22.2	17.8 - 26.5		1,100	17.2	11.8 - 22.7		400	24.6	18.0 - 31.2		600
Did not complete high school (or GED)	14.9	11.6 - 18.3		700	29.4	23.0 - 35.8		700	2.5 *	0.5 - 4.4		<100
Unmarried	33.2	28.9 - 37.5		1,600	51.7	44.8 - 58.6		1,200	16.9	12.2 - 21.5		400
Race/Ethnicity												
White	51.7	46.8 - 56.5		2,300	28.4	21.8 - 35.0		600	76.0	69.8 - 82.2		1,600
Hispanic	40.8	36.0 - 45.5		1,800	66.9	60.1 - 73.6		1,500	14.5	9.8 - 19.1		300
Asian/Pacific Islander	5.1	2.4 - 7.7		200	--				8.0 *	3.1 - 12.8		200
Black	1.4	0.6 - 2.2		<100	--				--			
Born outside the U.S.	30.6	26.2 - 35.0		1,500	47.9	41.0 - 54.8		1,100	15.4	10.0 - 20.7		400
Speaks non-English language at home	24.8	20.8 - 28.8		1,200	41.8	35.1 - 48.6		1,000	9.2	5.0 - 13.4		200
Lives in a high poverty neighborhood	17.0	13.6 - 20.3		800	21.5	16.1 - 26.8		500	13.1	8.7 - 17.4		300
Income as a percent of the Federal Poverty Guideline												
0-100%	27.2	22.8 - 31.5		1,300	56.4	49.2 - 63.7		1,200	3.1 *	0.7 - 5.6		<100
101-200%	24.0	19.9 - 28.2		1,100	38.1	30.9 - 45.3		800	10.8	6.8 - 14.7		300
> 200%	48.8	44.0 - 53.7		2,300	5.4	2.6 - 8.3		100	86.1	81.6 - 90.6		2,000

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

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

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Sonoma County was 557. 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, Sonoma County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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		4,900	40.8	36.0 - 45.5	1,800	1.4	0.6 - 2.2	<100	51.7	46.8 - 56.5	2,300	5.1	2.4 - 7.7	200
<b>Health Status before Pregnancy</b>															
In good to excellent health	93.5	91.2 - 95.8	4,600	90.4	86.2 - 94.6	1,700	--			95.0*	91.9 - 98.0	2,200	--		
Chronic conditions															
Diabetes†	2.2	1.0 - 3.4	100	3.8*	1.5 - 6.1	<100	--			--			--		
Hypertension†	3.3	1.9 - 4.8	200	3.6*	1.2 - 6.0	<100	--			2.6*	0.7 - 4.5	<100	--		
Asthma†	10.7	7.9 - 13.5	500	9.5	5.3 - 13.7	200	--			11.4	7.6 - 15.3	300	--		
<b>Nutrition and Weight</b>															
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	1,900	32.0	24.9 - 39.1	600	--			43.8	37.1 - 50.4	1,000	64.6*	38.9 - 90.3	100
Overweight before pregnancy	24.0	19.9 - 28.1	1,100	27.8	20.8 - 34.7	400	--			23.2	17.5 - 29.0	500	--		
Obese before pregnancy	21.7	17.5 - 25.9	1,000	29.2	21.7 - 36.8	500	--			18.1	13.0 - 23.2	400	--		
Inadequate weight gain during pregnancy	14.6	11.1 - 18.0	600	26.5	18.9 - 34.0	400	--			7.2	4.1 - 10.3	200	--		
Excessive weight gain during pregnancy	48.5	43.3 - 53.7	2,000	42.3	33.9 - 50.6	600	--			58.8	51.8 - 65.7	1,200	--		
Food insecurity during pregnancy	14.7	11.2 - 18.2	700	21.6	15.5 - 27.8	400	--			11.2	6.2 - 16.2	300	--		
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>															
Physical or psychological IPV during pregnancy	6.0	3.5 - 8.6	300	8.1	3.8 - 12.4	100	--			5.3*	1.4 - 9.3	100	--		
Prenatal depressive symptoms	14.1	10.8 - 17.5	700	15.2	10.0 - 20.4	300	--			13.8	8.7 - 19.0	300	--		
Postpartum depressive symptoms	13.7	10.5 - 16.9	700	13.1	8.3 - 17.9	200	--			13.1	8.3 - 17.9	300	--		
<b>Hardships and Support during Pregnancy</b>															
Experienced two or more hardships during childhood	27.2	23.0 - 31.4	1,300	27.8	21.1 - 34.5	500	--			27.2	21.0 - 33.3	600	--		
Homeless or did not have a regular place to sleep	3.7	1.6 - 5.7	200	3.6*	0.9 - 6.4	<100	--			--			--		
Moved due to problems paying rent or mortgage	6.5	4.0 - 8.9	300	6.8*	2.8 - 10.7	100	--			7.2	3.2 - 11.2	200	--		
Woman or partner lost job	13.0	9.6 - 16.4	600	15.8	10.3 - 21.3	300	--			12.3	7.0 - 17.5	300	--		
Woman or partner had pay or hours cut back	14.4	10.7 - 18.0	700	11.7	7.1 - 16.3	200	--			16.3	10.4 - 22.2	400	--		
Became separated or divorced	7.1	4.4 - 9.7	300	8.9	4.6 - 13.2	200	--			6.6*	2.3 - 10.9	200	--		
Had no practical or emotional support	4.5	1.9 - 7.0	200	7.7*	2.6 - 12.8	100	--			--			--		
<b>Substance Use</b>															
Any smoking, 3 months before pregnancy	13.7	10.4 - 17.1	700	6.5	2.9 - 10.1	100	--			20.1	14.4 - 25.9	500	--		
Any smoking, 3rd trimester†	3.1*	1.2 - 5.0	200	--			--			3.9*	0.6 - 7.2	<100	--		
Any smoking, postpartum	5.3	3.0 - 7.5	300	3.1*	0.3 - 5.9	<100	--			7.1	3.3 - 10.8	200	--		
Any binge drinking, 3 months before pregnancy	18.4	14.6 - 22.2	900	11.9	6.9 - 16.9	200	--			23.3	17.3 - 29.3	500	--		
Any alcohol use, 3rd trimester†	10.0	7.3 - 12.7	500	3.0*	0.6 - 5.5	<100	--			16.5	11.7 - 21.4	400	--		
<b>Pregnancy Intention and Family Planning</b>															
Mistimed or unwanted pregnancy	26.1	21.9 - 30.4	1,300	32.0	25.0 - 39.1	600	--			23.1	16.8 - 29.3	500	--		
Unsure of pregnancy intentions	11.0	8.3 - 13.8	500	12.3	8.0 - 16.5	200	--			8.8	5.1 - 12.5	200	--		
Postpartum birth control use†	87.1	84.0 - 90.2	4,300	87.0	81.8 - 92.2	1,600	--			89.4	85.4 - 93.3	2,100	77.1*	55.2 - 98.9	200
<b>Infant Sleep and Breastfeeding</b>															
Placed infant on back to sleep	83.7	80.1 - 87.3	4,000	81.5	75.6 - 87.3	1,500	--			83.8	78.6 - 89.0	1,900	--		
Infant always or often shared bed	39.7	35.0 - 44.4	1,900	51.8	44.3 - 59.3	900	--			31.5	25.1 - 37.9	700	27.0*	5.4 - 48.7	<100
Intended to breastfeed, before birth	95.4	93.5 - 97.4	4,600	95.5*	92.1 - 98.8	1,700	--			95.0	92.2 - 97.7	2,200	--		
Intended to breastfeed exclusively, before birth	81.0	77.3 - 84.7	3,900	74.0	67.5 - 80.4	1,400	--			86.4	81.9 - 91.0	2,000	69.6*	45.9 - 93.4	200
<b>Breastfeeding practices</b>															
Any breastfeeding, 1 month after delivery	92.3	89.9 - 94.7	4,500	92.5	88.9 - 96.1	1,700	--			92.6	89.0 - 96.1	2,100	--		
Exclusive breastfeeding, 1 month after delivery	63.5	58.9 - 68.2	3,000	59.1	51.7 - 66.6	1,000	--			70.4	64.2 - 76.6	1,600	36.6*	10.2 - 63.0	<100
Any breastfeeding, 3 months after delivery	82.8	78.6 - 87.1	3,000	83.9	78.0 - 89.7	1,200	--			82.4	76.0 - 88.8	1,400	--		
Exclusive breastfeeding, 3 months after delivery	49.0	43.4 - 54.6	1,800	43.9	35.7 - 52.2	600	--			55.2	47.2 - 63.3	900	--		



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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	80.9	77.1 - 84.6	4,000	77.8	71.8 - 83.8	1,400	--	--	--	79.8	74.1 - 85.6	1,900	--	--	--
Initiated prenatal care in 1st trimester	92.3	89.9 - 94.7	4,500	87.8	82.8 - 92.9	1,600	--	--	--	95.8	93.6 - 98.1	2,200	--	--	--
Mom or infant needed but couldn't afford care postpartum	8.5	5.6 - 11.5	400	6.7	3.4 - 10.0	100	--	--	--	10.2	5.2 - 15.2	200	--	--	--
Participated in WIC during pregnancy†	41.9	37.2 - 46.6	2,100	81.3	75.9 - 86.7	1,500	--	--	--	18.0	12.4 - 23.6	400	--	--	--
Received CalFresh (food stamps) during pregnancy	19.3	15.6 - 23.0	1,000	30.0	23.4 - 36.6	500	--	--	--	11.5	6.7 - 16.3	300	--	--	--
Pre-pregnancy insurance															
Medi-Cal	17.4	14.0 - 20.9	900	28.6	21.8 - 35.4	500	--	--	--	9.3	5.3 - 13.4	200	--	--	--
Uninsured	24.4	20.4 - 28.5	1,200	44.8	37.4 - 52.2	800	--	--	--	14.4	9.4 - 19.3	300	--	--	--
Private	55.3	50.6 - 60.0	2,700	23.9	17.6 - 30.3	400	--	--	--	74.4	68.1 - 80.6	1,700	71.3 *	47.7 - 94.8	200
Prenatal insurance															
Medi-Cal	47.1	42.4 - 51.9	2,300	81.0	75.6 - 86.4	1,500	--	--	--	27.3	20.9 - 33.7	600	--	--	--
Uninsured	1.1 *	0.3 - 1.8	<100	--	--	--	--	--	--	--	--	--	--	--	--
Private	48.5	43.8 - 53.3	2,400	16.2	11.1 - 21.3	300	--	--	--	67.6	60.9 - 74.3	1,600	71.9 *	48.4 - 95.5	200
Maternal postpartum insurance															
Medi-Cal	30.6	26.1 - 35.0	1,500	46.3	38.8 - 53.7	800	--	--	--	19.9	13.8 - 26.0	500	--	--	--
Uninsured	15.8	12.5 - 19.1	800	35.2	28.0 - 42.3	600	--	--	--	5.8	3.1 - 8.5	100	--	--	--
Private	51.0	46.2 - 55.8	2,500	17.8	12.2 - 23.4	300	--	--	--	70.9	64.3 - 77.5	1,700	71.9 *	48.4 - 95.5	200
Infant health insurance															
Medi-Cal	48.2	43.5 - 53.0	2,300	84.0	78.8 - 89.3	1,500	--	--	--	25.4	19.2 - 31.6	600	--	--	--
Uninsured	1.1 *	0.2 - 1.9	<100	--	--	--	--	--	--	1.6 *	0.2 - 3.0	<100	--	--	--
Private	47.1	42.3 - 51.9	2,300	11.6	7.1 - 16.0	200	--	--	--	69.8	63.2 - 76.4	1,600	71.9 *	48.4 - 95.5	200
<b>Maternal Demographics</b>															
Age															
15-19	3.8	2.1 - 5.5	200	8.2	4.0 - 12.5	200	--	--	--	1.5 *	0.3 - 2.8	<100	--	--	--
20-34	74.0	69.5 - 78.5	3,700	73.9	67.1 - 80.6	1,400	--	--	--	73.9	67.6 - 80.2	1,700	70.0 *	42.9 - 97.2	200
35+	22.2	17.8 - 26.5	1,100	17.9	11.9 - 23.9	300	--	--	--	24.6	18.3 - 30.9	600	--	--	--
Did not complete high school (or GED)	14.9	11.6 - 18.3	700	29.8	22.9 - 36.8	500	--	--	--	3.7 *	0.8 - 6.5	<100	--	--	--
Unmarried	33.2	28.9 - 37.5	1,600	44.5	37.1 - 51.8	800	--	--	--	26.8	21.0 - 32.7	600	--	--	--
Born outside the U.S.	30.6	26.2 - 35.0	1,500	63.1	56.0 - 70.1	1,200	--	--	--	4.2 *	0.9 - 7.5	<100	66.3 *	42.2 - 90.4	200
Speaks non-English language at home	24.8	20.8 - 28.8	1,200	54.4	47.0 - 61.8	1,000	--	--	--	--	--	--	39.3 *	12.5 - 66.0	<100
Lives in a high poverty neighborhood	17.0	13.6 - 20.3	800	23.8	17.7 - 29.9	400	--	--	--	11.1	7.2 - 15.1	300	--	--	--
Income as a percent of the Federal Poverty Guideline															
0-100%	27.2	22.8 - 31.5	1,300	48.6	40.7 - 56.4	800	--	--	--	13.5	8.2 - 18.8	300	29.4 *	5.0 - 53.9	<100
101-200%	24.0	19.9 - 28.2	1,100	35.9	28.2 - 43.5	600	--	--	--	15.5	10.5 - 20.5	400	--	--	--
> 200%	48.8	44.0 - 53.7	2,300	15.6	10.0 - 21.1	300	--	--	--	71.0	64.5 - 77.5	1,600	68.0 *	43.3 - 92.7	200

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

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

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Sonoma County was 557. 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, Sonoma County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma County			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>Total</b>	100		4,900	41.0	36.3 - 45.6	2,000	59.0	54.4 - 63.7	2,900
<b>Health Status before Pregnancy</b>									
In good to excellent health	93.5	91.2 - 95.8	4,600	93.8	90.6 - 96.9	1,900	93.3	90.1 - 96.4	2,700
Chronic conditions									
Diabetes†	2.2	1.0 - 3.4	100	2.2 *	0.3 - 4.1	<100	2.2 *	0.8 - 3.7	<100
Hypertension†	3.3	1.9 - 4.8	200	3.6 *	1.3 - 5.8	<100	3.2 *	1.2 - 5.1	<100
Asthma†	10.7	7.9 - 13.5	500	14.3	9.7 - 18.9	300	8.2	4.7 - 11.7	200
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	38.7	34.0 - 43.4	1,900	46.1	38.8 - 53.4	900	33.6	27.6 - 39.6	1,000
Overweight before pregnancy	24.0	19.9 - 28.1	1,100	18.8	13.6 - 24.1	400	27.9	22.0 - 33.8	700
Obese before pregnancy	21.7	17.5 - 25.9	1,000	17.9	11.6 - 24.1	400	24.6	18.9 - 30.3	600
Inadequate weight gain during pregnancy	14.6	11.1 - 18.0	600	10.9	6.3 - 15.5	200	17.6	12.6 - 22.5	400
Excessive weight gain during pregnancy	48.5	43.3 - 53.7	2,000	52.5	44.8 - 60.2	1,000	45.3	38.3 - 52.4	1,000
Food insecurity during pregnancy	14.7	11.2 - 18.2	700	12.7	7.2 - 18.2	300	16.1	11.5 - 20.6	500
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	6.0	3.5 - 8.6	300	7.4 *	2.5 - 12.4	100	5.0	2.5 - 7.5	100
Prenatal depressive symptoms	14.1	10.8 - 17.5	700	15.6	10.0 - 21.3	300	12.9	8.9 - 17.0	400
Postpartum depressive symptoms	13.7	10.5 - 16.9	700	12.2	7.5 - 17.0	200	14.5	10.2 - 18.8	400
<b>Hardships and Support during Pregnancy</b>									
Experienced two or more hardships during childhood	27.2	23.0 - 31.4	1,300	27.5	21.0 - 34.1	600	27.0	21.5 - 32.5	800
Homeless or did not have a regular place to sleep	3.7	1.6 - 5.7	200	4.7 *	0.8 - 8.6	<100	3.0 *	0.8 - 5.1	<100
Moved due to problems paying rent or mortgage	6.5	4.0 - 8.9	300	6.5 *	2.4 - 10.5	100	6.5	3.4 - 9.6	200
Woman or partner lost job	13.0	9.6 - 16.4	600	15.8	10.0 - 21.6	300	11.1	7.1 - 15.2	300
Woman or partner had pay or hours cut back	14.4	10.7 - 18.0	700	14.0	8.4 - 19.7	300	14.6	9.9 - 19.4	400
Became separated or divorced	7.1	4.4 - 9.7	300	8.2 *	3.3 - 13.1	200	6.2	3.2 - 9.1	200
Had no practical or emotional support	4.5	1.9 - 7.0	200	--			6.0 *	2.3 - 9.7	200
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	13.7	10.4 - 17.1	700	16.6	10.7 - 22.4	300	11.8	7.8 - 15.8	300
Any smoking, 3rd trimester†	3.1 *	1.2 - 5.0	200	3.6 *	0.2 - 7.1	<100	2.7 *	0.6 - 4.8	<100
Any smoking, postpartum	5.3	3.0 - 7.5	300	6.3 *	2.4 - 10.2	100	4.6	1.9 - 7.2	100
Any binge drinking, 3 months before pregnancy	18.4	14.6 - 22.2	900	25.2	18.6 - 31.9	500	13.8	9.4 - 18.2	400
Any alcohol use, 3rd trimester†	10.0	7.3 - 12.7	500	10.6	6.7 - 14.5	200	9.5	5.9 - 13.1	300
<b>Pregnancy Intention and Family Planning</b>									
Mistimed or unwanted pregnancy	26.1	21.9 - 30.4	1,300	28.7	21.8 - 35.7	600	24.4	19.0 - 29.7	700
Unsure of pregnancy intentions	11.0	8.3 - 13.8	500	11.8	7.5 - 16.0	200	10.5	6.9 - 14.1	300
Postpartum birth control use†	87.1	84.0 - 90.2	4,300	86.1	81.6 - 90.7	1,700	87.8	83.5 - 92.0	2,500
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	83.7	80.1 - 87.3	4,000	81.0	75.2 - 86.9	1,600	85.7	81.3 - 90.2	2,400
Infant always or often shared bed	39.7	35.0 - 44.4	1,900	36.7	29.9 - 43.6	700	41.7	35.4 - 48.0	1,200
Intended to breastfeed, before birth	95.4	93.5 - 97.4	4,600	97.2 *	95.1 - 99.3	1,900	94.1	91.1 - 97.1	2,700
Intended to breastfeed exclusively, before birth	81.0	77.3 - 84.7	3,900	89.2	85.2 - 93.2	1,800	75.2	69.8 - 80.6	2,200
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	92.3	89.9 - 94.7	4,500	92.9	89.8 - 96.1	1,900	91.9	88.4 - 95.4	2,600
Exclusive breastfeeding, 1 month after delivery	63.5	58.9 - 68.2	3,000	60.4	53.1 - 67.6	1,200	65.7	59.7 - 71.8	1,800
Any breastfeeding, 3 months after delivery	82.8	78.6 - 87.1	3,000	81.2	74.6 - 87.8	1,200	83.9	78.4 - 89.4	1,800
Exclusive breastfeeding, 3 months after delivery	49.0	43.4 - 54.6	1,800	49.2	40.4 - 58.1	700	48.7	41.4 - 56.0	1,000



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

Maternal and Infant Health Assessment (MIHA) Survey

	Sonoma 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	80.9	77.1 - 84.6	4,000	71.1	64.3 - 78.0	1,400	87.8	84.0 - 91.5	2,600
Initiated prenatal care in 1st trimester	92.3	89.9 - 94.7	4,500	92.1	88.6 - 95.6	1,800	92.5	89.2 - 95.7	2,600
Mom or infant needed but couldn't afford care postpartum	8.5	5.6 - 11.5	400	10.1	4.7 - 15.5	200	7.4	4.1 - 10.7	200
Participated in WIC during pregnancy†	41.9	37.2 - 46.6	2,100	33.9	26.9 - 40.9	700	47.6	41.4 - 53.9	1,400
Received CalFresh (food stamps) during pregnancy	19.3	15.6 - 23.0	1,000	14.0	8.6 - 19.4	300	23.1	18.0 - 28.1	700
Pre-pregnancy insurance									
Medi-Cal	17.4	14.0 - 20.9	900	10.8	6.7 - 14.9	200	22.1	17.0 - 27.2	600
Uninsured	24.4	20.4 - 28.5	1,200	26.7	20.2 - 33.2	500	22.7	17.6 - 27.8	700
Private	55.3	50.6 - 60.0	2,700	60.5	53.4 - 67.5	1,200	51.8	45.5 - 58.1	1,500
Prenatal insurance									
Medi-Cal	47.1	42.4 - 51.9	2,300	40.6	33.4 - 47.8	800	51.7	45.4 - 57.9	1,500
Uninsured	1.1 *	0.3 - 1.8	<100	--			--		
Private	48.5	43.8 - 53.3	2,400	55.0	47.7 - 62.2	1,100	44.2	37.9 - 50.4	1,300
Maternal postpartum insurance									
Medi-Cal	30.6	26.1 - 35.0	1,500	32.0	25.0 - 39.0	600	29.5	23.7 - 35.2	900
Uninsured	15.8	12.5 - 19.1	800	9.6	5.5 - 13.6	200	20.2	15.3 - 25.0	600
Private	51.0	46.2 - 55.8	2,500	56.3	49.0 - 63.5	1,100	47.4	41.1 - 53.7	1,400
Infant health insurance									
Medi-Cal	48.2	43.5 - 53.0	2,300	43.6	36.3 - 50.8	900	51.5	45.1 - 57.8	1,500
Uninsured	1.1 *	0.2 - 1.9	<100	--			--		
Private	47.1	42.3 - 51.9	2,300	53.5	46.2 - 60.7	1,100	42.6	36.4 - 48.9	1,200
<b>Maternal Demographics</b>									
Age									
15-19	3.8	2.1 - 5.5	200	7.4	3.8 - 11.1	200	--		
20-34	74.0	69.5 - 78.5	3,700	78.6	71.8 - 85.4	1,600	71.0	65.0 - 76.9	2,100
35+	22.2	17.8 - 26.5	1,100	14.0	7.7 - 20.3	300	27.7	21.8 - 33.6	800
Did not complete high school (or GED)	14.9	11.6 - 18.3	700	7.0	3.5 - 10.5	100	20.4	15.4 - 25.4	600
Unmarried	33.2	28.9 - 37.5	1,600	42.7	35.7 - 49.8	800	26.8	21.5 - 32.0	800
Race/Ethnicity									
White	51.7	46.8 - 56.5	2,300	61.3	54.1 - 68.5	1,100	45.3	38.8 - 51.7	1,200
Hispanic	40.8	36.0 - 45.5	1,800	31.3	24.6 - 37.9	600	47.1	40.7 - 53.5	1,300
Asian/Pacific Islander	5.1	2.4 - 7.7	200	5.0 *	0.8 - 9.2	<100	5.1 *	1.7 - 8.5	100
Black	1.4	0.6 - 2.2	<100	--			--		
Born outside the U.S.	30.6	26.2 - 35.0	1,500	20.8	14.7 - 26.8	400	37.4	31.4 - 43.5	1,100
Speaks non-English language at home	24.8	20.8 - 28.8	1,200	14.3	9.3 - 19.4	300	32.1	26.4 - 37.8	900
Lives in a high poverty neighborhood	17.0	13.6 - 20.3	800	13.2	8.8 - 17.7	300	19.6	14.9 - 24.4	600
Income as a percent of the Federal Poverty Guideline									
0-100%	27.2	22.8 - 31.5	1,300	22.1	15.7 - 28.5	400	30.7	24.8 - 36.6	900
101-200%	24.0	19.9 - 28.2	1,100	21.2	15.1 - 27.2	400	26.0	20.4 - 31.6	700
> 200%	48.8	44.0 - 53.7	2,300	56.7	49.3 - 64.2	1,100	43.3	37.0 - 49.6	1,200

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