



MIHA Data Snapshot, San Luis Obispo County, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

✓ better than rest of California ✗ worse than rest of California ♦ no statistical difference

		San Luis Obispo County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Status Before Pregnancy							
In good to excellent health	♦	93.5	90.2 - 96.7	2,400	92.4	91.5 - 93.3	452,800
Chronic conditions							
Diabetes†	♦	2.1 *	0.3 - 3.9	100	2.3	1.8 - 2.8	10,900
Hypertension†		--			2.5	2.0 - 2.9	11,900
Asthma†	✓	4.2	2.2 - 6.3	100	7.8	7.0 - 8.6	37,500
Nutrition and Weight							
Daily folic acid use, month before pregnancy	♦	31.4	26.5 - 36.3	800	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	21.8	17.0 - 26.6	500	24.7	23.2 - 26.2	114,900
Obese before pregnancy	♦	16.2	12.2 - 20.1	400	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	♦	16.6	12.2 - 20.9	400	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	♦	43.6	38.0 - 49.1	1,000	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	♦	16.2	12.1 - 20.3	400	16.6	15.4 - 17.9	80,500
Intimate Partner Violence (IPV) and Depressive Symptoms							
Physical or psychological IPV during pregnancy	♦	5.3	3.1 - 7.5	100	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	♦	11.4	7.7 - 15.1	300	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	♦	11.5	7.9 - 15.2	300	13.0	11.8 - 14.1	63,200
Hardships and Support during Pregnancy							
Experienced two or more hardships during childhood	♦	29.1	24.1 - 34.0	700	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	♦	3.3	1.4 - 5.1	100	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	♦	4.9	2.6 - 7.3	100	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	13.1	9.4 - 16.8	300	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	♦	11.7	8.3 - 15.1	300	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	4.8	2.2 - 7.4	100	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	5.0	2.8 - 7.2	100	4.4	3.7 - 5.2	21,700
Substance Use							
Any smoking, 3 months before pregnancy	♦	14.1	10.1 - 18.1	400	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	♦	1.5 *	0.4 - 2.6	< 100	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	♦	6.9	3.7 - 10.2	200	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	✗	21.8	17.4 - 26.2	600	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	♦	10.2	7.0 - 13.4	300	7.6	6.6 - 8.6	37,000
Pregnancy Intention and Family Planning							
Mistimed or unwanted pregnancy	♦	27.0	22.0 - 32.0	700	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	♦	13.7	9.8 - 17.7	400	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	✓	88.1	84.6 - 91.7	2,200	81.6	80.3 - 83.0	390,200
Infant Sleep and Breastfeeding							
Placed infant on back to sleep	♦	81.2	77.0 - 85.5	2,100	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	♦	37.5	32.2 - 42.7	1,000	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	✓	96.8 *	94.6 - 99.0	2,400	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	✓	80.7	75.9 - 85.4	2,000	64.2	62.6 - 65.9	308,500
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	✓	92.2	89.1 - 95.3	2,300	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✓	61.7	56.2 - 67.2	1,500	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	✓	74.8	68.6 - 81.0	1,300	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	✓	46.4	39.8 - 53.1	800	27.4	25.7 - 29.1	99,800



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↑ higher than rest of California ↓ lower than rest of California ♦ no statistical difference

		San Luis Obispo County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Care Utilization and Public Program Participation							
Had a usual source of pre-pregnancy care	♦	67.9	62.8 - 73.0	1,700	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	↑	93.2	90.6 - 95.8	2,400	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	↑	93.8	91.0 - 96.7	2,400	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	♦	12.4	8.7 - 16.1	300	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	↓	38.4	33.0 - 43.9	1,000	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	↓	19.3	14.8 - 23.9	500	24.9	23.6 - 26.3	121,000
Health Insurance Coverage							
Pre-pregnancy insurance							
Medi-Cal	↓	18.9	14.7 - 23.2	500	24.5	23.1 - 25.8	119,600
Uninsured	♦	23.2	18.2 - 28.2	600	24.0	22.6 - 25.4	117,500
Private	↑	56.7	51.2 - 62.2	1,500	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	♦	44.3	38.8 - 49.8	1,100	49.7	48.4 - 51.0	242,800
Uninsured		--			1.6	1.2 - 2.0	7,900
Private	↑	50.6	45.1 - 56.1	1,300	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	♦	34.3	29.0 - 39.7	900	36.2	34.7 - 37.6	175,700
Uninsured	♦	14.2	10.1 - 18.3	400	15.0	13.8 - 16.2	72,800
Private	♦	50.1	44.6 - 55.5	1,300	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	↓	46.5	41.0 - 52.0	1,200	52.2	50.9 - 53.6	250,400
Uninsured	♦	2.9 *	0.8 - 5.1	100	2.9	2.2 - 3.5	13,700
Private	↑	47.6	42.1 - 53.0	1,200	41.3	40.0 - 42.6	198,000
Maternal Demographics							
Age							
15-19	♦	5.1	2.6 - 7.6	100	5.6	4.9 - 6.4	27,500
20-34	♦	77.1	72.5 - 81.7	2,000	74.5	73.0 - 76.0	365,300
35+	♦	17.8	13.6 - 22.0	500	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	↓	9.0	5.8 - 12.2	200	16.5	15.2 - 17.7	79,900
Unmarried	↓	32.3	27.2 - 37.4	800	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	↓	34.2	28.7 - 39.6	900	49.2	47.7 - 50.7	236,500
Black		--			5.7	5.3 - 6.1	27,400
White	↑	61.6	56.1 - 67.1	1,600	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	↓	2.8 *	1.1 - 4.5	100	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	↓	20.0	15.4 - 24.5	500	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	↓	16.5	12.2 - 20.9	400	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	↓	18.6	14.2 - 23.0	500	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	↓	28.9	23.6 - 34.1	700	41.0	39.5 - 42.4	188,800
101-200%	♦	22.7	17.9 - 27.4	600	20.8	19.4 - 22.2	96,000
> 200%	↑	48.4	42.9 - 54.0	1,200	38.2	36.9 - 39.6	176,200

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

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

† Measure/definition changed for this indicator and is not comparable to prior years (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2014 were combined, resulting in a statewide sample size of 13,963. The sample size of San Luis Obispo County was 382. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2014. Population estimate is a two-year average. Symbols indicate whether the health indicator in the county was statistically different from the rest of the state (p-value < 0.05, chi-square test). See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at www.cdph.ca.gov/MIHA.

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