

Health and Well-Being of Birthing People, San Francisco County, Maternal and Infant Health Assessment (MIHA) Survey, 2018-2020

	San Francisco total				Asian/Pacific Islander				Black				Latina			White				
	Prevalence (%)	95% Confidence Interval		Annual Population Estimate	Prevalence (%)	95% Confidence Interval		Annual Population Estimate	Prevalence (%)	95% Confidence Interval		Annual Population Estimate	Prevalence (%)	95% Confidence Interval		Annual Population Estimate	Prevalence (%)	95% Confidence Interval		Annual Population Estimate
Data for 2018-2020																				
Health status and mental health																				
In good to excellent health before pregnancy	98.3	97.4	99.3	8,100	96.6*	93.9	99.3	2,500	89.2*	81.7	96.6	300	--				100.0			3,300
Chronic conditions before pregnancy																				
Diabetes	1.7*	0.5	2.9	100	4.6*	0.9	8.2	100	--				--				--			
Hypertension	3.9	1.9	5.9	300	--				--				--				4.9*	1.5	8.3	200
Asthma	8.0	5.5	10.5	600	4.8*	1.7	7.9	100	22.3*	9.1	35.5	< 100	--				9.6	5.2	14.0	300
Prenatal depressive symptoms	11.9	8.6	15.1	1,000	14.9	8.8	21.0	400	20.0	9.9	30.1	< 100	12.4*	3.7	21.2	200	8.6	4.2	13.0	300
Postpartum depressive symptoms	13.2	9.7	16.7	1,100	14.5	8.8	20.2	400	20.7	10.7	30.7	< 100	18.9*	7.1	30.8	300	8.2	4.4	12.1	300
Had a need for mental health treatment during perinatal period	32.3	27.7	36.8	2,600	26.6	19.3	33.9	700	31.7	18.7	44.6	100	36.0	22.9	49.1	500	35.8	28.9	42.7	1,200
Among those with a need, percent who received treatment	62.5	54.5	70.5	1,600	49.0	33.3	64.7	300	72.0*	46.9	97.1	< 100	63.8	43.1	84.5	300	69.0	58.2	79.7	800
Prenatal Health Insurance																				
Medi-Cal	24.1	19.8	28.3	2,000	25.1	17.6	32.6	600	70.1	58.3	81.9	300	57.4	44.1	70.6	800	4.3*	1.5	7.1	100
Private	74.1	69.7	78.5	6,100	74.4	66.8	81.9	1,900	29.9	18.1	41.7	100	34.6	21.9	47.3	500	95.4*	92.5	98.2	3,200
Uninsured	--				--				--				--				--			
Other	--				--				--				--				--			
Adequate prenatal care utilization (Kotelchuck index)†	69.1	64.8	73.5	5,600	69.2	61.3	77.1	1,700	64.1	49.5	78.8	200	76.3	65.9	86.7	1,100	65.3	58.4	72.2	2,100
Family income																				
<=100% FPG	11.8	8.3	15.2	900	9.7	4.2	15.3	200	45.4	29.6	61.1	100	29.4	15.8	43.0	400	--			
101-200% FPG	10.8	7.6	14.0	800	14.5	8.2	20.8	300	24.7	11.5	37.8	< 100	21.7	9.7	33.7	300	4.3*	1.1	7.6	100
201-400% FPG	10.0	6.8	13.2	800	13.7	7.2	20.2	300	12.0*	3.6	20.3	< 100	19.7	8.4	31.0	200	2.9*	0.2	5.6	< 100
>400% FPG	67.4	62.5	72.2	5,100	62.1	53.4	70.8	1,500	18.0	8.7	27.3	< 100	29.2	16.0	42.4	400	91.4	87.1	95.8	2,900
Prenatal stressful events																				
Separation or divorce	4.7	2.8	6.5	400	--				24.4	10.6	38.1	< 100	10.5*	3.1	17.9	100	2.5*	0.3	4.7	< 100
Had to move due to problems paying rent or mortgage	3.7	2.0	5.4	300	--				23.3*	9.5	37.1	< 100	--				--			
Unhoused or no regular place to sleep	2.6	1.4	3.9	200	--				25.8	12.1	39.5	< 100	3.4*	0.1	6.8	< 100	--			
Respondent or partner lost a job	11.5	8.6	14.4	900	8.4*	3.4	13.3	200	31.1	16.8	45.5	100	18.5	9.6	27.4	300	8.3	4.4	12.2	300
Respondent or partner had pay or hours cut	9.6	6.8	12.4	800	4.8*	1.2	8.3	100	19.2*	6.7	31.8	< 100	18.3	9.0	27.7	300	8.2	4.0	12.4	300
Respondent or partner incarceration	1.8*	0.5	3.2	100	--				15.4*	1.7	29.2	< 100	--				--			
Someone close had a substance use problem	3.2	1.7	4.7	300	--				28.6	13.8	43.3	< 100	--				2.7*	0.2	5.2	< 100
Food insecurity	10.2	7.1	13.4	800	6.6*	2.4	10.7	200	44.0	28.4	59.5	200	32.5	19.1	45.9	400	--			
Intimate partner violence	4.1	2.4	5.9	300	2.7*	0.3	5.1	< 100	21.9*	8.2	35.6	< 100	5.7*	0.9	10.6	< 100	3.2*	0.4	6.0	100
Social support																				
Had practical support	92.0	89.3	94.7	7,500	93.2*	88.8	97.6	2,400	83.4*	72.7	94.1	300	84.0*	74.3	93.7	1,200	94.2*	90.5	97.8	3,100
Had emotional support	95.8	93.9	97.8	7,900	95.6*	92.0	99.2	2,400	92.8*	86.9	98.8	300	89.0*	81.1	96.8	1,300	--			
Worry about and experience of racism																				
Very or somewhat often experienced racism	11.1	8.1	14.0	900	12.9	7.3	18.5	300	40.0	25.6	54.5	200	20.8	10.1	31.4	300	2.8*	0.2	5.4	< 100
Very or somewhat often worried about being treated unfairly due to racism	22.3	18.1	26.4	1,800	27.0	19.7	34.3	700	59.4	44.3	74.5	200	42.9	29.4	56.4	600	5.2*	1.9	8.5	200
Breastfeeding																				
Exclusive breastfeeding at 1 month	46.8	41.8	51.7	3,700	33.3	25.5	41.2	800	39.1	24.4	53.8	100	54.0	40.4	67.6	700	60.0	52.7	67.2	1,900
Any breastfeeding at 1 month	93.8	91.5	96.0	7,500	93.1*	88.5	97.7	2,300	77.4*	63.4	91.4	300	93.3*	87.2	99.4	1,300	96.5*	94.1	98.9	3,200
Exclusive breastfeeding at 2 months	42.6	37.7	47.4	3,400	31.1	23.4	38.9	800	36.3	21.8	50.9	100	41.2	27.6	54.7	600	57.7	50.4	65.0	1,800
Any breastfeeding at 2 months	91.2	88.4	94.0	7,300	89.6	84.2	94.9	2,200	73.7	59.4	88.0	300	89.5*	81.4	97.6	1,300	96.3*	93.8	98.7	3,100

* Estimate should be interpreted with caution due to low statistical reliability (relative standard error [RSE] is between 30% and 50%).

-- Estimate not shown because the RSE is greater than 50% or fewer than 5 women reported.

†Percent with an adequate or greater number of prenatal care visits, based on Kotelchuck Adequacy of Prenatal Care Utilization Index, among birthing people ages 15-44.

Data source: MIHA is an annual population-based survey of California resident women with a live birth, with a statewide sample size of 6,131 in 2018, 6,077 in 2019, and 6,363 in 2020. MIHA participants were sampled from the California Automated Vital Statistics System (2018) and the CDPH Monthly Birth File (2019-2020). Prevalence (%), 95% confidence interval (95% CI), and population estimates (rounded to the nearest hundred) are weighted to represent all women with a live birth. Data were prepared by the UCSF Center for Health Equity for the CDPH Maternal, Child and Adolescent Health Division. 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 for Health Equity at the University of California, San Francisco. Visit the MIHA website at www.cdph.ca.gov/MIHA.