



# MIHA Snapshot, Santa Barbara County by Race/Ethnicity, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		Hispanic		Black			White		Asian/Pacific Islander		
	%	95% CI	%	95% CI	%	95% CI		%	95% CI	%	95% CI	
<b>Total</b>	100		66.9	62.9 - 70.8	0.9	0.7 - 1.1		28.3	24.5 - 32.1	3.7	1.8 - 5.6	
<b>Prior Poor Birth Outcomes</b>												
Prior low birth weight or preterm delivery	9.5	7.0 - 12.1	10.6	7.2 - 14.0	--			7.4	3.4 - 11.3	--		
Prior delivery by c-section	15.8	12.6 - 19.1	16.7	12.5 - 20.9	--			11.2	6.3 - 16.1	--		
<b>Chronic Conditions before or during Pregnancy</b>												
Diabetes or gestational diabetes	14.5	11.1 - 17.9	18.3	13.6 - 23.0	--			6.4 *	2.4 - 10.4	--		
Hypertension, preeclampsia or eclampsia	10.4	7.8 - 12.9	9.8	6.6 - 13.0	--			9.8	5.6 - 14.0	--		
Asthma	7.2	4.5 - 9.9	7.2	3.5 - 10.8	--			7.6	3.7 - 11.5	--		
<b>Nutrition and Weight</b>												
Daily folic acid use, month before pregnancy	30.0	26.0 - 34.0	26.3	21.4 - 31.1	--			40.7	32.8 - 48.5	22.3 *	6.5 - 38.2	
Overweight before pregnancy	27.1	22.9 - 31.4	31.9	25.9 - 37.9	--			20.8	14.6 - 26.9	--		
Obese before pregnancy	19.4	15.3 - 23.5	24.5	18.4 - 30.6	--			11.1	6.6 - 15.6	--		
Inadequate weight gain during pregnancy	19.1	14.9 - 23.4	24.1	18.0 - 30.1	--			10.4	5.0 - 15.9	--		
Excessive weight gain during pregnancy	42.5	37.2 - 47.8	38.1	30.9 - 45.4	54.0	33.0 - 75.1		49.0	40.3 - 57.6	--		
Food insecurity during pregnancy	23.0	19.2 - 26.9	29.4	24.1 - 34.7	--			10.2	5.7 - 14.7	--		
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>												
Physical or psychological IPV during pregnancy	8.7	6.3 - 11.0	10.4	7.2 - 13.5	--			--		--		
Prenatal depressive symptoms	14.7	11.6 - 17.9	16.5	12.5 - 20.5	--			9.4	4.8 - 14.0	--		
Postpartum depressive symptoms	14.9	11.8 - 17.9	15.7	11.8 - 19.7	--			14.0	8.6 - 19.4	--		
<b>Hardships and Support during Pregnancy</b>												
Woman or partner lost job	19.5	16.0 - 22.9	21.8	17.3 - 26.3	--			16.5	10.6 - 22.4	--		
Became separated or divorced	7.5	5.3 - 9.7	8.7	5.8 - 11.6	--			--		--		
Had no practical or emotional support	7.9	5.5 - 10.4	10.9	7.4 - 14.4	--			--		--		
<b>Substance Use</b>												
Any smoking, 3 months before pregnancy	8.9	6.3 - 11.4	8.1	4.9 - 11.3	--			11.7	6.7 - 16.7	--		
Any smoking, 3rd trimester	1.5 *	0.6 - 2.5	--		--			--		--		
Any smoking, postpartum	4.0	2.2 - 5.9	3.7 *	1.3 - 6.0	--			--		--		
Any binge drinking, 3 months before pregnancy	11.3	8.5 - 14.0	9.8	6.5 - 13.1	--			14.9	9.4 - 20.4	--		
Any alcohol use, 3rd trimester	5.2	3.4 - 7.1	--		--			15.8	9.9 - 21.7	--		
<b>Infant Sleep and Breastfeeding</b>												
Placed infant on back to sleep	74.6	70.7 - 78.5	73.5	68.6 - 78.4	50.6	30.7 - 70.4		78.7	72.1 - 85.3	70.0 *	43.4 - 96.5	
Intended to breastfeed, before birth	94.2	91.7 - 96.7	94.5	92.1 - 97.0	--			--		--		
Intended to breastfeed exclusively, before birth	65.1	60.8 - 69.4	56.5	50.9 - 62.0	65.3	50.2 - 80.4		84.5	77.4 - 91.5	61.5 *	36.3 - 86.8	
<b>Service Utilization</b>												
Had a usual source of pre-pregnancy care	67.4	63.2 - 71.7	61.6	56.1 - 67.0	77.1 *	58.6 - 95.7		78.8	72.4 - 85.3	--		
Had a postpartum medical visit	90.8	88.2 - 93.3	87.7	84.1 - 91.4	--			97.1 *	94.6 - 99.6	--		
Mom or infant needed but couldn't afford care postpartum	13.8	10.7 - 17.0	16.1	11.8 - 20.4	--			10.1	5.5 - 14.6	--		
Participated in WIC during pregnancy	60.5	56.6 - 64.4	76.0	71.4 - 80.6	58.1	44.9 - 71.4		28.2	20.5 - 35.9	--		
Received CalFresh (food stamps) during pregnancy	22.0	18.2 - 25.8	28.3	23.1 - 33.5	--			9.7	5.0 - 14.4	--		



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Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		Hispanic		Black		White		Asian/Pacific Islander	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>										
Pre-pregnancy insurance										
Medi-Cal	25.9	21.9 - 29.8	34.1	28.7 - 39.5	--		9.9	5.3 - 14.4	--	
Uninsured	29.5	25.6 - 33.4	39.4	34.1 - 44.7	--		10.6	5.9 - 15.3	--	
Private	39.4	35.3 - 43.4	24.3	19.4 - 29.2	53.9	38.2 - 69.6	67.3	59.4 - 75.2	--	
Prenatal insurance										
Medi-Cal	58.9	54.8 - 63.1	76.6	71.7 - 81.5	45.4	26.4 - 64.4	24.0	17.5 - 30.5	--	
Uninsured	2.7	1.1 - 4.3	3.5 *	1.3 - 5.6	--		--		--	
Private	32.8	28.8 - 36.7	17.6	13.2 - 22.0	--		62.5	54.5 - 70.6	79.4 *	61.4 - 97.3
Maternal postpartum insurance										
Medi-Cal	36.5	32.3 - 40.8	46.1	40.5 - 51.7	41.2	25.7 - 56.7	16.7	11.0 - 22.4	--	
Uninsured	23.7	20.1 - 27.4	32.8	27.6 - 37.9	--		6.8	3.0 - 10.5	--	
Private	35.2	31.3 - 39.2	19.1	14.6 - 23.6	--		66.3	58.4 - 74.3	--	
Infant health insurance										
Medi-Cal	58.6	54.4 - 62.7	77.3	72.5 - 82.0	51.8	34.2 - 69.4	21.5	15.4 - 27.6	--	
Healthy Families	4.1	2.3 - 5.9	4.7	2.4 - 7.0	--		--		--	
Uninsured	2.6	1.1 - 4.1	--		--		--		--	
Private	30.9	27.1 - 34.7	14.2	10.2 - 18.2	--		62.1	54.0 - 70.1	--	
<b>Maternal Demographics</b>										
Age										
15-19	9.7	6.8 - 12.5	13.3	9.2 - 17.4	--		--		--	
20-34	74.3	70.2 - 78.3	74.7	69.6 - 79.8	76.4 *	58.9 - 93.9	74.3	67.0 - 81.5	69.9 *	49.7 - 90.1
35+	16.0	12.7 - 19.4	12.0	8.2 - 15.8	--		23.0	15.9 - 30.0	30.1 *	9.9 - 50.3
Did not complete high school (or GED)	30.3	26.4 - 34.3	44.1	38.6 - 49.6	--		--		--	
Unmarried	43.8	39.4 - 48.2	54.7	49.2 - 60.3	37.2	18.8 - 55.6	21.2	14.7 - 27.7	--	
Born outside the U.S.	47.2	42.8 - 51.5	62.8	57.2 - 68.3	--		--		78.5 *	61.2 - 95.8
Speaks non-English language at home	39.7	35.5 - 43.9	56.2	50.6 - 61.8	--		--		--	
Income as a percent of the Federal Poverty Guideline										
0-100%	47.1	42.7 - 51.6	63.3	57.6 - 68.9	36.6	20.7 - 52.5	16.4	10.6 - 22.2	--	
101-200%	22.6	18.6 - 26.6	22.3	17.4 - 27.1	--		24.5	16.7 - 32.3	--	
>200%	30.3	26.4 - 34.2	14.5	10.3 - 18.7	30.9	16.6 - 45.2	59.1	50.9 - 67.3	--	

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2010-2012 were combined, resulting in a statewide sample size of 20,480. The sample size of Santa Barbara County was 613. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Santa Barbara County. Prior poor birth outcomes are presented for all women. See the Technical Document for information on weighting, comparability to prior years and technical definitions.

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health and WIC Programs of the Center for Family Health, California Department of Public Health and the Center on Social Disparities in Health at the University of California, San Francisco. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).



# MIHA Snapshot, Santa Barbara County by Income, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		0-100% of Poverty			101-200% of Poverty		> 200% of Poverty	
	%	95% CI	%	95% CI		%	95% CI	%	95% CI
<b>Total</b>	100		47.1	42.7 - 51.6		22.6	18.6 - 26.6	30.3	26.4 - 34.2
<b>Prior Poor Birth Outcomes</b>									
Prior low birth weight or preterm delivery	9.5	7.0 - 12.1	8.5	4.8 - 12.2		9.6*	3.9 - 15.3	9.5	4.8 - 14.2
Prior delivery by c-section	15.8	12.6 - 19.1	19.9	14.4 - 25.4		16.4	8.9 - 23.9	11.9	6.5 - 17.4
<b>Chronic Conditions before or during Pregnancy</b>									
Diabetes or gestational diabetes	14.5	11.1 - 17.9	18.4	12.2 - 24.6		15.7	9.2 - 22.2	5.9*	2.1 - 9.8
Hypertension, preeclampsia or eclampsia	10.4	7.8 - 12.9	10.0	6.1 - 13.9		8.2	3.6 - 12.7	11.1	6.0 - 16.1
Asthma	7.2	4.5 - 9.9	7.5*	2.5 - 12.5		7.6*	3.1 - 12.2	6.6*	2.5 - 10.7
<b>Nutrition and Weight</b>									
Daily folic acid use, month before pregnancy	30.0	26.0 - 34.0	21.2	15.4 - 26.9		26.8	18.6 - 35.0	44.7	36.6 - 52.9
Overweight before pregnancy	27.1	22.9 - 31.4	25.6	18.8 - 32.4		31.9	22.3 - 41.4	24.4	17.5 - 31.4
Obese before pregnancy	19.4	15.3 - 23.5	27.3	19.6 - 35.0		25.6	16.2 - 35.0	9.6	5.0 - 14.2
Inadequate weight gain during pregnancy	19.1	14.9 - 23.4	27.8	19.9 - 35.6		13.0*	5.3 - 20.6	14.4	7.6 - 21.2
Excessive weight gain during pregnancy	42.5	37.2 - 47.8	35.7	26.6 - 44.7		49.0	37.0 - 60.9	46.7	38.1 - 55.2
Food insecurity during pregnancy	23.0	19.2 - 26.9	36.1	29.3 - 43.0		17.5	9.8 - 25.2	--	
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>									
Physical or psychological IPV during pregnancy	8.7	6.3 - 11.0	10.7	7.0 - 14.4		--		--	
Prenatal depressive symptoms	14.7	11.6 - 17.9	15.5	10.9 - 20.1		21.3	12.6 - 29.9	5.9*	2.3 - 9.4
Postpartum depressive symptoms	14.9	11.8 - 17.9	16.3	11.7 - 20.9		23.3	14.3 - 32.2	7.6	3.7 - 11.5
<b>Hardships and Support during Pregnancy</b>									
Woman or partner lost job	19.5	16.0 - 22.9	25.4	19.7 - 31.1		21.1	12.7 - 29.6	9.9	5.0 - 14.7
Became separated or divorced	7.5	5.3 - 9.7	9.8	6.3 - 13.4		--		--	
Had no practical or emotional support	7.9	5.5 - 10.4	13.7	9.0 - 18.4		--		--	
<b>Substance Use</b>									
Any smoking, 3 months before pregnancy	8.9	6.3 - 11.4	11.7	7.1 - 16.3		--		6.1*	2.3 - 9.9
Any smoking, 3rd trimester	1.5*	0.6 - 2.5	--			--		--	
Any smoking, postpartum	4.0	2.2 - 5.9	5.9*	2.3 - 9.6		--		--	
Any binge drinking, 3 months before pregnancy	11.3	8.5 - 14.0	5.6	2.9 - 8.3		19.3	11.3 - 27.3	16.4	10.3 - 22.4
Any alcohol use, 3rd trimester	5.2	3.4 - 7.1	--			--		13.8	8.2 - 19.5
<b>Infant Sleep and Breastfeeding</b>									
Placed infant on back to sleep	74.6	70.7 - 78.5	69.3	63.0 - 75.5		69.8	60.6 - 79.0	85.1	79.5 - 90.8
Intended to breastfeed, before birth	94.2	91.7 - 96.7	94.8	91.9 - 97.6		89.7*	81.2 - 98.2	95.6*	91.4 - 99.7
Intended to breastfeed exclusively, before birth	65.1	60.8 - 69.4	63.5	57.0 - 70.1		57.3	47.1 - 67.6	76.7	69.6 - 83.7
<b>Service Utilization</b>									
Had a usual source of pre-pregnancy care	67.4	63.2 - 71.7	54.3	47.4 - 61.1		75.3	67.2 - 83.4	84.8	78.9 - 90.7
Had a postpartum medical visit	90.8	88.2 - 93.3	86.3	81.5 - 91.0		93.1*	88.6 - 97.6	--	
Mom or infant needed but couldn't afford care postpartum	13.8	10.7 - 17.0	15.1	10.2 - 20.1		15.4	7.9 - 22.9	6.8*	2.5 - 11.1
Participated in WIC during pregnancy	60.5	56.6 - 64.4	86.3	81.6 - 91.0		68.4	59.4 - 77.3	6.6*	2.3 - 10.8
Received CalFresh (food stamps) during pregnancy	22.0	18.2 - 25.8	40.8	33.9 - 47.7		9.8	4.6 - 15.1	--	



# MIHA Snapshot, Santa Barbara County by Income, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		0-100% of Poverty		101-200% of Poverty		> 200% of Poverty	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>								
Pre-pregnancy insurance								
Medi-Cal	25.9	21.9 - 29.8	43.6	36.7 - 50.6	16.7	10.0 - 23.4	--	
Uninsured	29.5	25.6 - 33.4	43.8	37.1 - 50.5	28.4	20.0 - 36.7	--	
Private	39.4	35.3 - 43.4	11.4	7.1 - 15.7	44.1	34.1 - 54.1	85.0	78.8 - 91.1
Prenatal insurance								
Medi-Cal	58.9	54.8 - 63.1	91.7	87.8 - 95.5	56.9	46.6 - 67.2	6.4 *	2.2 - 10.5
Uninsured	2.7	1.1 - 4.3	--		--		--	
Private	32.8	28.8 - 36.7	5.2	2.2 - 8.2	28.7	19.5 - 37.9	83.1	76.8 - 89.4
Maternal postpartum insurance								
Medi-Cal	36.5	32.3 - 40.8	59.5	52.8 - 66.2	26.2	18.0 - 34.4	--	
Uninsured	23.7	20.1 - 27.4	34.4	28.0 - 40.9	24.7	16.4 - 33.0	--	
Private	35.2	31.3 - 39.2	5.2	2.2 - 8.3	39.2	29.3 - 49.2	84.2	78.0 - 90.3
Infant health insurance								
Medi-Cal	58.6	54.4 - 62.7	92.9	89.2 - 96.5	51.6	41.4 - 61.8	7.2 *	2.9 - 11.5
Healthy Families	4.1	2.3 - 5.9	--		--		--	
Uninsured	2.6	1.1 - 4.1	--		--		--	
Private	30.9	27.1 - 34.7	--		28.1	19.2 - 37.0	78.6	71.5 - 85.7
<b>Maternal Demographics</b>								
Age								
15-19	9.7	6.8 - 12.5	16.0	10.2 - 21.7	--		--	
20-34	74.3	70.2 - 78.3	74.2	67.7 - 80.7	86.3	79.8 - 92.8	68.5	60.7 - 76.3
35+	16.0	12.7 - 19.4	9.8	5.5 - 14.2	12.1	5.8 - 18.5	31.2	23.4 - 39.0
Did not complete high school (or GED)	30.3	26.4 - 34.3	49.7	42.8 - 56.6	19.4	12.3 - 26.5	--	
Unmarried	43.8	39.4 - 48.2	65.5	59.1 - 71.8	33.6	24.4 - 42.8	13.5	7.5 - 19.5
Race/Ethnicity								
Hispanic	66.9	62.9 - 70.8	88.4	84.5 - 92.3	64.8	55.0 - 74.7	31.5	23.5 - 39.6
Black	0.9	0.7 - 1.1	0.8	0.5 - 1.2	--		1.1	0.6 - 1.5
White	28.3	24.5 - 32.1	10.3	6.5 - 14.2	32.2	22.4 - 41.9	58.0	49.7 - 66.2
Asian/Pacific Islander	3.7	1.8 - 5.6	--		--		9.4	4.5 - 14.4
Born outside the U.S.	47.2	42.8 - 51.5	61.6	54.8 - 68.4	40.1	30.0 - 50.1	22.9	15.5 - 30.2
Speaks non-English language at home	39.7	35.5 - 43.9	56.8	49.9 - 63.7	36.4	27.2 - 45.6	9.5	4.9 - 14.2

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

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# MIHA Snapshot, Santa Barbara County by Prenatal Health Insurance, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		Medi-Cal			Private		
	%	95% CI	%	95% CI		%	95% CI	
<b>Total</b>	100		58.9	54.8 - 63.1		32.8	28.8 - 36.7	
<b>Prior Poor Birth Outcomes</b>								
Prior low birth weight or preterm delivery	9.5	7.0 - 12.1	10.5	7.0 - 14.0		9.6	5.1 - 14.2	
Prior delivery by c-section	15.8	12.6 - 19.1	17.6	13.2 - 22.0		15.2	9.5 - 20.9	
<b>Chronic Conditions before or during Pregnancy</b>								
Diabetes or gestational diabetes	14.5	11.1 - 17.9	20.7	15.5 - 25.9		4.5 *	1.8 - 7.1	
Hypertension, preeclampsia or eclampsia	10.4	7.8 - 12.9	11.0	7.6 - 14.5		8.5	4.5 - 12.4	
Asthma	7.2	4.5 - 9.9	7.3	3.4 - 11.2		7.4	3.6 - 11.2	
<b>Nutrition and Weight</b>								
Daily folic acid use, month before pregnancy	30.0	26.0 - 34.0	24.8	19.8 - 29.8		41.2	33.7 - 48.8	
Overweight before pregnancy	27.1	22.9 - 31.4	30.1	24.0 - 36.1		25.4	18.7 - 32.1	
Obese before pregnancy	19.4	15.3 - 23.5	24.9	18.6 - 31.2		13.8	8.3 - 19.3	
Inadequate weight gain during pregnancy	19.1	14.9 - 23.4	23.5	17.3 - 29.7		15.6	9.1 - 22.1	
Excessive weight gain during pregnancy	42.5	37.2 - 47.8	40.6	33.0 - 48.3		44.7	36.7 - 52.7	
Food insecurity during pregnancy	23.0	19.2 - 26.9	32.9	27.4 - 38.5		7.2 *	2.7 - 11.6	
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>								
Physical or psychological IPV during pregnancy	8.7	6.3 - 11.0	10.9	7.6 - 14.1		--		
Prenatal depressive symptoms	14.7	11.6 - 17.9	16.0	12.0 - 20.0		12.4	6.5 - 18.2	
Postpartum depressive symptoms	14.9	11.8 - 17.9	15.3	11.4 - 19.1		15.8	10.0 - 21.7	
<b>Hardships and Support during Pregnancy</b>								
Woman or partner lost job	19.5	16.0 - 22.9	23.4	18.7 - 28.0		14.5	8.7 - 20.3	
Became separated or divorced	7.5	5.3 - 9.7	9.8	6.7 - 12.9		--		
Had no practical or emotional support	7.9	5.5 - 10.4	11.1	7.4 - 14.8		--		
<b>Substance Use</b>								
Any smoking, 3 months before pregnancy	8.9	6.3 - 11.4	9.8	6.2 - 13.3		7.1	3.0 - 11.2	
Any smoking, 3rd trimester	1.5 *	0.6 - 2.5	2.1 *	0.7 - 3.6		--		
Any smoking, postpartum	4.0	2.2 - 5.9	5.2	2.4 - 8.0		--		
Any binge drinking, 3 months before pregnancy	11.3	8.5 - 14.0	8.0	5.0 - 11.0		16.4	10.7 - 22.1	
Any alcohol use, 3rd trimester	5.2	3.4 - 7.1	--			12.1	7.1 - 17.1	
<b>Infant Sleep and Breastfeeding</b>								
Placed infant on back to sleep	74.6	70.7 - 78.5	71.6	66.5 - 76.8		79.2	72.6 - 85.8	
Intended to breastfeed, before birth	94.2	91.7 - 96.7	94.9	92.5 - 97.4		93.9 *	89.7 - 98.0	
Intended to breastfeed exclusively, before birth	65.1	60.8 - 69.4	58.4	52.7 - 64.1		78.2	71.7 - 84.6	
<b>Service Utilization</b>								
Had a usual source of pre-pregnancy care	67.4	63.2 - 71.7	57.6	51.9 - 63.3		83.7	77.4 - 90.1	
Had a postpartum medical visit	90.8	88.2 - 93.3	87.5	83.6 - 91.3		98.1 *	96.3 - 99.9	
Mom or infant needed but couldn't afford care postpartum	13.8	10.7 - 17.0	15.4	11.2 - 19.5		10.4	5.2 - 15.6	
Participated in WIC during pregnancy	60.5	56.6 - 64.4	88.0	84.6 - 91.5		13.2	7.9 - 18.5	
Received CalFresh (food stamps) during pregnancy	22.0	18.2 - 25.8	36.4	30.7 - 42.1		--		



# MIHA Snapshot, Santa Barbara County by Prenatal Health Insurance, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		Medi-Cal		Private	
	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>						
Pre-pregnancy insurance						
Medi-Cal	25.9	21.9 - 29.8	42.2	36.4 - 47.9	--	
Uninsured	29.5	25.6 - 33.4	46.4	40.7 - 52.1	--	
Private	39.4	35.3 - 43.4	9.3	6.0 - 12.5	--	
Maternal postpartum insurance						
Medi-Cal	36.5	32.3 - 40.8	59.5	53.9 - 65.1	--	
Uninsured	23.7	20.1 - 27.4	36.0	30.6 - 41.5	--	
Private	35.2	31.3 - 39.2	2.9 *	1.1 - 4.7	97.5 *	95.3 - 99.7
Infant health insurance						
Medi-Cal	58.6	54.4 - 62.7	92.7	89.8 - 95.6	8.6	4.2 - 13.0
Healthy Families	4.1	2.3 - 5.9	3.1 *	1.1 - 5.1	--	
Uninsured	2.6	1.1 - 4.1	--		--	
Private	30.9	27.1 - 34.7	--		83.5	77.5 - 89.5
<b>Maternal Demographics</b>						
Age						
15-19	9.7	6.8 - 12.5	14.3	9.8 - 18.8	--	
20-34	74.3	70.2 - 78.3	75.6	70.3 - 80.9	71.5	64.4 - 78.5
35+	16.0	12.7 - 19.4	10.1	6.4 - 13.8	27.4	20.4 - 34.3
Did not complete high school (or GED)	30.3	26.4 - 34.3	45.8	40.1 - 51.4	--	
Unmarried	43.8	39.4 - 48.2	61.9	56.4 - 67.3	13.5	7.6 - 19.4
Race/Ethnicity						
Hispanic	66.9	62.9 - 70.8	86.7	83.2 - 90.2	35.9	28.2 - 43.7
Black	0.9	0.7 - 1.1	0.7	0.3 - 1.1	--	
White	28.3	24.5 - 32.1	11.5	8.2 - 14.9	54.2	46.4 - 62.1
Asian/Pacific Islander	3.7	1.8 - 5.6	--		8.8	3.6 - 13.9
Born outside the U.S.	47.2	42.8 - 51.5	61.3	55.7 - 66.9	20.1	13.5 - 26.8
Speaks non-English language at home	39.7	35.5 - 43.9	57.2	51.5 - 62.9	10.0	6.0 - 14.0
Income as a percent of the Federal Poverty Guideline						
0-100%	47.1	42.7 - 51.6	74.5	69.4 - 79.5	7.2	3.1 - 11.3
101-200%	22.6	18.6 - 26.6	22.2	17.5 - 27.0	19.1	12.7 - 25.5
>200%	30.3	26.4 - 34.2	3.3 *	1.1 - 5.5	73.7	66.7 - 80.7

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2010-2012 were combined, resulting in a statewide sample size of 20,480. The sample size of Santa Barbara County was 613. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Santa Barbara County. Prior poor birth outcomes are presented for all women. See the Technical Document for information on weighting, comparability to prior years and technical definitions.

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health and WIC Programs of the Center for Family Health, California Department of Public Health and the Center on Social Disparities in Health at the University of California, San Francisco. **Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).**



# MIHA Snapshot, Santa Barbara County by Maternal Age, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		15-19 Years		20-34 Years		35 Years or Older	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Total</b>	100		9.7	6.8 - 12.5	74.3	70.2 - 78.3	16.0	12.7 - 19.4
<b>Prior Poor Birth Outcomes</b>								
Prior low birth weight or preterm delivery	9.5	7.0 - 12.1	--		9.7	6.7 - 12.6	11.5 *	4.1 - 18.8
Prior delivery by c-section	15.8	12.6 - 19.1	--		16.8	12.9 - 20.6	20.2	10.7 - 29.7
<b>Chronic Conditions before or during Pregnancy</b>								
Diabetes or gestational diabetes	14.5	11.1 - 17.9	--		13.3	9.8 - 16.8	18.4	9.2 - 27.5
Hypertension, preeclampsia or eclampsia	10.4	7.8 - 12.9	--		10.2	7.2 - 13.1	8.6 *	3.0 - 14.2
Asthma	7.2	4.5 - 9.9	--		5.8	3.5 - 8.2	--	
<b>Nutrition and Weight</b>								
Daily folic acid use, month before pregnancy	30.0	26.0 - 34.0	17.5 *	7.0 - 27.9	28.7	24.2 - 33.1	44.1	32.5 - 55.7
Overweight before pregnancy	27.1	22.9 - 31.4	--		28.7	23.8 - 33.6	26.1	15.5 - 36.7
Obese before pregnancy	19.4	15.3 - 23.5	--		18.6	14.3 - 22.8	24.9	14.3 - 35.5
Inadequate weight gain during pregnancy	19.1	14.9 - 23.4	--		19.7	14.8 - 24.7	15.2 *	5.8 - 24.6
Excessive weight gain during pregnancy	42.5	37.2 - 47.8	40.7	16.8 - 64.5	43.4	37.5 - 49.4	39.7	27.2 - 52.2
Food insecurity during pregnancy	23.0	19.2 - 26.9	40.5	23.8 - 57.3	22.0	17.8 - 26.2	17.6	9.2 - 26.0
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>								
Physical or psychological IPV during pregnancy	8.7	6.3 - 11.0	18.0	8.1 - 28.0	7.7	5.1 - 10.3	--	
Prenatal depressive symptoms	14.7	11.6 - 17.9	--		15.6	11.7 - 19.4	13.2	5.5 - 20.8
Postpartum depressive symptoms	14.9	11.8 - 17.9	--		16.4	12.7 - 20.0	9.8 *	3.1 - 16.4
<b>Hardships and Support during Pregnancy</b>								
Woman or partner lost job	19.5	16.0 - 22.9	26.9	14.2 - 39.6	19.8	15.9 - 23.8	13.4 *	5.5 - 21.3
Became separated or divorced	7.5	5.3 - 9.7	--		8.1	5.3 - 10.8	--	
Had no practical or emotional support	7.9	5.5 - 10.4	--		8.5	5.6 - 11.4	--	
<b>Substance Use</b>								
Any smoking, 3 months before pregnancy	8.9	6.3 - 11.4	--		8.9	6.1 - 11.8	--	
Any smoking, 3rd trimester	1.5 *	0.6 - 2.5	--		1.9 *	0.7 - 3.2	--	
Any smoking, postpartum	4.0	2.2 - 5.9	--		4.1	2.1 - 6.1	--	
Any binge drinking, 3 months before pregnancy	11.3	8.5 - 14.0	--		12.0	8.8 - 15.2	--	
Any alcohol use, 3rd trimester	5.2	3.4 - 7.1	--		4.4	2.5 - 6.2	11.8 *	4.2 - 19.3
<b>Infant Sleep and Breastfeeding</b>								
Placed infant on back to sleep	74.6	70.7 - 78.5	79.2	67.0 - 91.3	72.9	68.3 - 77.4	79.8	70.3 - 89.3
Intended to breastfeed, before birth	94.2	91.7 - 96.7	88.9 *	80.4 - 97.3	94.6	91.6 - 97.7	95.1 *	90.7 - 99.5
Intended to breastfeed exclusively, before birth	65.1	60.8 - 69.4	57.1	41.6 - 72.6	65.8	60.9 - 70.8	66.1	55.3 - 76.9
<b>Service Utilization</b>								
Had a usual source of pre-pregnancy care	67.4	63.2 - 71.7	47.3	31.7 - 62.9	67.8	63.0 - 72.5	78.0	68.1 - 87.9
Had a postpartum medical visit	90.8	88.2 - 93.3	81.7 *	70.8 - 92.6	90.9	87.9 - 93.9	--	
Mom or infant needed but couldn't afford care postpartum	13.8	10.7 - 17.0	--		14.8	11.0 - 18.6	12.4 *	4.8 - 20.0
Participated in WIC during pregnancy	60.5	56.6 - 64.4	--		61.6	57.0 - 66.1	34.1	23.2 - 44.9
Received CalFresh (food stamps) during pregnancy	22.0	18.2 - 25.8	34.5	18.1 - 51.0	22.4	18.1 - 26.6	12.6 *	5.0 - 20.3



# MIHA Snapshot, Santa Barbara County by Maternal Age, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		15-19 Years		20-34 Years		35 Years or Older	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>								
Pre-pregnancy insurance								
Medi-Cal	25.9	21.9 - 29.8	69.5	56.8 - 82.1	23.8	19.6 - 28.1	9.4 *	3.3 - 15.4
Uninsured	29.5	25.6 - 33.4	22.2	11.6 - 32.8	31.8	27.3 - 36.4	23.2	13.3 - 33.0
Private	39.4	35.3 - 43.4	--		38.6	33.9 - 43.2	62.2	51.1 - 73.3
Prenatal insurance								
Medi-Cal	58.9	54.8 - 63.1	87.3 *	77.6 - 97.0	59.9	55.0 - 64.7	37.3	26.2 - 48.3
Uninsured	2.7	1.1 - 4.3	--		--		--	
Private	32.8	28.8 - 36.7	--		31.5	26.9 - 36.0	56.3	44.9 - 67.7
Maternal postpartum insurance								
Medi-Cal	36.5	32.3 - 40.8	76.1	64.1 - 88.1	36.7	31.9 - 41.5	11.9	5.4 - 18.5
Uninsured	23.7	20.1 - 27.4	18.9	8.1 - 29.7	24.3	20.1 - 28.5	24.0	13.6 - 34.3
Private	35.2	31.3 - 39.2	--		34.5	29.9 - 39.1	58.7	47.3 - 70.1
Infant health insurance								
Medi-Cal	58.6	54.4 - 62.7	--		58.6	53.8 - 63.5	37.5	26.4 - 48.6
Healthy Families	4.1	2.3 - 5.9	--		5.0	2.7 - 7.3	--	
Uninsured	2.6	1.1 - 4.1	--		3.2 *	1.2 - 5.1	--	
Private	30.9	27.1 - 34.7	--		29.2	24.8 - 33.6	55.8	44.4 - 67.2
<b>Maternal Demographics</b>								
Did not complete high school (or GED)	30.3	26.4 - 34.3	55.4	38.6 - 72.1	27.9	23.5 - 32.3	26.8	16.7 - 37.0
Unmarried	43.8	39.4 - 48.2	84.2 *	73.9 - 94.5	40.9	36.0 - 45.9	33.1	22.1 - 44.1
Race/Ethnicity								
Hispanic	66.9	62.9 - 70.8	91.5 *	84.4 - 98.6	67.2	62.5 - 71.8	50.5	39.1 - 61.8
Black	0.9	0.7 - 1.1	--		1.0	0.6 - 1.3	--	
White	28.3	24.5 - 32.1	--		28.2	23.8 - 32.7	40.8	29.7 - 52.0
Asian/Pacific Islander	3.7	1.8 - 5.6	--		3.5 *	1.2 - 5.8	7.0 *	2.3 - 11.7
Born outside the U.S.	47.2	42.8 - 51.5	41.6	26.7 - 56.5	47.2	42.2 - 52.2	50.3	39.0 - 61.7
Speaks non-English language at home	39.7	35.5 - 43.9	43.2	28.0 - 58.3	39.2	34.4 - 44.1	39.7	28.5 - 51.0
Income as a percent of the Federal Poverty Guideline								
0-100%	47.1	42.7 - 51.6	94.4 *	89.2 - 99.6	46.5	41.4 - 51.5	27.6	16.8 - 38.3
101-200%	22.6	18.6 - 26.6	--		25.9	21.1 - 30.7	16.3	8.0 - 24.6
>200%	30.3	26.4 - 34.2	--		27.6	23.3 - 32.0	56.1	44.6 - 67.7

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2010-2012 were combined, resulting in a statewide sample size of 20,480. The sample size of Santa Barbara County was 613. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Santa Barbara County. Prior poor birth outcomes are presented for all women. See the Technical Document for information on weighting, comparability to prior years and technical definitions.

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# MIHA Snapshot, Santa Barbara County by Education, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		< High School		High School Graduate or GED		Some College		College Graduate	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Total</b>	100		30.3	26.4 - 34.3	17.0	13.5 - 20.4	29.0	24.8 - 33.2	23.7	20.1 - 27.3
<b>Prior Poor Birth Outcomes</b>										
Prior low birth weight or preterm delivery	9.5	7.0 - 12.1	13.1	7.4 - 18.8	--		10.7	5.8 - 15.6	--	
Prior delivery by c-section	15.8	12.6 - 19.1	17.7	11.7 - 23.8	17.2	9.0 - 25.5	16.3	9.7 - 22.9	11.3	5.6 - 17.0
<b>Chronic Conditions before or during Pregnancy</b>										
Diabetes or gestational diabetes	14.5	11.1 - 17.9	20.4	14.0 - 26.8	18.2*	7.0 - 29.4	11.9	6.3 - 17.4	8.7*	3.1 - 14.2
Hypertension, preeclampsia or eclampsia	10.4	7.8 - 12.9	7.3	3.5 - 11.0	17.1	8.6 - 25.6	14.0	8.5 - 19.4	5.8*	2.2 - 9.4
Asthma	7.2	4.5 - 9.9	--		--		9.0	4.2 - 13.8	7.0*	2.5 - 11.6
<b>Nutrition and Weight</b>										
Daily folic acid use, month before pregnancy	30.0	26.0 - 34.0	26.0	18.8 - 33.1	21.4	12.6 - 30.2	23.9	17.0 - 30.7	49.0	40.0 - 57.9
Overweight before pregnancy	27.1	22.9 - 31.4	34.4	24.8 - 44.1	28.1	17.4 - 38.8	31.2	23.4 - 39.1	17.1	10.4 - 23.9
Obese before pregnancy	19.4	15.3 - 23.5	25.0	15.6 - 34.3	25.4	12.7 - 38.1	20.3	13.4 - 27.2	11.0	5.7 - 16.3
Inadequate weight gain during pregnancy	19.1	14.9 - 23.4	32.1	21.7 - 42.5	20.6	9.9 - 31.3	21.1	12.5 - 29.7	8.0*	3.0 - 12.9
Excessive weight gain during pregnancy	42.5	37.2 - 47.8	30.7	20.4 - 40.9	40.5	25.8 - 55.3	45.6	36.0 - 55.1	47.8	38.5 - 57.1
Food insecurity during pregnancy	23.0	19.2 - 26.9	40.9	33.1 - 48.8	23.5	12.6 - 34.3	18.3	11.9 - 24.8	--	
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>										
Physical or psychological IPV during pregnancy	8.7	6.3 - 11.0	9.1	4.8 - 13.4	16.6	9.2 - 24.1	5.5*	2.1 - 8.9	--	
Prenatal depressive symptoms	14.7	11.6 - 17.9	13.7	8.4 - 18.9	16.8	8.7 - 24.8	17.9	11.7 - 24.1	11.5*	4.6 - 18.5
Postpartum depressive symptoms	14.9	11.8 - 17.9	12.3	7.5 - 17.2	20.3	11.7 - 28.8	19.0	12.4 - 25.6	9.9	4.4 - 15.4
<b>Hardships and Support during Pregnancy</b>										
Woman or partner lost job	19.5	16.0 - 22.9	25.0	18.3 - 31.8	14.1	7.6 - 20.5	24.6	17.1 - 32.0	11.1	5.5 - 16.8
Became separated or divorced	7.5	5.3 - 9.7	5.9*	2.3 - 9.4	13.3	7.0 - 19.6	9.3	4.4 - 14.2	--	
Had no practical or emotional support	7.9	5.5 - 10.4	14.5	8.5 - 20.5	--		--		--	
<b>Substance Use</b>										
Any smoking, 3 months before pregnancy	8.9	6.3 - 11.4	5.3*	2.0 - 8.6	12.7*	4.5 - 21.0	14.5	8.8 - 20.2	--	
Any smoking, 3rd trimester	1.5*	0.6 - 2.5	--		--		--		--	
Any smoking, postpartum	4.0	2.2 - 5.9	--		--		5.3*	1.6 - 8.9	--	
Any binge drinking, 3 months before pregnancy	11.3	8.5 - 14.0	--		12.9	5.5 - 20.4	17.5	11.3 - 23.7	12.0	6.1 - 17.9
Any alcohol use, 3rd trimester	5.2	3.4 - 7.1	--		--		--		16.4	10.1 - 22.8
<b>Infant Sleep and Breastfeeding</b>										
Placed infant on back to sleep	74.6	70.7 - 78.5	78.9	72.6 - 85.3	71.6	61.7 - 81.5	68.7	60.9 - 76.6	78.8	70.8 - 86.8
Intended to breastfeed, before birth	94.2	91.7 - 96.7	93.6*	89.7 - 97.4	--		90.8*	83.9 - 97.7	--	
Intended to breastfeed exclusively, before birth	65.1	60.8 - 69.4	48.8	40.9 - 56.8	68.3	58.5 - 78.1	65.1	56.4 - 73.7	82.8	76.4 - 89.3
<b>Service Utilization</b>										
Had a usual source of pre-pregnancy care	67.4	63.2 - 71.7	49.7	41.9 - 57.4	66.8	55.5 - 78.2	74.9	67.7 - 82.1	80.9	73.1 - 88.7
Had a postpartum medical visit	90.8	88.2 - 93.3	80.1	73.5 - 86.6	95.1*	91.1 - 99.0	94.4*	90.3 - 98.4	96.9*	94.3 - 99.6
Mom or infant needed but couldn't afford care postpartum	13.8	10.7 - 17.0	20.7	13.7 - 27.6	10.5	4.4 - 16.6	14.7	8.5 - 20.9	--	
Participated in WIC during pregnancy	60.5	56.6 - 64.4	86.9	81.2 - 92.5	83.6	76.1 - 91.1	59.2	50.9 - 67.5	8.4*	3.4 - 13.4
Received CalFresh (food stamps) during pregnancy	22.0	18.2 - 25.8	37.7	30.0 - 45.4	27.5	16.2 - 38.9	17.1	10.9 - 23.4	--	



# MIHA Snapshot, Santa Barbara County by Education, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County		< High School		High School Graduate or GED		Some College		College Graduate	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Health Insurance Coverage</b>										
Pre-pregnancy insurance										
Medi-Cal	25.9	21.9 - 29.8	36.8	29.1 - 44.5	42.9	31.3 - 54.5	23.5	16.4 - 30.6	--	
Uninsured	29.5	25.6 - 33.4	53.8	45.9 - 61.6	31.8	22.1 - 41.6	21.5	14.8 - 28.1	8.1*	3.1 - 13.2
Private	39.4	35.3 - 43.4	8.6	4.4 - 12.9	21.1	12.2 - 29.9	46.9	38.4 - 55.3	82.5	75.6 - 89.4
Prenatal insurance										
Medi-Cal	58.9	54.8 - 63.1	89.9	84.7 - 95.0	83.0	75.2 - 90.9	52.9	44.3 - 61.5	10.7	5.3 - 16.1
Uninsured	2.7	1.1 - 4.3	7.7*	2.8 - 12.5	--		--		--	
Private	32.8	28.8 - 36.7	--		12.4	5.7 - 19.1	38.0	29.6 - 46.3	78.6	71.3 - 86.0
Maternal postpartum insurance										
Medi-Cal	36.5	32.3 - 40.8	50.6	42.7 - 58.5	52.7	41.3 - 64.1	37.1	29.1 - 45.1	6.8*	2.7 - 10.8
Uninsured	23.7	20.1 - 27.4	44.7	36.9 - 52.5	27.6	18.1 - 37.0	15.4	9.5 - 21.4	--	
Private	35.2	31.3 - 39.2	--		15.8	8.1 - 23.5	41.5	33.1 - 49.8	81.4	74.3 - 88.5
Infant health insurance										
Medi-Cal	58.6	54.4 - 62.7	90.2	85.2 - 95.2	80.4	72.0 - 88.7	53.2	44.5 - 61.8	10.8	5.3 - 16.3
Healthy Families	4.1	2.3 - 5.9	--		--		--		--	
Uninsured	2.6	1.1 - 4.1	--		--		--		--	
Private	30.9	27.1 - 34.7	--		13.5	6.3 - 20.7	32.7	24.8 - 40.6	75.7	67.8 - 83.6
<b>Maternal Demographics</b>										
Age										
15-19	9.7	6.8 - 12.5	17.2	11.6 - 22.7	22.2	10.6 - 33.8	--		--	
20-34	74.3	70.2 - 78.3	68.6	61.4 - 75.8	69.9	57.8 - 81.9	90.5	85.8 - 95.2	65.9	57.2 - 74.6
35+	16.0	12.7 - 19.4	14.2	8.4 - 20.0	--		8.0	3.6 - 12.4	34.1	25.4 - 42.8
Unmarried	43.8	39.4 - 48.2	60.0	52.4 - 67.6	62.3	52.0 - 72.5	42.8	34.3 - 51.3	11.4*	4.4 - 18.5
Race/Ethnicity										
Hispanic	66.9	62.9 - 70.8	96.6*	94.0 - 99.3	79.6	71.6 - 87.7	64.5	56.1 - 73.0	22.2	14.1 - 30.3
Black	0.9	0.7 - 1.1	--		--		1.7	0.8 - 2.6	--	
White	28.3	24.5 - 32.1	--		18.0	10.2 - 25.7	29.4	21.3 - 37.4	66.4	57.5 - 75.3
Asian/Pacific Islander	3.7	1.8 - 5.6	--		--		--		9.8*	3.9 - 15.7
Born outside the U.S.	47.2	42.8 - 51.5	86.3	81.4 - 91.3	47.2	36.0 - 58.4	26.9	18.5 - 35.4	22.2	14.0 - 30.5
Speaks non-English language at home	39.7	35.5 - 43.9	83.0	77.4 - 88.6	39.5	28.9 - 50.1	17.5	11.4 - 23.7	11.8	5.8 - 17.7
Income as a percent of the Federal Poverty Guideline										
0-100%	47.1	42.7 - 51.6	83.3	77.5 - 89.2	66.3	55.3 - 77.2	34.2	25.9 - 42.5	8.6*	3.0 - 14.3
101-200%	22.6	18.6 - 26.6	15.6	9.9 - 21.3	23.4	13.9 - 32.9	34.8	26.0 - 43.7	15.1	8.7 - 21.5
>200%	30.3	26.4 - 34.2	--		--		31.0	23.0 - 38.9	76.2	68.4 - 84.1

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 10 women reported.

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

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2010-2012 were combined, resulting in a statewide sample size of 20,480. The sample size of Santa Barbara County was 613. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Santa Barbara County. Prior poor birth outcomes are presented for all women. See the Technical Document for information on weighting, comparability to prior years and technical definitions.

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health and WIC Programs of the Center for Family Health, California Department of Public Health and the Center on Social Disparities in Health at the University of California, San Francisco. Visit the MIHA website at [www.cdph.ca.gov/MIHA](http://www.cdph.ca.gov/MIHA).