Food Insecurity among Pregnant Women in California: Findings from the 2013-2014 Maternal and Infant Health Assessment (MIHA) Survey

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Family Health Outcomes Project Topic-Based Webinar:
Local Health Jurisdiction’s Role in Eliminating Food Insecurity
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Maternal and Infant Health Assessment (MIHA) Survey
More information at: www.cdph.ca.gov/MIHA

• Annual population-based survey of women with recent live birth

• Questionnaire mailed in English and Spanish with telephone follow-up to non-respondents

• Modeled after the Pregnancy Risk Assessment Monitoring System (PRAMS) conducted by the Centers for Disease Control and Prevention

• 13,963 women participated in 2013-2014 (about 7,000 per year)

• 70% response rate

• Collaborative effort of
  – Maternal, Child and Adolescent Health (MCAH) Program
  – California Women, Infants and Children (WIC) Program
  – The University of California, San Francisco
Starting in 2002, MIHA asked women with a recent live birth about food insecurity during pregnancy using a modified 6-item scale developed by the National Center for Health Statistics:

### Questions used to assess Food Security Status during pregnancy in the Maternal Infant Health Assessment Survey, ordered from least to most severe

<table>
<thead>
<tr>
<th>Question</th>
<th>Affirmative response</th>
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</thead>
<tbody>
<tr>
<td>1. “The food that I bought just didn't last, and I didn't have money to get more.&quot; During your most recent pregnancy, was that often, sometimes, or never true for you?</td>
<td>Often or sometimes</td>
</tr>
<tr>
<td>2. &quot;I couldn't afford to eat balanced meals.&quot; During your most recent pregnancy, was that often, sometimes, or never true for you?</td>
<td>Often or sometimes</td>
</tr>
<tr>
<td>3. During your pregnancy, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?</td>
<td>Yes</td>
</tr>
<tr>
<td>4. During your pregnancy, did you ever eat less than you felt you should because there wasn't enough money to buy food?</td>
<td>Yes</td>
</tr>
<tr>
<td>5. How often did this [cut size or skip meals] happen?</td>
<td>3 or more months</td>
</tr>
<tr>
<td>6. During your pregnancy, were you ever hungry but didn't eat because you couldn't afford enough food?</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Women were classified into four groups depending on the number of affirmative responses they gave to the 6 questions:

- Very low food security (5-6 affirmative responses),
- Low food security (2-4 affirmative responses),
- Marginal food security (1 affirmative response), or
- High food security (0 affirmative responses),

In some analyses, food security was dichotomized as:
- Food insecure (low or very low food security), or
- Food secure (high or marginal food security).
Almost 17% of women were food insecure during pregnancy

The Maternal and Infant Health Assessment (MIHA) is an annual population based survey of women with a recent live birth with a sample size of n=13,963 in 2013-14. Percentages are weighted to represent all women with a live birth from 2013 through 2014 in California.

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Food insecurity during pregnancy was higher among low income women.

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Food insecurity during pregnancy was higher among Hispanic and Black women. 

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Food insecurity during pregnancy was higher among women covered by Medi-Cal or who were uninsured during pregnancy.

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Food insecurity during pregnancy was highest among most of the counties in Central California.

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Coming Soon!

2013-2014 MIHA State and County Surveillance Tables

Maternal and Infant Health Assessment (MIHA) Survey web-site at: www.cdph.ca.gov/MIHA

Thank You!

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