

MIHA Data Brief Supplement

Mental Health During and After Pregnancy Early in the COVID-19 Pandemic *COVID-19 impacts on pregnant people and families in California, 2020*

RESOURCES FOR CALIFORNIA FAMILIES

Help With Emotional Well-Being or Mental Health	Information About Maternal Mental Health
<p><u>National Maternal Mental Health Hotline</u> Call or text 1-833-TLC-MAMA (1-833-852-6262) in English and Spanish. Interpreter services in 60 languages. TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.</p>	<p><u>Maternal, Child and Adolescent Health Division</u> Links to maternal mental health partners, print materials, videos and a social media library.</p>
<p><u>Postpartum Support International</u> Call or text “Help” to 1-800-944-4773 Text en Español: 971-203-7773</p>	<p><u>Policy Center for Maternal Mental Health</u> A national maternal mental health non-profit organization focused on improving maternal mental health care.</p>
<p><u>County Mental Health Programs</u></p>	
<p><u>National Alliance on Mental Health (NAMI)</u></p>	
<p><u>Crisis Text Line</u> Provides support and information for any type of crisis. Text “HOME” to 741741.</p>	<p><u>Maternal Mental Health Leadership Alliance</u> A non-profit organization dedicated to promoting the mental health of women and childbearing people in the United States.</p>
<p><u>National Suicide Prevention Lifeline 24/7</u> Call 988 or (800) 273-8255 (English and Spanish)</p>	

ABOUT THE DATA

Methods

This data brief uses 2020 data from the Maternal and Infant Health Assessment (MIHA) survey, a statewide representative survey of individuals with a recent live birth in California, conducted annually since 1999, linked to birth certificates. The survey collects self-reported information about maternal and infant experiences before, during, and shortly after pregnancy.

MIHA is a stratified random sample of English- or Spanish-speaking individuals. MIHA data used in this brief are weighted to be representative of California residents with a live birth from May 16, 2020 to June 15, 2020, excluding those who were younger than

15 years old at delivery, had a multiple birth greater than triplets, or had a missing address on the birth certificate. The MIHA 2020 sample size was 6,363. For more information on weighting and technical definitions, see the MIHA Technical Notes at go.cdph.ca.gov/MIHA-methods.

MIHA is led by the Maternal, Child and Adolescent Health Division in the California Department of Public Health (CDPH) in collaboration with the CDPH Women, Infants and Children (WIC) Division and the Center for Health Equity at the University of California, San Francisco.

Definitions

Self-reported symptoms of anxiety and depression were ascertained using an adapted four-item Patient Health Questionnaire (PHQ-4), which includes the two-item Generalized Anxiety Disorder (GAD-2) scale and the two-item PHQ-2, which assesses symptoms of depression.¹⁴ Adaptations to the PHQ-4 for use in MIHA included (1) changing the time period from “Over the last 2 weeks” to the prenatal period (“During your pregnancy”) and postpartum period (“Since your most recent birth”) and (2) changing the response categories from the frequency of days in the past two weeks to a general frequency scale (“always,” “often,” “sometimes,” “rarely,” and “never”).¹⁵ Measures were defined as follows:

Anxiety symptoms – During pregnancy or since most recent birth, always or often felt nervous, anxious or on edge, or was unable to stop or control worrying.

Depression symptoms – During pregnancy or since most recent birth, always or often felt down, depressed or hopeless, or had little interest or pleasure in doing things usually enjoyed.

Anxiety and/or depression symptoms – During pregnancy or since most recent birth, experienced either anxiety symptoms, depression symptoms, or both.

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Anxiety and/or depression symptoms during or after pregnancy among individuals who gave birth in spring 2020, Maternal and Infant Health Assessment

	Depression symptoms		Anxiety symptoms		Depression and/or anxiety symptoms	
	%	95% CI	%	95% CI	%	95% CI
California total	20.8	19.4 - 22.2	26.3	24.9 - 27.8	32.7	31.2 - 34.3
Age						
15-19 years	26.3	19.4 - 33.3	25.4	18.6 - 32.2	34.7	26.8 - 42.5
20-24 years	27.5	23.5 - 31.6	32.7	28.3 - 37.1	41.6	37.0 - 46.1
25-29 years	21.0	18.4 - 23.6	26.5	23.7 - 29.2	33.2	30.1 - 36.2
30-34 years	20.2	17.7 - 22.6	25.1	22.5 - 27.8	31.1	28.3 - 33.9
35 years or older	16.8	14.3 - 19.4	24.2	21.3 - 27.0	29.1	26.0 - 32.1
Education						
<High school	20.0	16.4 - 23.7	21.1	17.3 - 25.0	30.4	26.1 - 34.7
High school or GED	20.7	17.5 - 23.9	22.9	19.6 - 26.2	30.8	27.1 - 34.4
Some college	23.8	21.2 - 26.4	30.0	27.2 - 32.8	36.4	33.5 - 39.4
College graduate	18.5	16.4 - 20.6	26.7	24.3 - 29.1	31.4	28.8 - 33.9
Income as percentage of Federal Poverty Guideline						
0-200% FPG	23.6	21.6 - 25.6	27.1	25.0 - 29.2	34.7	32.4 - 37.0
201-400% FPG	20.8	17.4 - 24.1	26.5	22.9 - 30.1	33.2	29.3 - 37.1
>400% FPG	16.4	14.0 - 18.9	26.4	23.5 - 29.2	29.8	26.8 - 32.8
Prenatal health insurance						
Medi-Cal	22.8	20.8 - 24.8	25.4	23.3 - 27.5	33.2	30.9 - 35.5
Private	18.2	16.3 - 20.1	26.8	24.6 - 28.9	31.6	29.4 - 33.9
Uninsured	25.5	14.6 - 36.4	20.8	10.9 - 30.7	28.1	17.0 - 39.1
Race/ethnicity						
Asian/Pacific Islander	23.6	19.6 - 27.5	21.4	17.6 - 25.2	32.2	27.8 - 36.5
Black	27.5	23.8 - 31.3	34.4	30.4 - 38.4	41.3	37.1 - 45.5
Hispanic	20.2	18.2 - 22.1	24.2	22.0 - 26.3	30.8	28.5 - 33.1
White	18.7	16.3 - 21.1	30.7	27.8 - 33.5	34.1	31.1 - 37.0
Total live births						
First live birth	23.0	20.8 - 25.2	30.2	27.8 - 32.6	37.2	34.7 - 39.7
Second live birth or more	19.3	17.6 - 21.1	23.7	21.9 - 25.6	29.8	27.8 - 31.8

	Depression symptoms		Anxiety symptoms		Depression and/or anxiety symptoms	
	%	95% CI	%	95% CI	%	95% CI
Hardships during pregnancy						
Unstable housing	39.9	33.9 - 45.8	46.0	39.9 - 52.2	55.9	49.8 - 62.0
Trouble paying bills	40.4	36.2 - 44.5	48.2	43.9 - 52.4	55.5	51.3 - 59.7
Food insecurity	33.8	30.3 - 37.3	38.4	34.7 - 42.1	47.1	43.3 - 50.9
Job loss or pay cut	25.5	23.1 - 27.8	32.7	30.1 - 35.2	40.2	37.5 - 43.0
MIHA region						
Los Angeles County	19.4	16.2 - 22.6	23.4	20.1 - 26.8	29.5	25.8 - 33.2
San Francisco Bay Area	19.7	17.1 - 22.2	26.2	23.3 - 29.1	32.3	29.2 - 35.3
San Diego County	23.4	17.6 - 29.3	28.1	22.1 - 34.2	34.5	28.1 - 40.9
Orange County	15.6	10.3 - 21.0	27.8	21.1 - 34.5	32.0	25.0 - 39.0
San Joaquin Valley	24.0	20.9 - 27.2	29.0	25.5 - 32.5	36.6	33.0 - 40.2
Greater Sacramento Area	23.5	18.7 - 28.3	28.1	23.3 - 33.0	36.5	31.1 - 41.8
Southeastern California	18.8	15.0 - 22.6	24.1	19.8 - 28.4	29.7	25.0 - 34.3
Central Coast Area	23.0	19.5 - 26.6	27.1	23.6 - 30.7	35.5	31.6 - 39.4
North/Mountain Region	28.5	21.2 - 35.7	33.6	26.1 - 41.1	40.6	33.0 - 48.2
County						
Alameda	17.9	12.4 - 23.4	26.6	20.1 - 33.2	34.4	27.3 - 41.4
Butte	31.2	19.2 - 43.2	28.9	18.0 - 39.7	43.2	30.2 - 56.3
Contra Costa	23.0	16.7 - 29.4	29.6	22.8 - 36.4	34.1	27.0 - 41.3
El Dorado	19.6	10.6 - 28.7	29.3	19.1 - 39.6	33.5	22.7 - 44.2
Fresno	25.2	17.2 - 33.1	35.0	25.7 - 44.3	40.6	31.3 - 50.0
Humboldt	26.9	16.7 - 37.0	38.8	28.2 - 49.3	45.9	35.6 - 56.2
Imperial	22.3	13.9 - 30.6	33.3	23.4 - 43.3	35.8	25.8 - 45.9
Kern	26.6	19.2 - 33.9	26.7	19.1 - 34.2	38.3	30.1 - 46.5
Kings	32.9	19.1 - 46.8	38.8	24.4 - 53.2	45.6	30.7 - 60.4
Los Angeles	19.4	16.2 - 22.6	23.4	20.1 - 26.8	29.5	25.8 - 33.2
Madera	23.0	11.5 - 34.4	22.9	9.7 - 36.1	32.3	17.9 - 46.8
Marin	9.2*	3.0 - 15.4	17.1	9.9 - 24.3	21.8	13.4 - 30.1
Merced	16.0	7.8 - 24.3	17.9	9.5 - 26.3	22.4	13.0 - 31.8
Monterey	20.8	13.0 - 28.5	26.5	18.6 - 34.3	34.2	25.5 - 42.9

County	Depression symptoms		Anxiety symptoms		Depression and/or anxiety symptoms	
	%	95% CI	%	95% CI	%	95% CI
Napa	13.4	6.4 - 20.4	20.5	12.7 - 28.4	25.9	16.9 - 34.8
Orange	15.6	10.3 - 21.0	27.8	21.1 - 34.5	32.0	25.0 - 39.0
Placer	23.6	13.3 - 33.9	35.8	24.5 - 47.1	42.1	30.3 - 53.9
Riverside	17.9	12.8 - 23.0	25.8	19.4 - 32.2	30.8	24.1 - 37.5
Sacramento	24.3	17.7 - 30.9	28.4	21.7 - 35.1	37.5	30.2 - 44.8
San Bernardino	19.5	13.3 - 25.6	21.7	15.5 - 27.8	28.0	21.1 - 34.9
San Diego	23.4	17.6 - 29.3	28.1	22.1 - 34.2	34.5	28.1 - 40.9
San Francisco	16.4	10.9 - 21.9	20.8	15.0 - 26.6	26.4	19.9 - 33.0
San Joaquin	18.0	11.8 - 24.1	24.5	17.8 - 31.2	32.2	24.7 - 39.7
San Luis Obispo	16.2	8.8 - 23.6	31.1	21.1 - 41.0	36.0	25.5 - 46.5
San Mateo	18.0	11.9 - 24.1	25.9	19.0 - 32.8	32.9	25.6 - 40.2
Santa Barbara	24.4	16.8 - 32.1	22.1	15.3 - 29.0	33.3	25.2 - 41.4
Santa Clara	17.9	11.3 - 24.5	21.4	14.1 - 28.8	27.7	19.9 - 35.6
Santa Cruz	16.4	9.6 - 23.2	16.0	9.4 - 22.6	21.9	14.2 - 29.5
Shasta	19.8	10.7 - 29.0	26.6	16.5 - 36.6	34.0	23.1 - 45.0
Solano	25.4	17.4 - 33.4	40.3	31.2 - 49.3	42.6	33.6 - 51.7
Sonoma	34.6	24.9 - 44.2	37.6	28.0 - 47.3	44.3	34.6 - 54.1
Stanislaus	26.3	17.4 - 35.1	29.8	20.7 - 38.9	37.0	27.3 - 46.6
Tulare	25.7	18.0 - 33.3	31.6	23.5 - 39.7	37.7	29.3 - 46.1
Ventura	27.2	20.5 - 33.9	32.2	25.3 - 39.0	40.7	33.3 - 48.2
Yolo	32.1	18.2 - 46.0	30.8	17.6 - 44.0	43.1	28.9 - 57.3

* Estimate should be interpreted with caution due to low statistical reliability (Relative Standard Error between 30% and 50%)

MIHA 2020 sample size was 6,363. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all California residents with a live birth from May 16, 2020 to June 15, 2020. See the MIHA Technical Notes for information on weighting and technical definitions. Visit the MIHA website at go.cdph.ca.gov/MIHA-methods.

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