

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.

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

	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	1,600
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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