

# MIHA Data Brief Supplement

## Food Insecurity and Housing Instability Early in the COVID-19 Pandemic *COVID-19 impacts on pregnant people and families in California, 2020*

### RESOURCES FOR CALIFORNIA FAMILIES

Housing Assistance	Food Assistance
<a href="#">California Public Housing Authorities</a> List of local housing authorities	<a href="#">Women, Infants, Children (WIC) Supplementary Food Program</a> 1-888- 942-9675
<a href="#">U.S. Department of Housing and Urban Development</a> Affordable apartment listings by California counties	<a href="#">CalFresh/Food Stamps</a> 1-877-847-3663
<a href="#">California Business, Consumer Services and Housing Agency</a> Resources for renters, landlords and homeowners	<a href="#">California Association of Food Banks</a> List of local food banks

### 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](https://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

**Food insecurity** – Since most recent birth, sometimes or often worried whether food would run out before having the money to purchase more, or the food purchased didn't last and there wasn't enough money to get more.

**Housing instability** – Since most recent birth, had to move because of problems paying rent or mortgage, did not have a regular place to sleep at night (had to move from house to house), or was homeless (had to sleep outside or in a car or shelter).

## REFERENCES

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## Food insecurity and housing instability after pregnancy among individuals who gave birth in spring 2020, Maternal and Infant Health Assessment, 2020

	Food insecurity		Housing instability	
	%	95% CI	%	95% CI
<b>California total</b>	17.8	16.5 - 19.1	5.2	4.5 - 5.9
<b>Age</b>				
15-19 years	27.1	19.4 - 34.8	7.5*	3.1 - 11.9
20-24 years	28.2	24.0 - 32.4	8.5	5.9 - 11.1
25-29 years	17.3	15.0 - 19.7	6.5	4.9 - 8.1
30-34 years	14.9	12.7 - 17.0	4.0	2.9 - 5.1
35 years or older	15.1	12.7 - 17.5	3.2	2.0 - 4.3
<b>Education</b>				
<High school	37.7	33.2 - 42.2	10.8	7.9 - 13.6
High school or GED	25.5	22.0 - 29.0	6.4	4.5 - 8.3
Some college	19.2	16.9 - 21.6	5.5	4.2 - 6.9
College graduate	7.0	5.5 - 8.4	2.4	1.5 - 3.3
<b>Income as percentage of Family Poverty Guidelines (FPG)</b>				
0-200% FPG	30.5	28.3 - 32.8	8.5	7.1 - 9.9
201-400% FPG	11.4	8.6 - 14.2	2.1	1.1 - 3.1
>400% FPG	1.6	0.8 - 2.4	1.2	0.5 - 1.8
<b>Nativity</b>				
Born outside the U.S.	21.0	18.6 - 23.4	5.2	3.9 - 6.5
Born in the U.S.	16.2	14.7 - 17.7	5.1	4.2 - 5.9
<b>Prenatal health insurance</b>				
Medi-Cal	28.6	26.3 - 30.8	8.6	7.2 - 10.0
Private	7.9	6.6 - 9.3	1.9	1.3 - 2.5
Uninsured	36.1	23.1 - 49.0	11.2*	3.0 - 19.5
<b>Race/ethnicity</b>				
Asian/Pacific Islander	10.1	7.3 - 12.9	3.1*	1.2 - 5.1
Black	25.4	21.5 - 29.3	11.3	8.3 - 14.3
Hispanic	24.1	22.0 - 26.3	5.5	4.5 - 6.5
White	10.6	8.6 - 12.6	4.5	3.1 - 5.9

	Food insecurity		Housing instability	
	%	95% CI	%	95% CI
<b>Total live births</b>				
First live birth	13.5	11.8 - 15.3	4.8	3.6 - 5.9
Second live birth or more	20.7	18.9 - 22.4	5.5	4.5 - 6.4
<b>Hardships during pregnancy</b>				
Trouble paying bills	50.2	46.5 - 54.0	16.0	13.4 - 18.6
Lost all or a lot of income	39.0	35.1 - 42.90	13.1	10.5 - 15.8
Job loss or pay cut	29.0	26.7 - 31.3	8.8	7.4 - 10.2
<b>MIHA region</b>				
Los Angeles County	17.5	14.5 - 20.5	5.4	3.8 - 7.1
San Francisco Bay Area	11.7	9.7 - 13.7	5.4	3.8 - 7.1
San Diego County	15.3	10.4 - 20.2	4.4	2.0 - 6.7
Orange County	14.1	8.7 - 19.5	2.8*	0.7 - 4.9
San Joaquin Valley	23.4	20.3 - 26.6	5.3	3.7 - 6.9
Greater Sacramento Area	19.2	14.7 - 23.6	4.0	1.8 - 6.1
Southeastern California	20.9	16.6 - 25.3	6.4	3.6 - 9.1
Central Coast Area	22.8	19.4 - 26.2	5.1	3.3 - 6.8
North/Mountain Region	25.0	17.9 - 32.1	7.4*	2.5 - 12.2
<b>County</b>				
Alameda	12.9	7.4 - 18.4	5.1*	1.6 - 8.5
Butte	23.4	12.0 - 34.8	--	
Contra Costa	13.3	8.4 - 18.3	7.1*	2.4 - 11.8
El Dorado	23.6	11.3 - 36.0	--	
Fresno	23.7	16.1 - 31.3	7.8*	2.9 - 12.7
Humboldt	22.0	13.6 - 30.4	--	
Imperial	24.8	15.3 - 34.2	6.4*	2.0 - 10.8
Kern	23.8	16.5 - 31.0	5.0*	1.7 - 8.3
Kings	23.6	10.3 - 36.9	--	
Los Angeles	17.5	14.5 - 20.5	5.4	3.8 - 7.1
Madera	21.1	10.5 - 31.7	--	
Marin	17.0	8.9 - 25.1	--	

County	Food insecurity		Housing instability	
	%	95% CI	%	95% CI
Merced	28.6	16.6 - 40.6	5.9*	1.0 - 10.9
Monterey	35.8	26.8 - 44.8	4.9*	1.3 - 8.5
Napa	11.5	5.6 - 17.4	--	
Orange	14.1	8.7 - 19.5	2.8*	0.7 - 4.9
Placer	14.9*	5.4 - 24.4	--	
Riverside	18.7	12.8 - 24.7	6.4*	2.0 - 10.8
Sacramento	19.5	13.6 - 25.4	4.2*	1.3 - 7.1
San Bernardino	22.8	16.0 - 29.5	6.3	2.6 - 10.0
San Diego	15.3	10.4 - 20.2	4.4	2.0 - 6.7
San Francisco	10.8	6.5 - 15.1	6.7	3.1 - 10.3
San Joaquin	22.2	14.9 - 29.6	2.7*	0.4 - 5.0
San Luis Obispo	14.2	6.7 - 21.8	--	
San Mateo	11.6	6.3 - 16.9	3.5*	1.0 - 6.0
Santa Barbara	24.3	17.4 - 31.2	10.9	5.3 - 16.5
Santa Clara	6.9	3.2 - 10.6	4.8*	0.6 - 9.0
Santa Cruz	17.3	9.8 - 24.7	--	
Shasta	13.0*	4.7 - 21.3	--	
Solano	19.6	12.2 - 27.0	9.5*	3.6 - 15.4
Sonoma	16.0	8.1 - 24.0	4.2*	0.7 - 7.8
Stanislaus	21.2	13.1 - 29.4	3.9*	0.8 - 7.0
Tulare	23.9	17.0 - 30.9	5.2*	1.5 - 9.0
Ventura	19.1	13.4 - 24.8	--	
Yolo	20.2*	8.1 - 32.3	--	

-- Estimate not shown because the Relative Standard Error (RSE) is greater than 50% or fewer than 5 individuals reported.

\* Estimate should be interpreted with caution due to low statistical reliability (RSE is 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](https://go.cdph.ca.gov/MIHA-methods).

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