

MIHA Data Snapshot, Pasadena, 2020-2021

Maternal and Infant Health Assessment (MIHA) Survey

	Pasadena (16-17)			Pasadena (18-19)			Pasadena (20-21)			Trend ↑↓↔
	%	95% CI		%	95% CI		%	95% CI		
Health Status Before Pregnancy										
In good to excellent health	93.1	87.5	96.7	94.9	91.1	98.7	73.0	65.1	80.0	↓
Chronic Conditions (self-reported)										
Diabetes	4.0	1.4	9.0	--	--	--	2.0	0.0	5.7	↔
Hypertension	4.0	1.4	9.0	--	--	--	2.0	0.0	5.7	↔
Asthma	4.0	1.4	9.0	--	--	--	3.0	1.0	7.6	↔
Depression	x	x	x	5.0	0.7	9.3	9.3	5.2	15.2	↔
Nutrition and Weight										
Multivitamin use, month before pregnancy	47.2	38.6	56.0	52.0	42.3	61.7	69.0	60.5	76.2	↑
Overweight/Obese before pregnancy	38.0	29.8	47.1	43.6	33.7	53.8	45.1	36.9	53.3	↔
Overweight/Obese after pregnancy	44.3	35.6	53.2	43.5	33.7	53.8	51.4	43.9	59.9	↑
Food insecurity during pregnancy	20.0	13.1	26.9	9.9	4.1	15.7	10.7	6.2	16.6	↔
Intimate Partner Violence (IPV) and Depressive Symptoms										
Physical or psychological IPV during pregnancy	7.1	2.6	11.6	5.9	1.9	9.9	4.0	1.5	8.4	↔
Prenatal depressive symptoms	19.8	12.9	26.7	11.0	4.9	17.1	11.6	7.2	18.2	↔
Postpartum depressive symptoms	18.9	12.1	25.7	15.7	8.6	23.0	22.8	16.1	30.0	↑
Hardships and Support during Pregnancy										
Experienced 2+ hardships during childhood	25.4	17.8	33.0	13.7	7.0	20.4	17.2	11.6	24.2	↔
Homeless or did not have a regular place to sleep	--	--	--	3.0	0.0	6.3	--	--	--	--
Moved due to problems paying rent or mortgage	5.5	1.6	9.4	3.0	0.0	6.3	3.3	1.0	7.6	↔
Respondent or partner lost job	12.5	6.8	18.2	3.0	0.0	6.3	14.7	9.4	21.2	↔
Respondent or partner had pay or hours cut back	6.3	2.1	10.5	5.9	1.3	10.5	19.3	13.3	26.4	↑
Became separated or divorced	6.3	2.1	10.5	--	--	--	--	--	--	--
Had no practical or emotional support	6.3	2.1	10.5	--	--	--	9.4	5.2	15.1	↑
Pregnancy Intention and Pregnancy Experience										
Mistimed or unwanted pregnancy	25.7	18.2	33.2	16.0	8.9	23.1	14.8	9.4	21.2	↔
Avoided international travel due to Zika virus concerns	86.7	80.8	92.6	84.2	77.0	91.3	73.7	65.7	80.4	↔
Used fertility drugs/assisted reproduction to get pregnant	x	x	x	9.8	4.0	15.6	6.2	2.8	11.0	↔
Overall Pregnancy Experience (Generally Happy)**	70.6	61.6	77.9	80.0	71.1	87.5	75.3	67.8	82.1	↔
Infant Sleep, Breastfeeding and Food										
Placed infant on back to sleep	78.3	71.2	85.4	80.4	72.7	88.1	81.3	74.3	87.3	↔
Infant always or often shared bed	36.0	27.7	44.3	24.0	15.7	32.3	29.3	22.0	37.1	↔
Intended to breastfeed, before birth	96.9	93.9	99.9	98.0	95.3	100	94.0	89.0	97.2	↔
Intended to breastfeed exclusively, before birth	70.3	62.4	78.2	73.5	64.9	82.1	70.7	62.9	78.0	↔
Breastfeeding practices										
Any breastfeeding 1 month after delivery	83.7	75.3	92.1	86.7	80.0	93.3	88.9	82.6	93.3	↔
Any breastfeeding 3 months after delivery	59.8	48.6	71.0	73.7	65.1	82.3	66.0	58.1	73.7	↔
Average age when infant first tried solid food^^	4.9	2.5	6.3	5.9	5.0	6.0	6.9	3.0	12.0	↓

Estimates California available here: <https://www.cdph.ca.gov/Programs/CFH/DMCAH/MIHA/Pages/Data-and-Reports.aspx>

x Estimates are not available, because the measure was not published, collected or collected using a different measurement tool (e.g. food insecurity).

--Estimates not shown because relative standard error (RSE) is greater than 50% or fewer than 5 respondents.

** Overall pregnancy experience "generally happy" included responses: "One of the happiest moments of my life", "A happy time with not too many problems". Other responses included: "A moderately hard time", "A very hard time" and "One of the worst times of my life".

^^Average age reported by respondent. Range of minimum and maximum provided (not confidence intervals). Years '16-'17 and '18-'19 age was measured in weeks. Previous years' values converted to months to match '20-'21.

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	Pasadena (16-17)			Pasadena (18-19)			Pasadena (20-21)			Trend
	%	95% CI		%	95% CI		%	95% CI		↑↓↔
Substance Use										
Marijuana										
Any use, in the past 2 years	x	x	x	16.0	9.3	- 24.4	16.6	11.0	- 23.5	↔
Any use, during pregnancy	x	x	x	--	--	--	--	--	--	--
Any use, postpartum	x	x	x	9.8	4.0	- 15.6	--	--	--	--
Tobacco/Cigarettes										
Any smoking, 3 months before pregnancy	6.3	0.0	- 10.4	2.9	0.0	- 6.2	--	--	--	↓
Any smoking, postpartum	--	--	--	--	--	--	--	--	--	--
Smoking postpartum after quitting for pregnancy	3.2	0.0	- 8.2	2.9	0.0	- 6.2	--	--	--	↓
Alcohol										
Any binge drinking, 3 months before pregnancy	13.4	7.6	- 19.2	8.5	3.1	- 13.9	13.0	8.3	- 19.7	↔
Any alcohol use, 3rd trimester	7.1	2.6	- 11.6	10.7	4.7	- 16.7	14.0	8.8	- 20.5	↑
Health Services Utilization and Prenatal Care Quality										
Ever had prenatal care	98.4	99.6	- 100	98.9	96.9	- 100	94.0	89.0	- 97.2	↓
Had a usual source of pre-pregnancy care	73.9	66.4	- 81.4	67.3	58.1	- 76.4	74.7	67.1	- 81.5	↑
No. weeks between wanting prenatal care and appt. ^{^^}	1.9	0	- 3	1.8	0	- 5	1.7	0	- 9	↔
Received prenatal care as early as desired	88.6	83.1	- 94.0	85.0	78.0	- 91.9	84.2	77.3	- 89.5	↔
Prenatal care was cancelled by provider due to COVID	x	x	x	x	x	x	9.3	5.2	- 15.1	--
Prenatal care was cancelled by parent due to COVID	x	x	x	x	x	x	4.3	1.5	- 8.4	--
Prenatal care visit conducted by phone or video	x	x	x	x	x	x	69.8	61.5	- 76.8	--
Visited dentist during pregnancy	55.8	47.3	- 64.3	58.8	49.2	- 68.4	56.7	48.7	- 65.0	↔
Received a flu shot during pregnancy	x	x	x	72.9	64.2	- 81.6	75.7	67.8	- 82.1	↔
Received a Tdap [*] booster vaccine during pregnancy	x	x	x	75.0	66.6	- 83.4	76.4	68.5	- 82.7	↔
Reported syphilis screening during pregnancy	x	x	x	41.7	32.1	- 51.3	42.3	34.4	- 50.7	↔
Initiated prenatal care in 1st trimester	95.8	92.2	- 99.4	94.9	90.6	- 99.2	92.1	86.5	- 95.8	↔
Had a postpartum medical visit	95.4	91.8	- 99	98.0	95.3	- 100	93.1	88.2	- 96.8	↓
Mom or infant needed, but couldn't afford care	10.2	6.4	- 17.8	5.9	2.2	- 12.5	11.9	7.2	- 18.2	↑
Health Insurance Coverage										
Pre-pregnancy insurance										
Medi-Cal [^]	20.1	13.2	- 27.0	13.7	7.0	- 20.4	17.2	11.6	- 24.2	↔
Private	71.8	64.0	- 79.6	80.4	72.7	- 88.1	75.5	67.8	- 82.1	↔
Uninsured	8.4	3.6	- 13.2	4.0	0.2	- 7.8	4.6	1.9	- 9.3	↔
Prenatal insurance										
Medi-Cal [^]	27.9	20.2	- 35.6	18.6	11.0	- 26.2	20.7	14.4	- 27.9	↔
Private	71.3	63.5	- 79.1	80.4	72.7	- 88.1	78.7	71.4	- 85.0	↑
Uninsured	--	--	--	--	--	--	--	--	--	--
Maternal postpartum insurance										
Medi-Cal [^]	24.0	16.6	- 31.4	18.6	11.0	- 26.2	20.1	13.8	- 27.1	↔
Private	68.2	60.2	- 76.2	77.5	69.4	- 85.6	78.5	71.4	- 85.0	↔
Uninsured	7.8	3.2	- 12.4	--	--	--	--	--	--	--
Infant health insurance										
Medi-Cal [^]	33.3	25.2	- 41.4	17.8	10.3	- 25.2	21.2	15.0	- 28.6	↔
Private	65.9	57.7	- 74.1	80.2	72.4	- 88.0	77.5	70.0	- 83.4	↔
Uninsured	--	--	--	--	--	--	--	--	--	--

^{*}Tetanus, diphtheria and pertussis (Tdap) vaccine

[^]Medi-Cal or plan paid for by Medi-Cal. California estimates (2013-2014) may not be comparable to Pasadena (16-17 and 18-19) rates due to the passage of the Affordable Care Act (ACA), which affected insurance coverage rates including Medi-Cal expansion.

^{^^}Average number of weeks reported by respondent. Range of minimum and maximum provided (not confidence intervals).

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	%	95% CI		%	95% CI		%	95% CI		↑↓↔
Maternal Demographics										
Age										
15-19	--	--	--	--	--	--	--	--	--	
20-34	53.5	44.9	- 62.1	52.0	42.3	- 61.7	52.7	44.7	- 61.1	↔
35+	45.7	37.1	- 54.3	48.0	38.3	- 57.7	47.3	38.9	- 55.3	↔
Race/Ethnicity										
Hispanic/Latinx	33.6	25.5	- 41.7	20.0	12.2	- 27.8	29.1	22.0	- 37.1	↔
White	29.8	22	- 37.6	26.0	17.4	- 34.6	35.1	27.5	- 43.3	↔
Asian, Hawaiian, or Pacific Islander	22.1	15	- 29.2	32.0	22.9	- 41.1	23.2	16.7	- 30.7	↔
Black	6.9	2.6	- 11.2	2.0	0.0	- 4.7	5.3	2.3	- 10.2	↔
Other	7.6	3.1	- 12.1	20.0	12.2	- 27.8	7.3	3.7	- 12.7	↔
Marital Status										
Married	68.5	60.5	- 76.5	83.3	76.0	- 90.6	74.5	66.4	- 80.9	↔
Unmarried	31.5	23.5	- 39.5	16.7	9.4	- 24.0	25.5	19.1	- 33.6	↔
Living with someone like they are married	22.3	15.2	- 29.4	10.8	4.7	- 16.9	16.1	10.5	- 22.7	↔
Dating, but not married or living like married	3.1	1.3	- 6.1	--	--	--	--	--	--	--
Single (never married)	4.9	1.2	- 8.6	4.6	0.5	- 8.7	7.4	3.7	- 12.7	↑
Born outside of the U.S.	29.2	21.4	- 37.0	37.3	27.9	- 46.7	30.0	22.7	- 37.8	↔
Speaks non-English language at home	16.2	9.9	- 22.5	27.4	18.7	- 36.1	18.8	12.7	- 25.7	↔
Sexual orientation*										
Heterosexual/Straight	96.9	93.9	- 99.9	96.1	92.3	- 99.9	94.0	89.0	- 9.3	↔
Gay/Lesbian, Bisexual ("Bi") or Pansexual	3.1	0.1	- 6.1	3.0	0.0	- 6.3	--	--	--	--
Living in a same-sex relationship	x	x	x	3.0	0.0	- 6.3	4.7	2.7	- 11.0	↔
Education Level										
Did not complete high school or GED	3.9	0.6	- 7.2	--	--	--	6.0	2.8	- 11.0	↔
High school graduate or GED	6.2	2.1	- 10.3	5.9	1.3	- 10.5	8.7	4.7	- 14.3	↔
Some college but did not graduate	30.0	22.1	- 37.8	13.7	7.0	- 20.4	9.3	5.2	- 15.1	↔
College grad from 4-year university or higher	60.0	51.6	- 68.4	80.4	72.7	- 88.1	74.7	67.1	- 81.5	↔
Median household income (\$ in thousands)^										
	\$100k	8.5k	- 450k	\$90k	10.2k	- 250k	\$157k	55k	- 200k	↑
Income as a percent of the Federal Poverty Guideline										
0-100%	11.7	5.7	- 17.7	3.7	0.0	- 7.4	10.6	6.2	- 16.6	↔
101-200%	13.5	7.1	- 19.9	8.3	2.9	- 13.7	6.3	3.2	- 11.8	↓
≥ 200%	74.8	66.7	- 82.9	86.6	80.0	- 93.2	83.1	75.8	- 88.4	↑
Household lost more or some of income due to COVID										
	x	x	x	x	x	x	43.0	35	- 51.3	--

*Responses included Lesbian/Gay, Bisexual, Prefer not to say, or Self-Describe (including Pansexual)

^Average household income reported by respondent. Confidence intervals of the numeric value provided.

About the MIHA

The City of Pasadena Maternal and Infant Health Assessment (MIHA) is a survey of new parents that is conducted every two years. The purpose is to collect information about parents and new babies in our community, and identify disparities that might contribute to infant and child health outcomes in Pasadena. The survey covers a myriad of parental and infant experiences, attitudes and behaviors before, during and after pregnancy. Indicators assessed included early access to prenatal care, postpartum care, and various social determinants of health.

The data presented here includes the 2016-2017, 2018-2019, and 2020-2021 Pasadena MIHA results. The most recent California MIHA data available at the time of publication (2013-2014) is available here:

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/MIHA/Pages/default.aspx>

Methods

The Pasadena MIHA collected data from online surveys. A random sample of 400 new Pasadena parents who had given birth in the last year (i.e. 2020) were invited to participate via ground mail. Selected parents were restricted to people 15 years or older and living in Pasadena at the time of birth. Parents who gave birth to more than one infant (e.g., twins, triplets, etc.) were eligible to respond about one birth. Parents were selected randomly from birth certificate data and weighted by race. Participants were sent invitation letters and information sheets in Spanish and English. Participants were invited to respond online or via paper questionnaire in Spanish or English. Reminder letters and follow-up packets were also sent. New parents who completed the survey received a \$20 gift card.

Interpreting Trends

For each indicator, values from different survey years were compared to identify trends based on the point estimates and the stability of the intervals of prior years (i.e., comparing confidence interval estimates). When no comparison was available or when a value has no inherent value/desired direction, those trends were left blank.

Trend	Interpretation
↑↓	Values are trending worse (higher ↑ /lower ↓ depending on the indicator) when compared to previous years.
↔↔↔	Values are performing comparably to other estimates (↔); the metric does not have inherent negative or positive health risk, and we are denoting an increasing or decreasing trend (ex- age distribution); or the metric is increasing/decreasing but not significantly compared to prior confidence interval estimates.
↑↓	Values are trending better (higher ↑ /lower ↓ depending on the indicator) when compared to previous years.
---	Comparable values were not available or no longer relevant.

For a copy of the results, visit: <https://www.cityofpasadena.net/public-health/data/>

Suggested Citation

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