

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

Melanie Dove & Carina Saraiva

Surveillance, Assessment and Program Development Section
Maternal, Child and Adolescent Health Program
Center for Family Health

*Family Health Outcomes Project Topic-Based Webinar:
Local Health Jurisdiction's Role in Eliminating Food Insecurity
October 4, 2016*

California Department of
Public Health





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



Measuring Food Insecurity on the MIHA Survey

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	
Question	Affirmative response
1. "The food that I bought just didn't last, and I didn't have money to get more." During your most recent pregnancy, was that often, sometimes, or never true for you?	Often or sometimes
2. "I couldn't afford to eat balanced meals." During your most recent pregnancy, was that often, sometimes, or never true for you?	Often or sometimes
3. During your pregnancy, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?	Yes
4. During your pregnancy, did you ever eat less than you felt you should because there wasn't enough money to buy food?	Yes
5. How often did this [cut size or skip meals] happen?	3 or more months
6. During your pregnancy, were you ever hungry but didn't eat because you couldn't afford enough food?	Yes



MIHA Classification of Food Security Status during pregnancy

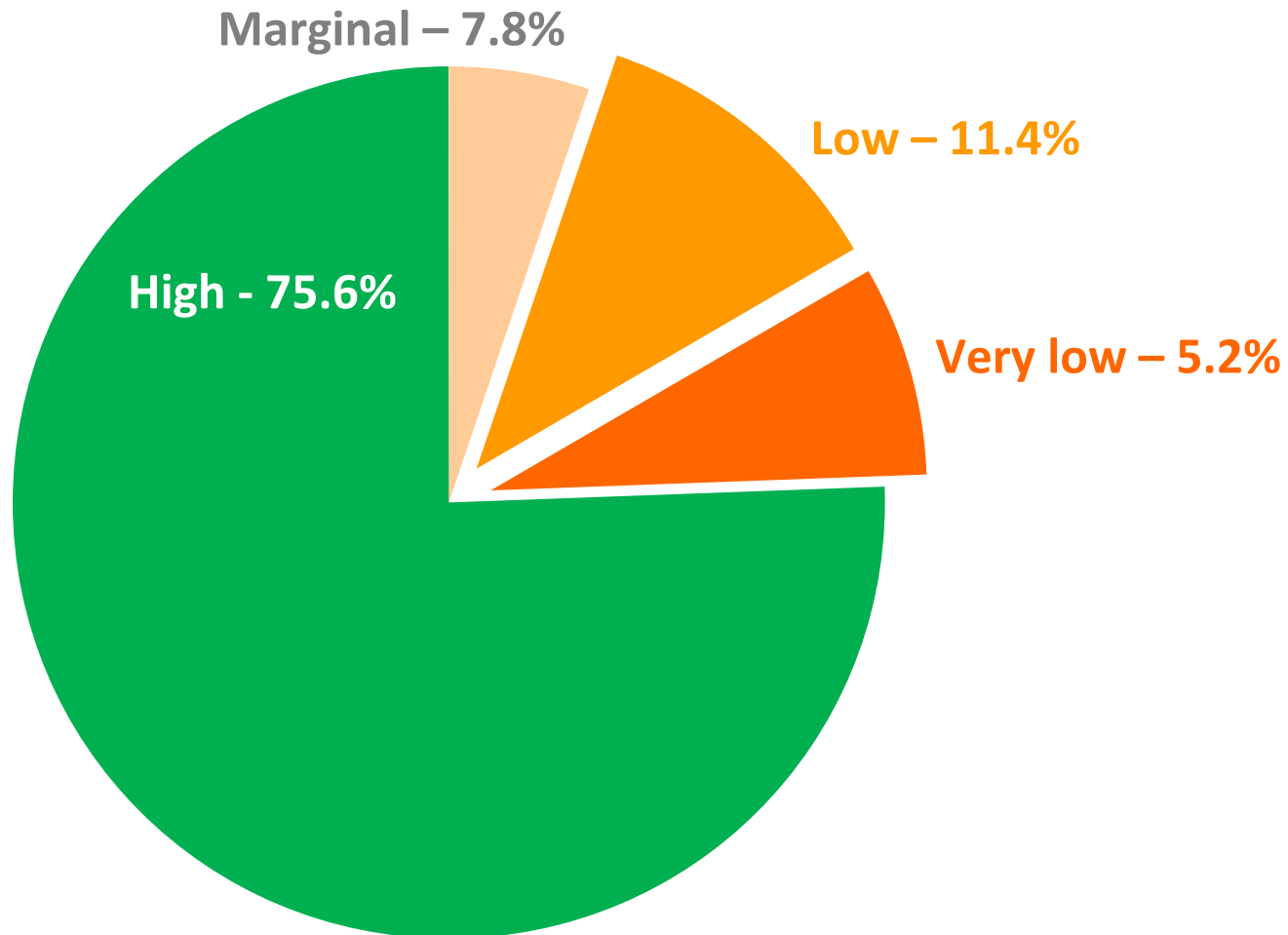
Women were classified into four groups depending on the number of affirmative responses they gave to the 6 questions:

- **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),

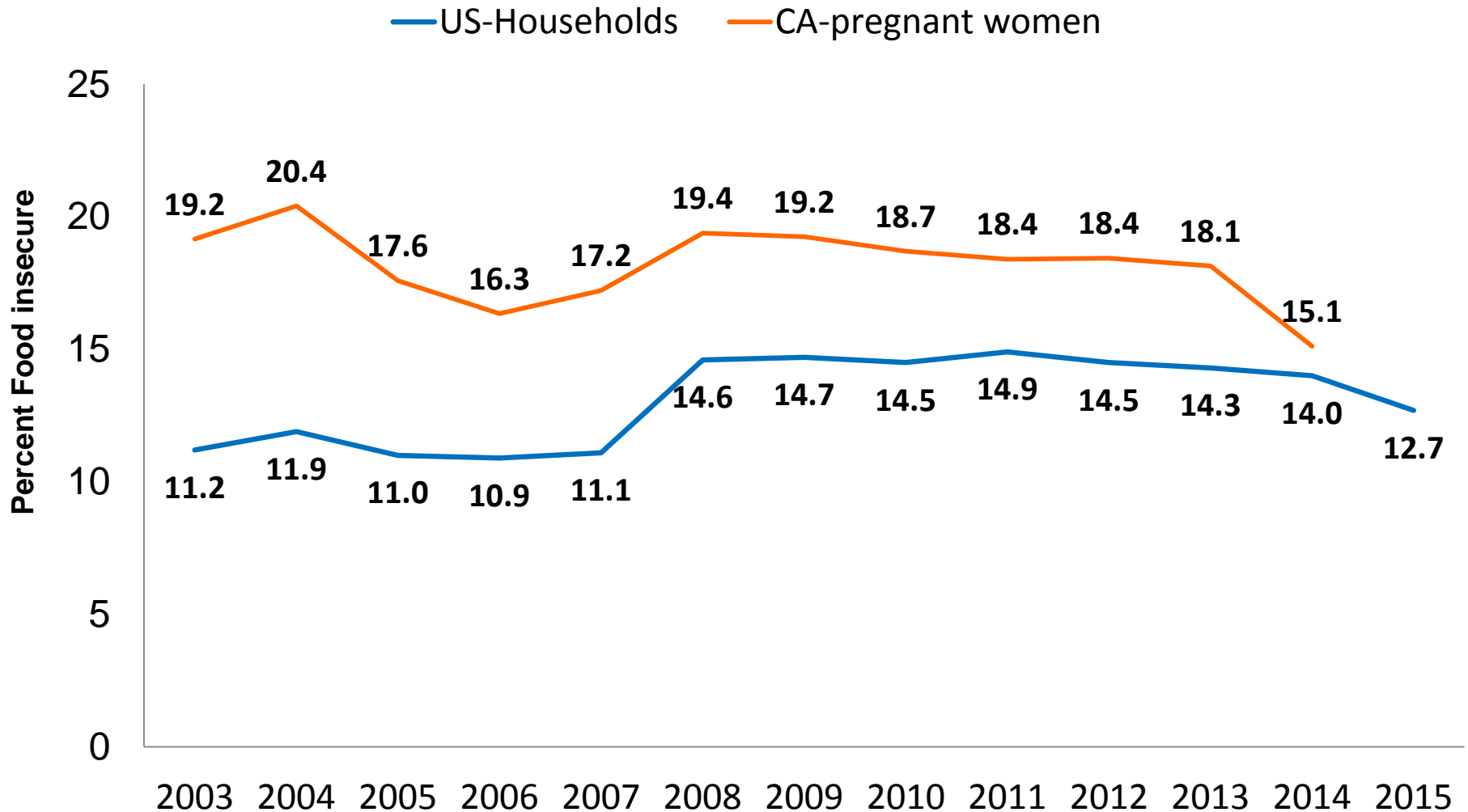
In some analyses, food security was dichotomized as:

- **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

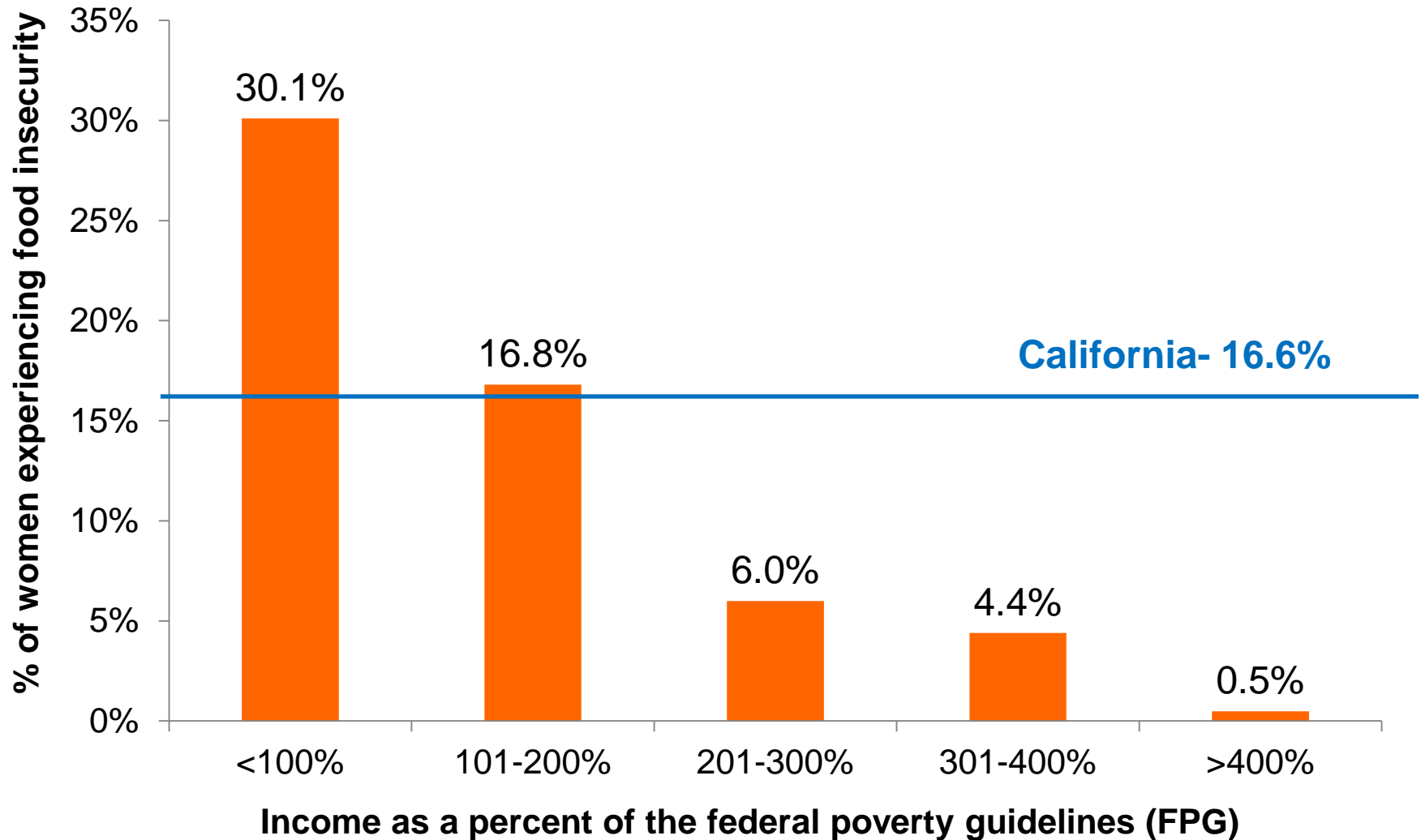


Trends in Food Insecurity among U.S. Households and Pregnant Women in California, 2003-2014





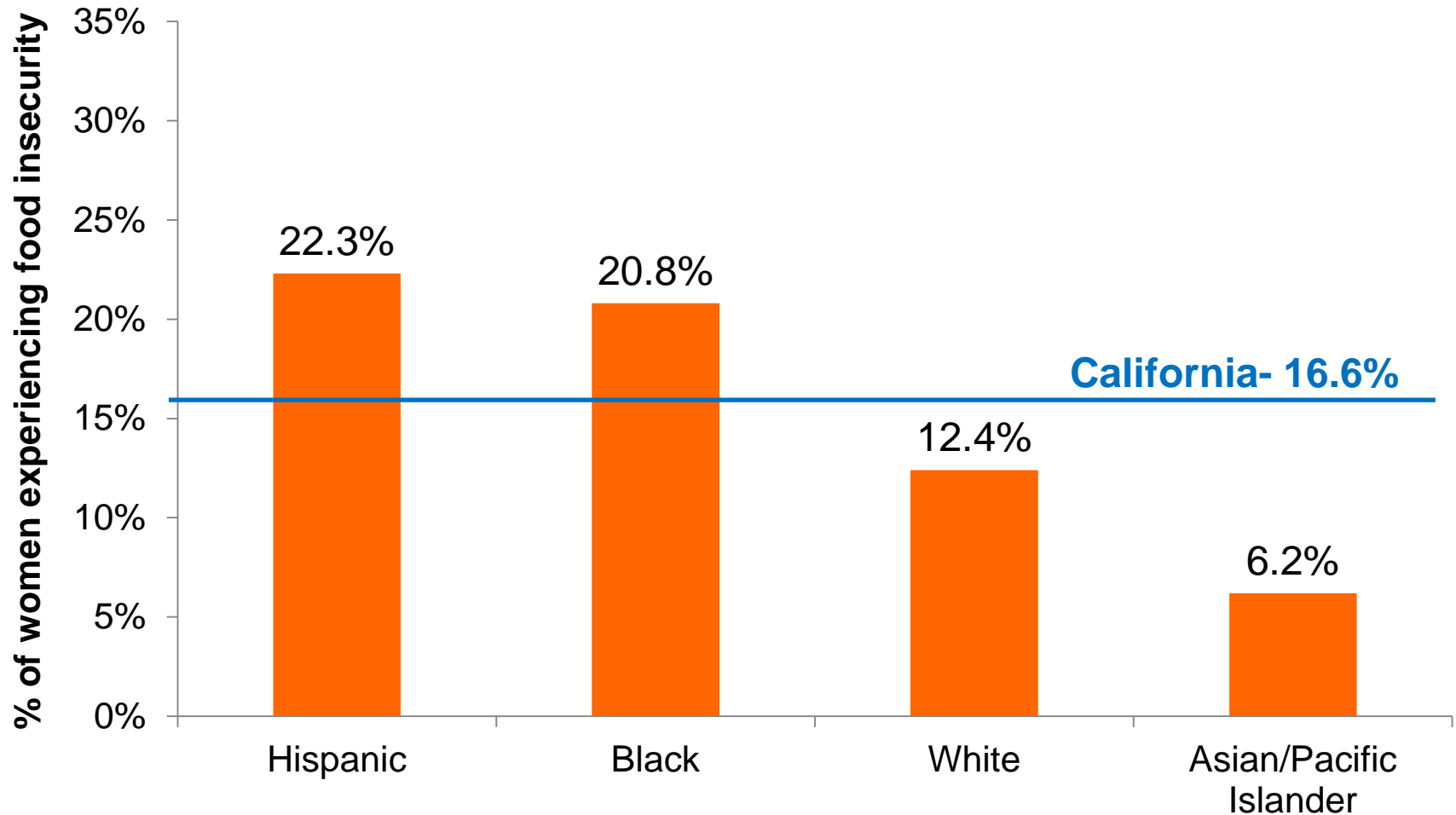
Food insecurity during pregnancy was higher among low income women



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.



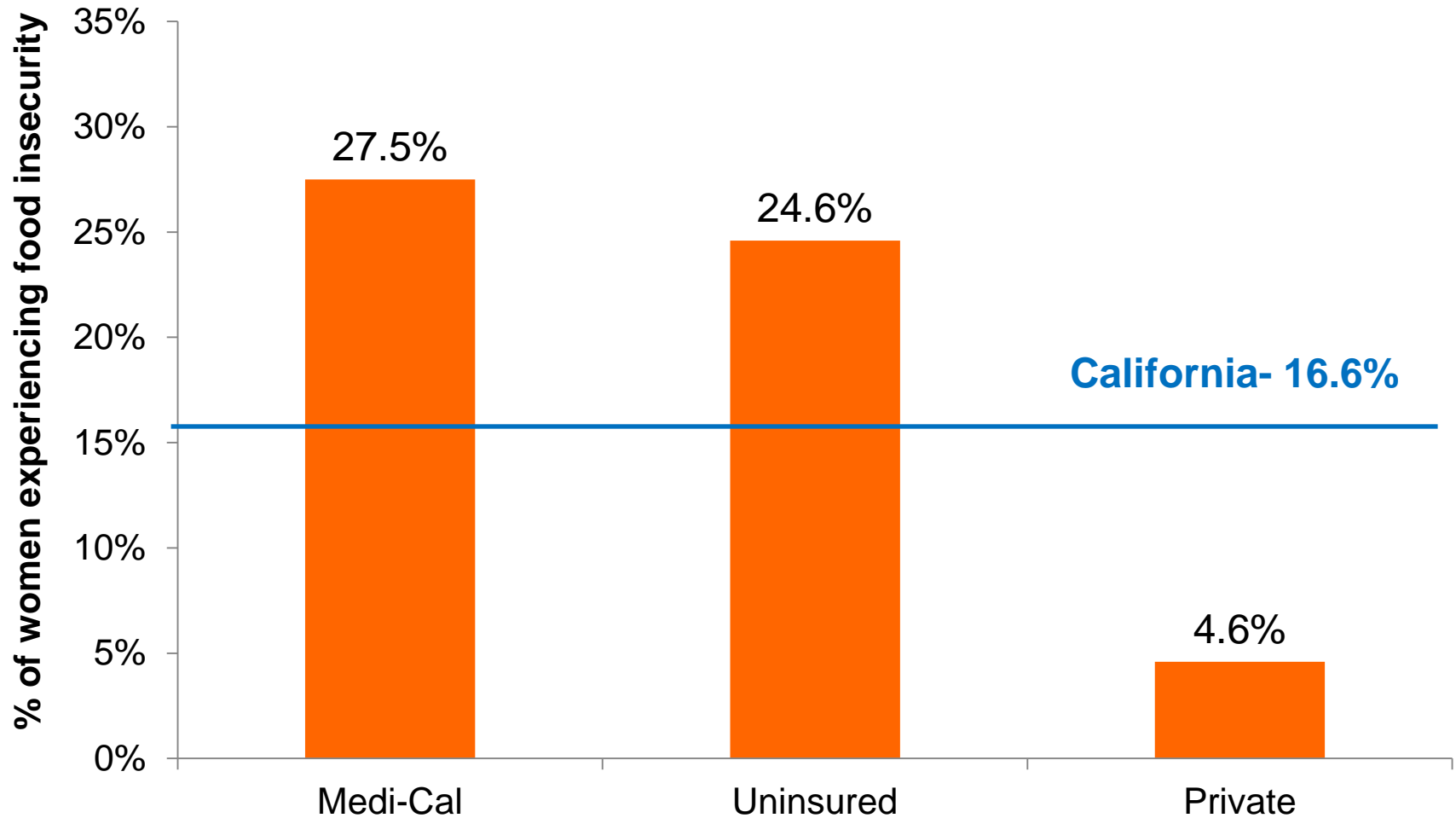
Food insecurity during pregnancy was higher among Hispanic and Black women



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.

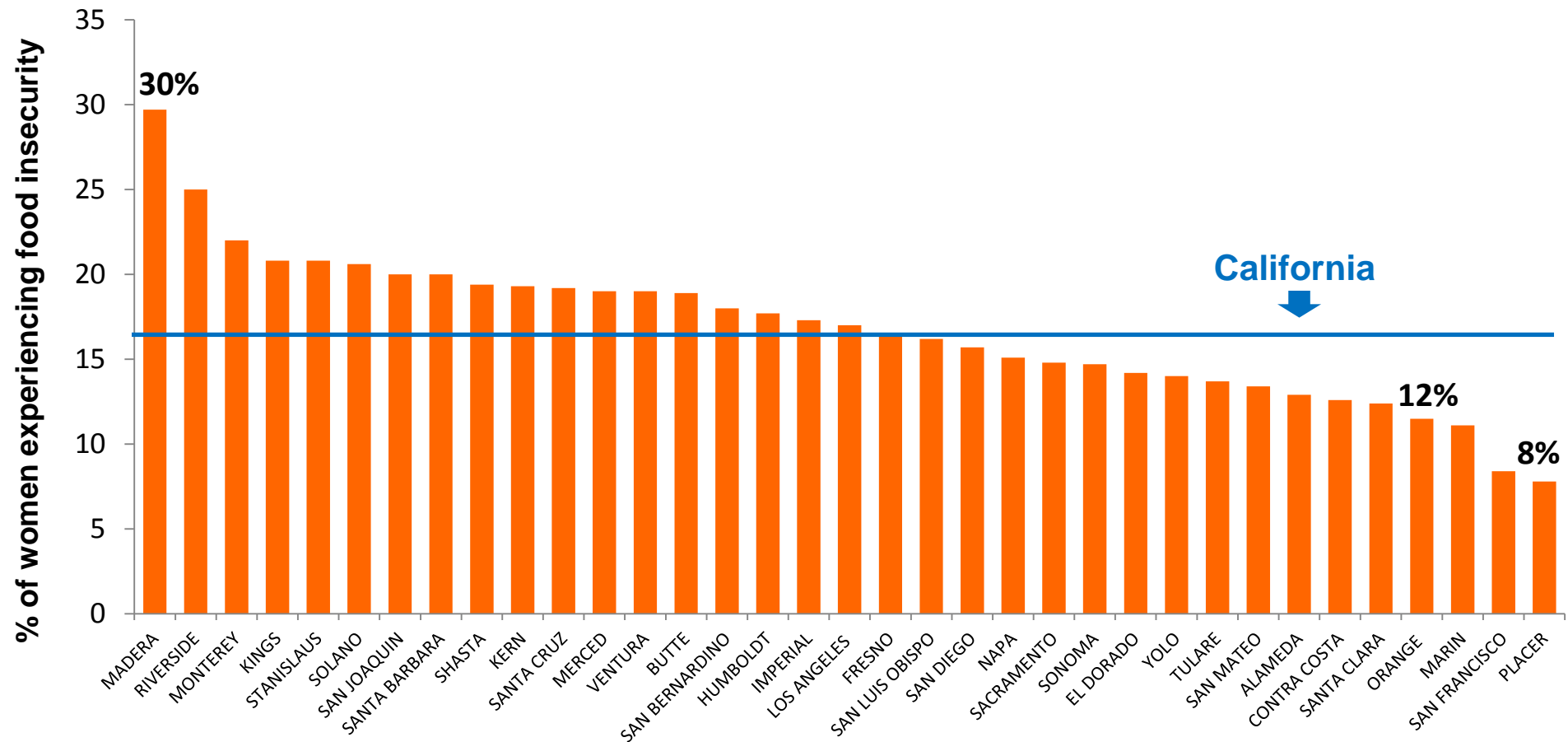


Food insecurity during pregnancy was higher among women covered by Medi-Cal or who were uninsured during pregnancy





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



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.

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!

Melanie Dove, ScD, MPH

melanie.dove@cdph.ca.gov

Carina Saraiva, MPH

carina.saraiva@cdph.ca.gov