**Feeling heard and listened to by providers during delivery, MIHA 2021-2022**

**Supplement: Data and Technical Information**

**ABOUT THE DATA**

***Methods***

This data book uses 2021-2022 data from the Maternal and Infant Health Assessment (MIHA) survey, a statewide representative survey of individuals with a recent live birth in California, conducted annually since 1999, linked to birth certificates. The survey collects self-reported information about maternal and infant experiences before, during, and shortly after pregnancy. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).

MIHA is a stratified random sample of English- or Span­ish-speaking individuals. MIHA data used in this brief are weighted to be representative of California residents with a live birth during 2021-2022, excluding those who were younger than 15 years old at delivery, had a multiple birth greater than triplets, or had a missing address on the birth certificate. The combined MIHA 2021-2022 sample size was 11,986. Prevalence estimates (%) are weighted to represent all birthing individuals. For more information on weighting and technical definitions, see the MIHA Technical Notes at go.cdph.ca.gov/MIHA-methods.

Not everyone who experiences pregnancy and gives birth identifies as a woman or a mother. Accordingly, we use the words “birthing individuals” to describe the population experiencing a birth and parenthood in these data.

MIHA is led by the Maternal, Child and Adolescent Health Division in the California Department of Public Health (CDPH) in collaboration with the CDPH Women, Infants and Children (WIC) Division and the Center for Health Equity at the University of California, San Francisco. Funding for the development of maternity care experiences questions was generously provided to UCSF by the California Health Care Foundation.

***High-quality maternity care***

Maternity care encompasses a wide range of experiences. High-quality maternity care encompasses several domains, such as respect for and listening to individual values, preferences, and needs; establishing rapport and supportive communication; information provision; autonomy in decision-making; lack of discrimination, stigma, or mistreatment in care; involvement of family and friends; and physical comfort.1-6 For this analysis, we used a survey question on feeling heard and listened to by providers during delivery. This item was adapted from the Person-Centered Maternity Care Scale:7-9

**During your most recent delivery, did you feel heard and listened to by your doctors, nurses, and midwives?**

□ Yes, all the time

□ Yes, most of the time

□ Yes, a few times

□ No, never

The categories “Yes, a few times” and “No, never” were combined to report rarely or never feeling heard and listened to.

Feeling heard and listened to is an essential component of high-quality maternity care, but additional information is needed to fully understand California birthing people’s experiences with maternity care during delivery. To better ascertain the scope of maternity care experiences, ten items from the Person-Centered Maternity Care Scale, United States7 are being included in MIHA 2023-2025.

***Additional definitions***

Analyses also include the following items:

**Race and ethnicity**: based on birth certificate report. Latine includes all persons of Hispanic origin of any race, including Other and Unknown race, reported on the birth certificate. (Latine is used as a gender-inclusive term for Latina or Latino.) The remaining groups are based on the maternal race first listed on the birth certificate and are of non-Hispanic origin.

**Maternal age**: based on birth certificate report.

**Prenatal health insurance**: during pregnancy had one of the following to pay for prenatal care: Medi-Cal or a health plan paid for by Medi-Cal; private insurance through their or their spouse’s/partner’s job, their parents or purchased directly; had another form of insurance; or was uninsured. Those with both Medi-Cal and private insurance are categorized as Medi-Cal.

**Family income as a percent of federal poverty guidelines**: calculated from annual family income in the prior year, before taxes from all sources, including jobs, welfare, disability, unemployment, child support, interest, dividends, and support from family members, and the number of people living on that income.

**Postpartum visit**: had a postpartum checkup about 4 to 6 weeks after giving birth.

**Postpartum depressive symptoms**: always or often felt down, depressed, or hopeless, or had little interest or little pleasure in doing things they usually enjoyed, since the birth.

**Postpartum anxiety symptoms**: always or often felt nervous, anxious, or on edge, or were unable to stop or control worrying, since the birth.

**Breastfeeding**: feeding infant breast milk at one week postpartum.

**DATA TABLES**

**Table 1. Felt heard and listened to by their providers during delivery, Maternal and Infant Health Assessment, 2021-2022**

|  |  |  |  |
| --- | --- | --- | --- |
| **Felt heard and listened to** | **Percent** | **95% CI** | **Annual** **Population** |
| Yes, all the time | 66.9 | 65.8 | - | 68.1 | 274,400 |
| Yes, most of the time | 22.9 | 21.9 | - | 23.9 | 93,800 |
| A few times or never | 10.2 | 9.4 | - | 10.9 | 41,700 |

**Table 2. Felt heard and listened to by their providers during delivery by maternal race and ethnicity, maternal age, prenatal health insurance, and family income, Maternal and Infant Health Assessment, 2021-2022**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Felt heard and listened to** | **Percent** | **95% CI** | **Annual Population Estimate** |
| **Race and ethnicity** |  |  |  |  |  |  |
|  Asian  | Yes, all the time | 72.0 | 69.0 | - | 75.0 | 40,100 |
|  | Yes, most of the time | 22.6 | 19.8 | - | 25.4 | 12,600 |
|  | A few times or never | 5.4 | 3.8 | - | 6.9 | 3,000 |
|  |  |  |  |  |  |  |
| Pacific Islander | Yes, all the time | 46.4 | 26.0 | - | 66.9 | 800 |
|  | Yes, most of the time | 40.4 | 18.3 | - | 62.5 | 700 |
|  | A few times or never | -- |   |   |   |   |
|  |  |  |  |  |  |  |
| Black | Yes, all the time | 58.3 | 55.1 | - | 61.5 | 12,700 |
|  | Yes, most of the time | 22.7 | 20.0 | - | 25.4 | 4,900 |
|  | A few times or never | 19.0 | 16.3 | - | 21.6 | 4,100 |
|  |  |  |  |  |  |  |
| Latine | Yes, all the time | 68.1 | 66.4 | - | 69.8 | 133,300 |
|  | Yes, most of the time | 20.0 | 18.6 | - | 21.4 | 39,200 |
|  | A few times or never | 11.9 | 10.7 | - | 13.0 | 23,200 |
|  |  |  |  |  |  |  |
| White | Yes, all the time | 63.7 | 61.5 | - | 66.0 | 73,500 |
|  | Yes, most of the time | 27.8 | 25.7 | - | 29.9 | 32,000 |
|  | A few times or never | 8.5 | 7.1 | - | 9.9 | 9,800 |
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|  |  |  |  |  |  |  |
|  | **Felt heard and listened to** | **Percent** | **95% Confidence Interval** | **Annual Population Estimate** |
| **Maternal age** |  |  |  |  |  |  |
| 15-19 | Yes, all the time | 60.6 | 53.3 | - | 67.9 | 7,000 |
|  | Yes, most of the time | 17.5 | 12.1 | - | 22.8 | 2,000 |
|  | A few times or never | 21.9 | 15.5 | - | 28.4 | 2,500 |
| 20-24 | Yes, all the time | 66.0 | 62.8 | - | 69.1 | 37,100 |
|  | Yes, most of the time | 19.8 | 17.2 | - | 22.3 | 11,100 |
|  | A few times or never | 14.3 | 11.9 | - | 16.6 | 8,000 |
| 25-29 | Yes, all the time | 68.5 | 66.2 | - | 70.9 | 69,100 |
|  | Yes, most of the time | 20.6 | 18.6 | - | 22.6 | 20,800 |
|  | A few times or never | 10.9 | 9.2 | - | 12.5 | 11,000 |
| 30-34 | Yes, all the time | 66.4 | 64.4 | - | 68.5 | 88,500 |
|  | Yes, most of the time | 25.1 | 23.2 | - | 27.0 | 33,400 |
|  | A few times or never | 8.5 | 7.3 | - | 9.6 | 11,300 |
| 35+ | Yes, all the time | 67.3 | 65.1 | - | 69.4 | 72,700 |
|  | Yes, most of the time | 24.5 | 22.5 | - | 26.5 | 26,500 |
|  | A few times or never | 8.2 | 7.0 | - | 9.5 | 8,900 |
| **Prenatal health insurance** |  |  |  |  |  |
| Medi-Cal | Yes, all the time | 67.0 | 65.3 | - | 68.7 | 127,900 |
|  | Yes, most of the time | 19.3 | 17.9 | - | 20.7 | 36,900 |
|  | A few times or never | 13.6 | 12.4 | - | 14.9 | 26,000 |
| Private | Yes, all the time | 66.9 | 65.2 | - | 68.5 | 130,600 |
|  | Yes, most of the time | 26.6 | 25.0 | - | 28.2 | 52,000 |
|  | A few times or never | 6.5 | 5.6 | - | 7.4 | 12,800 |
| Other | Yes, all the time | 65.3 | 58.4 | - | 72.1 | 9,100 |
|  | Yes, most of the time | 23.2 | 17.3 | - | 29.2 | 3,300 |
|  | A few times or never | 11.5 | 6.6 | - | 16.3 | 1600 |
| Uninsured | Yes, all the time | 70.9 | 61.7 | - | 80.1 | 3,900 |
|  | Yes, most of the time | 22.2 | 13.5 | - | 30.9 | 1,200 |
|  | A few times or never | 6.9 | 2.9 | - | 10.9 | 400 |
| **Family income as a percent of federal poverty guidelines (FPG)** |
| 0-100% FPG | Yes, all the time | 65.3 | 63.1 | - | 67.5 | 73,400 |
|  | Yes, most of the time | 19.8 | 17.9 | - | 21.7 | 22,300 |
|  | A few times or never | 14.9 | 13.2 | - | 16.6 | 16,800 |
| 101-200% FPG | Yes, all the time | 66.9 | 64.2 | - | 69.7 | 50,900 |
|  | Yes, most of the time | 22.6 | 20.1 | - | 25.0 | 17,200 |
|  | A few times or never | 10.5 | 8.7 | - | 12.4 | 8,000 |
| 201-400% FPG | Yes, all the time | 67.3 | 64.4 | - | 70.2 | 43,600 |
|  | Yes, most of the time | 24.9 | 22.3 | - | 27.5 | 16,200 |
|  | A few times or never | 7.8 | 6.2 | - | 9.4 | 5,100 |
| >400% FPG | Yes, all the time | 67.9 | 65.8 | - | 70.0 | 78,700 |
|  | Yes, most of the time | 27.0 | 25.0 | - | 29.0 | 31,300 |
|  | A few times or never | 5.1 | 4.0 | - | 6.1 | 5,900 |

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 5 people reported.

**Table 3. Postpartum visit by felt heard and listened to by their providers during delivery, Maternal and Infant Health Assessment, 2021-2022**

|  |  |
| --- | --- |
|  | **Had a postpartum visit** |
|  | **Percent** | **95% CI** | **Annual Population Estimate**  |
| **Felt heard and listened to** |  |  |  |  |  |
| Yes, all the time | 90.2 | 89.2 | - | 91.1 | 245,700 |
| Yes, most of the time | 90.0 | 88.5 | - | 91.5 | 84,100 |
| A few times or never | 80.9 | 77.8 | - | 84.1 | 33,400 |

**Table 4. Breastfeeding at one week postpartum by felt heard and listened to by their providers during delivery, Maternal and Infant Health Assessment, 2021-2022**

|  |  |
| --- | --- |
|  | **Breastfeeding at one week postpartum** |
|  | **Percent** | **95% CI** | **Annual Population Estimate**  |
| **Felt heard and listened to** |  |  |  |  |  |
| Yes, all the time | 92.6 | 91.8 | - | 93.4 | 246,700 |
| Yes, most of the time | 93.3 | 92.1 | - | 94.6 | 85,600 |
| A few times or never | 86.2 | 83.5 | - | 88.8 | 34,200 |

**Table 5. Postpartum depressive symptoms by felt heard and listened to by their providers during delivery, Maternal and Infant Health Assessment, 2021-2022**

|  |  |
| --- | --- |
|  | **Had postpartum depressive symptoms** |
|  | **Percent** | **95% CI** | **Annual Population Estimate**  |
| **Felt heard and listened to** |  |  |  |  |  |
| Yes, all the time | 13.3 | 12.3 | - | 14.4 | 36,400 |
| Yes, most of the time | 17.0 | 15.1 | - | 18.9 | 15,900 |
| A few times or never | 22.3 | 19.1 | - | 25.5 | 9,200 |

**Table 6. Postpartum anxiety symptoms by felt heard and listened to by their providers during delivery, Maternal and Infant Health Assessment, 2021-2022**

|  |  |
| --- | --- |
|  | **Had postpartum anxiety symptoms** |
|  | **Percent** | **95% CI** | **Annual Population Estimate**  |
| **Felt heard and listened to** |  |  |  |  |  |
| Yes, all the time | 16.6 | 15.5 | - | 17.7 | 45,200 |
| Yes, most of the time | 23.6 | 21.5 | - | 25.7 | 22,000 |
| A few times or never | 25.3 | 21.9 | - | 28.6 | 10,400 |

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