



MIHA Data Snapshot, Shasta County, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

✓ better than rest of California ✗ worse than rest of California ♦ no statistical difference

		Shasta County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Status Before Pregnancy							
In good to excellent health	♦	88.9	84.4 - 93.3	1,800	92.4	91.5 - 93.3	452,800
Chronic conditions							
Diabetes†	♦	1.6 *	0.1 - 3.2	< 100	2.3	1.8 - 2.8	10,900
Hypertension†	♦	3.8 *	0.8 - 6.8	100	2.5	2.0 - 2.9	11,900
Asthma†	♦	10.2	7.1 - 13.4	200	7.8	7.0 - 8.6	37,500
Nutrition and Weight							
Daily folic acid use, month before pregnancy	♦	27.6	22.2 - 33.1	600	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	20.0	15.4 - 24.6	400	24.7	23.2 - 26.2	114,900
Obese before pregnancy	♦	22.2	17.3 - 27.0	500	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	♦	13.4	9.0 - 17.7	200	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	✗	48.1	41.7 - 54.6	900	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	♦	19.4	14.3 - 24.5	400	16.6	15.4 - 17.9	80,500
Intimate Partner Violence (IPV) and Depressive Symptoms							
Physical or psychological IPV during pregnancy	✗	11.1	7.2 - 15.1	200	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	✗	23.3	17.7 - 28.9	500	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	✗	18.9	13.9 - 24.0	400	13.0	11.8 - 14.1	63,200
Hardships and Support during Pregnancy							
Experienced two or more hardships during childhood	✗	41.3	35.2 - 47.4	800	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	✗	6.1	3.2 - 9.0	100	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	♦	7.1	4.0 - 10.1	100	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	15.3	10.8 - 19.8	300	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	✗	15.8	11.6 - 20.0	300	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	8.7	5.3 - 12.2	200	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	3.2 *	0.4 - 5.9	100	4.4	3.7 - 5.2	21,700
Substance Use							
Any smoking, 3 months before pregnancy	✗	32.5	26.7 - 38.3	700	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	✗	14.0	9.2 - 18.8	300	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	✗	20.1	14.8 - 25.3	400	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	✗	20.8	16.1 - 25.6	400	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	♦	5.7	2.8 - 8.6	100	7.6	6.6 - 8.6	37,000
Pregnancy Intention and Family Planning							
Mistimed or unwanted pregnancy	♦	36.3	30.5 - 42.1	700	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	♦	13.8	9.4 - 18.2	300	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	♦	84.8	80.2 - 89.3	1,700	81.6	80.3 - 83.0	390,200
Infant Sleep and Breastfeeding							
Placed infant on back to sleep	♦	79.2	74.5 - 84.0	1,600	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	♦	32.5	26.9 - 38.0	700	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	♦	95.3	92.5 - 98.0	2,000	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	✓	83.0	78.3 - 87.6	1,700	64.2	62.6 - 65.9	308,500
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	♦	84.8	80.1 - 89.5	1,700	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✓	53.2	47.1 - 59.4	1,100	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	✓	73.7	67.5 - 79.8	1,200	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	✓	38.7	31.8 - 45.6	600	27.4	25.7 - 29.1	99,800



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		Shasta County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Care Utilization and Public Program Participation							
Had a usual source of pre-pregnancy care	♦	65.2	59.6 - 70.9	1,400	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	↓	81.8	76.6 - 87.1	1,700	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	♦	84.8	79.8 - 89.7	1,800	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	♦	10.4	7.0 - 13.7	200	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	♦	57.8	52.0 - 63.5	1,200	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	↑	35.5	29.7 - 41.2	700	24.9	23.6 - 26.3	121,000
Health Insurance Coverage							
Pre-pregnancy insurance							
Medi-Cal	↑	35.0	29.3 - 40.7	700	24.5	23.1 - 25.8	119,600
Uninsured	♦	20.2	15.1 - 25.2	400	24.0	22.6 - 25.4	117,500
Private	↓	41.4	35.9 - 47.0	900	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	↑	60.8	55.3 - 66.4	1,300	49.7	48.4 - 51.0	242,800
Uninsured		--			1.6	1.2 - 2.0	7,900
Private	↓	34.0	28.6 - 39.4	700	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	↑	48.2	42.5 - 53.9	1,000	36.2	34.7 - 37.6	175,700
Uninsured	♦	12.0	8.0 - 16.1	200	15.0	13.8 - 16.2	72,800
Private	↓	37.7	32.1 - 43.2	800	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	↑	63.3	57.8 - 68.9	1,300	52.2	50.9 - 53.6	250,400
Uninsured	♦	2.5 *	1.0 - 4.0	100	2.9	2.2 - 3.5	13,700
Private	↓	31.4	26.1 - 36.7	600	41.3	40.0 - 42.6	198,000
Maternal Demographics							
Age							
15-19	♦	7.4	4.3 - 10.6	200	5.6	4.9 - 6.4	27,500
20-34	↑	82.3	77.6 - 87.0	1,700	74.5	73.0 - 76.0	365,300
35+	↓	10.2	6.5 - 14.0	200	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	♦	11.7	7.3 - 16.1	200	16.5	15.2 - 17.7	79,900
Unmarried	♦	46.7	40.8 - 52.7	1,000	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	↓	9.4	5.8 - 13.0	200	49.2	47.7 - 50.7	236,500
Black	↓	1.2	0.6 - 1.8	< 100	5.7	5.3 - 6.1	27,400
White	↑	79.6	75.2 - 84.1	1,600	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	↓	4.1 *	1.6 - 6.7	100	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	↓	6.2	2.9 - 9.4	100	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	↓	4.0 *	1.5 - 6.5	100	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	♦	39.2	33.3 - 45.1	800	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	♦	45.3	39.5 - 51.2	900	41.0	39.5 - 42.4	188,800
101-200%	♦	22.0	16.9 - 27.1	400	20.8	19.4 - 22.2	96,000
> 200%	♦	32.6	27.1 - 38.1	700	38.2	36.9 - 39.6	176,200

-- 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 changed for this indicator and is not comparable to prior years (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2014 were combined, resulting in a statewide sample size of 13,963. The sample size of Shasta County was 362. 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 2013-2014. Population estimate is a two-year average. Symbols indicate whether the health indicator in the county was statistically different from the rest of the state (p-value < 0.05, chi-square test). 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.

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