



MIHA Snapshot, Ventura County by Race/Ethnicity, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
Total	100		60.0	56.0 - 64.1		1.3	1.0 - 1.5		31.5	27.6 - 35.3		7.1	4.6 - 9.7	
Prior Poor Birth Outcomes														
Prior low birth weight or preterm delivery	8.2	5.7 - 10.7	9.8	6.3 - 13.3		--			--			--		
Prior delivery by c-section	16.5	13.2 - 19.8	17.9	13.4 - 22.3		--			14.4	9.2 - 19.5		--		
Chronic Conditions before or during Pregnancy														
Diabetes or gestational diabetes	8.8	6.2 - 11.4	9.9	6.4 - 13.3		--			5.1*	2.0 - 8.2		--		
Hypertension, preeclampsia or eclampsia	9.4	6.9 - 11.9	8.8	5.6 - 12.0		30.7	15.9 - 45.5		10.6	5.7 - 15.4		--		
Asthma	6.2	4.2 - 8.3	5.4	2.9 - 7.9		--			8.7	4.3 - 13.2		--		
Nutrition and Weight														
Daily folic acid use, month before pregnancy	28.5	24.6 - 32.4	21.3	16.7 - 25.9		35.2	18.8 - 51.6		39.9	32.6 - 47.2		36.6	18.8 - 54.4	
Overweight before pregnancy	25.8	21.7 - 29.9	32.3	26.2 - 38.3		--			19.1	13.2 - 25.1		--		
Obese before pregnancy	16.4	13.0 - 19.9	19.8	14.8 - 24.8		24.6	12.5 - 36.7		12.5	7.4 - 17.6		--		
Inadequate weight gain during pregnancy	17.4	13.4 - 21.4	22.1	16.2 - 27.9		--			9.3	4.5 - 14.1		--		
Excessive weight gain during pregnancy	45.5	40.5 - 50.4	38.9	32.2 - 45.7		59.8	42.5 - 77.1		57.0	49.3 - 64.8		--		
Food insecurity during pregnancy	20.5	17.0 - 24.0	29.5	24.2 - 34.8		--			6.3	3.0 - 9.5		--		
Intimate Partner Violence (IPV) and Depressive Symptoms														
Physical or psychological IPV during pregnancy	7.4	5.1 - 9.6	9.6	6.2 - 12.9		--			--			--		
Prenatal depressive symptoms	14.8	11.7 - 17.9	18.0	13.6 - 22.5		--			9.6	5.3 - 13.9		--		
Postpartum depressive symptoms	14.9	11.8 - 18.0	17.8	13.4 - 22.3		--			11.8	7.1 - 16.6		--		
Hardships and Support during Pregnancy														
Woman or partner lost job	20.6	17.0 - 24.3	23.7	18.6 - 28.7		--			16.0	10.5 - 21.6		--		
Became separated or divorced	5.7	3.9 - 7.6	7.7	4.8 - 10.6		25.6*	9.5 - 41.7		--			--		
Had no practical or emotional support	5.1	3.0 - 7.1	8.1	4.7 - 11.5		--			--			--		
Substance Use														
Any smoking, 3 months before pregnancy	10.9	8.2 - 13.6	8.7	5.4 - 12.0		--			15.3	9.9 - 20.8		--		
Any smoking, 3rd trimester	2.1	0.9 - 3.3	--			--			--			--		
Any smoking, postpartum	5.2	3.2 - 7.1	4.4	2.0 - 6.9		--			7.5	3.5 - 11.6		--		
Any binge drinking, 3 months before pregnancy	11.2	8.5 - 13.9	8.3	5.2 - 11.5		--			18.7	12.9 - 24.5		--		
Any alcohol use, 3rd trimester	5.7	3.7 - 7.7	--			--			12.5	7.5 - 17.6		--		
Infant Sleep and Breastfeeding														
Placed infant on back to sleep	75.6	71.7 - 79.5	72.8	67.5 - 78.2		50.4	34.0 - 66.7		80.1	73.8 - 86.3		80.6*	67.3 - 93.9	
Intended to breastfeed, before birth	93.3	91.1 - 95.5	92.2	89.1 - 95.3		82.5*	66.9 - 98.2		94.2*	90.4 - 98.1		100.0†		
Intended to breastfeed exclusively, before birth	58.9	54.5 - 63.2	47.5	41.6 - 53.4		51.7	35.5 - 68.0		77.4	70.9 - 83.9		70.2*	51.7 - 88.7	
Service Utilization														
Had a usual source of pre-pregnancy care	72.1	68.3 - 76.0	65.8	60.3 - 71.2		75.6	61.6 - 89.5		82.8	77.3 - 88.3		77.4*	62.4 - 92.4	
Had a postpartum medical visit	88.2	85.3 - 91.1	85.4	81.2 - 89.6		--			91.1	86.5 - 95.6		--		
Mom or infant needed but couldn't afford care postpartum	14.3	11.2 - 17.4	18.5	14.0 - 23.0		--			6.9	3.4 - 10.4		--		
Participated in WIC during pregnancy	50.9	47.1 - 54.8	74.2	69.3 - 79.1		46.6	31.4 - 61.9		12.4	7.5 - 17.3		--		
Received CalFresh (food stamps) during pregnancy	19.3	15.8 - 22.7	28.2	22.9 - 33.4		27.2	15.0 - 39.4		6.0*	2.2 - 9.7		--		



MIHA Snapshot, Ventura County by Race/Ethnicity, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		Hispanic		Black		White		Asian/Pacific Islander	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Health Insurance Coverage										
Pre-pregnancy insurance										
Medi-Cal	18.6	15.3 - 21.9	28.9	23.7 - 34.1	17.0	7.1 - 26.8	--	--	--	--
Uninsured	28.1	24.2 - 32.0	39.9	34.2 - 45.6	--	--	10.0	5.7 - 14.3	--	--
Private	49.2	45.2 - 53.2	28.0	22.9 - 33.1	45.5	30.4 - 60.7	82.9	77.3 - 88.4	72.3*	53.8 - 90.9
Prenatal insurance										
Medi-Cal	47.0	43.1 - 50.9	70.0	64.7 - 75.2	35.1	20.4 - 49.8	11.9	7.3 - 16.6	--	--
Uninsured	2.5	1.2 - 3.8	--	--	--	--	--	--	--	--
Private	45.4	41.5 - 49.2	23.2	18.4 - 28.1	39.0	23.5 - 54.5	80.1	74.2 - 86.0	77.0*	59.3 - 94.8
Maternal postpartum insurance										
Medi-Cal	25.4	21.7 - 29.2	34.1	28.6 - 39.6	37.6	22.7 - 52.4	11.8	6.9 - 16.7	--	--
Uninsured	23.3	19.7 - 27.0	37.0	31.4 - 42.6	--	--	3.3*	1.3 - 5.4	--	--
Private	47.7	43.8 - 51.6	25.7	20.7 - 30.7	32.9	20.2 - 45.6	81.7	76.3 - 87.2	79.7*	61.5 - 98.0
Infant health insurance										
Medi-Cal	47.3	43.3 - 51.3	69.4	64.1 - 74.8	43.0	27.3 - 58.7	15.5	10.2 - 20.8	--	--
Healthy Families	3.8	1.9 - 5.7	5.3	2.4 - 8.3	--	--	--	--	--	--
Uninsured	2.0*	0.8 - 3.2	--	--	--	--	--	--	--	--
Private	44.8	40.8 - 48.9	22.0	17.2 - 26.8	37.0	22.8 - 51.3	78.4	72.4 - 84.3	78.5*	60.5 - 96.5
Maternal Demographics										
Age										
15-19	7.8	5.5 - 10.1	12.2	8.5 - 15.8	--	--	--	--	--	--
20-34	73.9	70.0 - 77.7	73.9	68.9 - 78.9	75.3	62.3 - 88.2	76.2	69.6 - 82.7	67.2	50.4 - 83.9
35+	18.3	14.9 - 21.7	14.0	10.0 - 17.9	--	--	22.5	16.0 - 29.0	32.8	16.1 - 49.6
Did not complete high school (or GED)	22.8	19.1 - 26.5	35.8	30.2 - 41.4	--	--	--	--	--	--
Unmarried	40.6	36.4 - 44.7	55.1	49.3 - 60.9	57.4	43.0 - 71.8	19.0	13.1 - 24.8	--	--
Born outside the U.S.	41.8	37.5 - 46.2	56.2	50.5 - 61.9	--	--	7.7	3.5 - 11.9	78.8*	66.0 - 91.6
Speaks non-English language at home	34.3	30.3 - 38.4	49.9	44.2 - 55.6	--	--	--	--	49.8	30.6 - 69.0
Income as a percent of the Federal Poverty Guideline										
0-100%	43.0	38.8 - 47.2	61.3	55.5 - 67.2	38.6	23.2 - 54.0	15.6	10.1 - 21.1	--	--
101-200%	16.3	12.8 - 19.8	18.5	13.6 - 23.4	23.8	11.4 - 36.2	13.8	8.4 - 19.2	--	--
>200%	40.7	36.5 - 44.9	20.2	15.4 - 25.1	37.6	23.0 - 52.2	70.6	63.5 - 77.6	64.8	45.1 - 84.6

-- 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%).

† Estimate should be interpreted with caution because the 95% confidence interval (95% CI) is not calculated for an estimate of 100%.

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 Ventura County was 615. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Ventura 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.



MIHA Snapshot, Ventura County by Income, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		0-100% of Poverty		101-200% of Poverty		> 200% of Poverty	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Total	100		43.0	38.8 - 47.2	16.3	12.8 - 19.8	40.7	36.5 - 44.9
Prior Poor Birth Outcomes								
Prior low birth weight or preterm delivery	8.2	5.7 - 10.7	10.0	5.8 - 14.3	7.9 *	2.0 - 13.7	6.3 *	2.4 - 10.2
Prior delivery by c-section	16.5	13.2 - 19.8	13.6	8.4 - 18.8	21.4	12.0 - 30.8	15.9	10.9 - 21.0
Chronic Conditions before or during Pregnancy								
Diabetes or gestational diabetes	8.8	6.2 - 11.4	10.3	5.5 - 15.0	12.8 *	4.7 - 20.9	6.4	3.0 - 9.7
Hypertension, preeclampsia or eclampsia	9.4	6.9 - 11.9	6.3	3.1 - 9.4	10.3 *	3.0 - 17.6	12.3	7.8 - 16.8
Asthma	6.2	4.2 - 8.3	7.1	3.7 - 10.6	--		8.1	4.1 - 12.1
Nutrition and Weight								
Daily folic acid use, month before pregnancy	28.5	24.6 - 32.4	19.5	14.0 - 25.0	23.1	13.6 - 32.6	39.7	32.9 - 46.6
Overweight before pregnancy	25.8	21.7 - 29.9	26.6	19.8 - 33.5	29.3	18.4 - 40.2	22.3	16.3 - 28.3
Obese before pregnancy	16.4	13.0 - 19.9	18.3	12.2 - 24.4	22.8	13.0 - 32.5	13.1	8.2 - 17.9
Inadequate weight gain during pregnancy	17.4	13.4 - 21.4	24.6	16.8 - 32.5	19.9	9.3 - 30.5	9.4	5.0 - 13.8
Excessive weight gain during pregnancy	45.5	40.5 - 50.4	31.9	24.0 - 39.8	52.4	39.5 - 65.4	56.3	48.9 - 63.7
Food insecurity during pregnancy	20.5	17.0 - 24.0	34.8	28.1 - 41.6	21.1	11.8 - 30.5	4.4 *	1.2 - 7.6
Intimate Partner Violence (IPV) and Depressive Symptoms								
Physical or psychological IPV during pregnancy	7.4	5.1 - 9.6	10.6	6.5 - 14.6	--		--	
Prenatal depressive symptoms	14.8	11.7 - 17.9	21.3	15.6 - 27.0	12.0 *	4.4 - 19.5	9.9	5.7 - 14.1
Postpartum depressive symptoms	14.9	11.8 - 18.0	16.3	11.2 - 21.5	18.9	9.6 - 28.3	12.8	8.0 - 17.7
Hardships and Support during Pregnancy								
Woman or partner lost job	20.6	17.0 - 24.3	28.2	21.7 - 34.8	18.8	10.3 - 27.4	11.7	6.9 - 16.4
Became separated or divorced	5.7	3.9 - 7.6	6.9	3.7 - 10.1	--		--	
Had no practical or emotional support	5.1	3.0 - 7.1	6.8	3.0 - 10.6	--		--	
Substance Use								
Any smoking, 3 months before pregnancy	10.9	8.2 - 13.6	12.5	7.9 - 17.1	12.7 *	4.4 - 21.0	9.3	5.2 - 13.3
Any smoking, 3rd trimester	2.1	0.9 - 3.3	--		--		--	
Any smoking, postpartum	5.2	3.2 - 7.1	5.8	2.4 - 9.1	--		--	
Any binge drinking, 3 months before pregnancy	11.2	8.5 - 13.9	6.2	3.1 - 9.3	13.7 *	5.5 - 21.8	16.3	11.2 - 21.5
Any alcohol use, 3rd trimester	5.7	3.7 - 7.7	--		--		11.9	7.2 - 16.6
Infant Sleep and Breastfeeding								
Placed infant on back to sleep	75.6	71.7 - 79.5	68.7	61.9 - 75.5	78.6	69.1 - 88.0	82.7	77.2 - 88.2
Intended to breastfeed, before birth	93.3	91.1 - 95.5	91.0	86.9 - 95.1	93.9 *	88.5 - 99.3	95.9 *	93.1 - 98.8
Intended to breastfeed exclusively, before birth	58.9	54.5 - 63.2	50.5	43.3 - 57.8	59.9	48.5 - 71.3	70.9	64.5 - 77.3
Service Utilization								
Had a usual source of pre-pregnancy care	72.1	68.3 - 76.0	59.2	52.2 - 66.1	73.9	64.0 - 83.9	87.8	83.3 - 92.2
Had a postpartum medical visit	88.2	85.3 - 91.1	83.8	78.3 - 89.3	94.2 *	88.8 - 99.5	93.0	89.5 - 96.6
Mom or infant needed but couldn't afford care postpartum	14.3	11.2 - 17.4	20.8	14.7 - 26.9	21.0	12.2 - 29.8	4.8 *	1.8 - 7.8
Participated in WIC during pregnancy	50.9	47.1 - 54.8	89.4	85.6 - 93.2	46.8	35.4 - 58.2	5.3	2.2 - 8.3
Received CalFresh (food stamps) during pregnancy	19.3	15.8 - 22.7	38.5	31.5 - 45.6	12.5	5.4 - 19.5	--	



MIHA Snapshot, Ventura County by Income, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		0-100% of Poverty		101-200% of Poverty		> 200% of Poverty	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Health Insurance Coverage								
Pre-pregnancy insurance								
Medi-Cal	18.6	15.3 - 21.9	38.9	31.9 - 45.9	9.9*	3.2 - 16.5	--	
Uninsured	28.1	24.2 - 32.0	45.9	38.7 - 53.0	32.3	21.4 - 43.2	5.7	2.4 - 9.0
Private	49.2	45.2 - 53.2	12.3	7.8 - 16.7	54.6	43.1 - 66.1	89.3	84.9 - 93.6
Prenatal insurance								
Medi-Cal	47.0	43.1 - 50.9	87.6	83.1 - 92.1	41.9	30.6 - 53.2	4.6	2.0 - 7.2
Uninsured	2.5	1.2 - 3.8	--		--		--	
Private	45.4	41.5 - 49.2	7.8	4.2 - 11.5	45.2	33.5 - 56.9	87.3	82.6 - 92.0
Maternal postpartum insurance								
Medi-Cal	25.4	21.7 - 29.2	52.0	44.8 - 59.2	14.5	7.4 - 21.6	--	
Uninsured	23.3	19.7 - 27.0	38.2	31.2 - 45.2	30.3	19.7 - 40.8	--	
Private	47.7	43.8 - 51.6	7.5	3.8 - 11.2	50.6	39.2 - 62.0	91.3	87.4 - 95.2
Infant health insurance								
Medi-Cal	47.3	43.3 - 51.3	88.2	83.7 - 92.7	47.3	35.9 - 58.8	--	
Healthy Families	3.8	1.9 - 5.7	--		--		--	
Uninsured	2.0*	0.8 - 3.2	--		--		--	
Private	44.8	40.8 - 48.9	6.9	3.3 - 10.6	39.2	27.7 - 50.7	88.2	83.5 - 92.9
Maternal Demographics								
Age								
15-19	7.8	5.5 - 10.1	14.6	9.9 - 19.3	--		--	
20-34	73.9	70.0 - 77.7	73.6	67.5 - 79.7	79.6	70.5 - 88.7	72.0	65.6 - 78.3
35+	18.3	14.9 - 21.7	11.8	7.2 - 16.4	17.7	8.9 - 26.4	26.7	20.5 - 33.0
Did not complete high school (or GED)	22.8	19.1 - 26.5	38.8	31.8 - 45.8	21.3	11.5 - 31.0	--	
Unmarried	40.6	36.4 - 44.7	63.0	56.0 - 70.1	45.5	33.9 - 57.1	13.5	9.0 - 18.0
Race/Ethnicity								
Hispanic	60.0	56.0 - 64.1	82.5	77.0 - 88.1	65.6	54.9 - 76.3	29.1	22.5 - 35.8
Black	1.3	1.0 - 1.5	1.1	0.6 - 1.6	1.8	0.8 - 2.7	1.1	0.6 - 1.6
White	31.5	27.6 - 35.3	12.1	7.6 - 16.5	28.1	17.9 - 38.3	58.2	51.1 - 65.3
Asian/Pacific Islander	7.1	4.6 - 9.7	--		--		11.5	6.7 - 16.4
Born outside the U.S.	41.8	37.5 - 46.2	59.1	52.2 - 66.0	46.2	34.5 - 57.9	17.0	11.4 - 22.6
Speaks non-English language at home	34.3	30.3 - 38.4	55.1	48.0 - 62.2	31.1	20.5 - 41.8	8.9	4.6 - 13.2

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

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MIHA Snapshot, Ventura County by Prenatal Health Insurance, 2010-2012

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	Ventura County		Medi-Cal			Private		
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Total	100		47.0	43.1 - 50.9			45.4	41.5 - 49.2
Prior Poor Birth Outcomes								
Prior low birth weight or preterm delivery	8.2	5.7 - 10.7	9.5	5.7 - 13.2			6.6	3.0 - 10.2
Prior delivery by c-section	16.5	13.2 - 19.8	18.5	13.3 - 23.8			15.0	10.6 - 19.5
Chronic Conditions before or during Pregnancy								
Diabetes or gestational diabetes	8.8	6.2 - 11.4	8.7	4.8 - 12.7			10.4	6.4 - 14.4
Hypertension, preeclampsia or eclampsia	9.4	6.9 - 11.9	7.4	4.2 - 10.7			11.9	7.7 - 16.1
Asthma	6.2	4.2 - 8.3	5.2	2.5 - 7.9			7.3	4.0 - 10.7
Nutrition and Weight								
Daily folic acid use, month before pregnancy	28.5	24.6 - 32.4	19.5	14.6 - 24.3			37.3	31.0 - 43.5
Overweight before pregnancy	25.8	21.7 - 29.9	27.6	21.2 - 34.1			23.9	18.1 - 29.7
Obese before pregnancy	16.4	13.0 - 19.9	19.7	14.0 - 25.4			14.5	9.9 - 19.1
Inadequate weight gain during pregnancy	17.4	13.4 - 21.4	25.5	18.2 - 32.7			12.6	7.6 - 17.5
Excessive weight gain during pregnancy	45.5	40.5 - 50.4	36.6	29.1 - 44.2			48.3	41.4 - 55.1
Food insecurity during pregnancy	20.5	17.0 - 24.0	33.5	27.4 - 39.6			6.0	2.8 - 9.2
Intimate Partner Violence (IPV) and Depressive Symptoms								
Physical or psychological IPV during pregnancy	7.4	5.1 - 9.6	10.0	6.4 - 13.7			4.1*	1.3 - 7.0
Prenatal depressive symptoms	14.8	11.7 - 17.9	16.8	12.0 - 21.6			10.9	6.9 - 15.0
Postpartum depressive symptoms	14.9	11.8 - 18.0	14.7	10.3 - 19.2			15.2	10.4 - 20.0
Hardships and Support during Pregnancy								
Woman or partner lost job	20.6	17.0 - 24.3	28.4	22.4 - 34.3			12.1	7.5 - 16.7
Became separated or divorced	5.7	3.9 - 7.6	6.5	3.7 - 9.2			--	
Had no practical or emotional support	5.1	3.0 - 7.1	9.2	5.1 - 13.2			--	
Substance Use								
Any smoking, 3 months before pregnancy	10.9	8.2 - 13.6	11.0	7.1 - 14.8			8.4	4.7 - 12.1
Any smoking, 3rd trimester	2.1	0.9 - 3.3	2.9*	0.8 - 5.1			--	
Any smoking, postpartum	5.2	3.2 - 7.1	5.5	2.5 - 8.4			4.1*	1.3 - 6.8
Any binge drinking, 3 months before pregnancy	11.2	8.5 - 13.9	7.6	4.5 - 10.6			15.2	10.4 - 19.9
Any alcohol use, 3rd trimester	5.7	3.7 - 7.7	--				10.6	6.5 - 14.8
Infant Sleep and Breastfeeding								
Placed infant on back to sleep	75.6	71.7 - 79.5	70.4	64.4 - 76.5			80.2	74.8 - 85.7
Intended to breastfeed, before birth	93.3	91.1 - 95.5	91.5	87.9 - 95.1			95.5*	92.8 - 98.3
Intended to breastfeed exclusively, before birth	58.9	54.5 - 63.2	49.5	43.0 - 56.1			67.3	61.0 - 73.6
Service Utilization								
Had a usual source of pre-pregnancy care	72.1	68.3 - 76.0	60.6	54.4 - 66.9			86.3	81.7 - 90.8
Had a postpartum medical visit	88.2	85.3 - 91.1	84.1	79.2 - 89.0			94.8	91.9 - 97.8
Mom or infant needed but couldn't afford care postpartum	14.3	11.2 - 17.4	22.8	17.2 - 28.4			5.1	2.3 - 7.9
Participated in WIC during pregnancy	50.9	47.1 - 54.8	89.7	86.4 - 93.1			9.3	5.3 - 13.2
Received CalFresh (food stamps) during pregnancy	19.3	15.8 - 22.7	37.7	31.4 - 44.1			--	



MIHA Snapshot, Ventura County by Prenatal Health Insurance, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		Medi-Cal		Private	
	%	95% CI	%	95% CI	%	95% CI
Health Insurance Coverage						
Pre-pregnancy insurance						
Medi-Cal	18.6	15.3 - 21.9	37.8	31.5 - 44.2	--	
Uninsured	28.1	24.2 - 32.0	51.2	44.7 - 57.8	--	
Private	49.2	45.2 - 53.2	7.9	4.8 - 11.1	96.1 *	93.2 - 98.9
Maternal postpartum insurance						
Medi-Cal	25.4	21.7 - 29.2	48.2	41.6 - 54.8	--	
Uninsured	23.3	19.7 - 27.0	44.5	38.0 - 51.0	--	
Private	47.7	43.8 - 51.6	4.5	1.9 - 7.0	94.9	92.1 - 97.7
Infant health insurance						
Medi-Cal	47.3	43.3 - 51.3	92.2	88.9 - 95.5	5.8	2.6 - 9.0
Healthy Families	3.8	1.9 - 5.7	--		--	
Uninsured	2.0 *	0.8 - 3.2	--		--	
Private	44.8	40.8 - 48.9	3.5 *	1.3 - 5.8	90.9	86.9 - 94.9
Maternal Demographics						
Age						
15-19	7.8	5.5 - 10.1	11.9	8.0 - 15.8	3.9 *	1.2 - 6.6
20-34	73.9	70.0 - 77.7	76.1	70.7 - 81.5	69.4	63.4 - 75.5
35+	18.3	14.9 - 21.7	12.0	7.8 - 16.2	26.7	21.0 - 32.5
Did not complete high school (or GED)	22.8	19.1 - 26.5	41.2	34.8 - 47.7	--	
Unmarried	40.6	36.4 - 44.7	62.0	55.6 - 68.5	18.6	13.4 - 23.7
Race/Ethnicity						
Hispanic	60.0	56.0 - 64.1	89.1	85.0 - 93.2	31.0	24.7 - 37.3
Black	1.3	1.0 - 1.5	0.9	0.5 - 1.4	1.1	0.6 - 1.6
White	31.5	27.6 - 35.3	7.9	4.7 - 11.2	55.7	49.1 - 62.3
Asian/Pacific Islander	7.1	4.6 - 9.7	--		12.2	7.7 - 16.8
Born outside the U.S.	41.8	37.5 - 46.2	62.6	56.5 - 68.7	20.8	15.1 - 26.5
Speaks non-English language at home	34.3	30.3 - 38.4	60.6	54.4 - 66.9	9.0	5.0 - 13.0
Income as a percent of the Federal Poverty Guideline						
0-100%	43.0	38.8 - 47.2	81.4	76.4 - 86.5	7.3	3.9 - 10.7
101-200%	16.3	12.8 - 19.8	14.5	9.9 - 19.1	15.7	10.5 - 20.9
>200%	40.7	36.5 - 44.9	4.0	1.7 - 6.4	77.0	71.1 - 82.8

-- 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 Ventura County was 615. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Ventura 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.**



MIHA Snapshot, Ventura County by Maternal Age, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		15-19 Years		20-34 Years		35 Years or Older	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Total	100		7.8	5.5 - 10.1	73.9	70.0 - 77.7	18.3	14.9 - 21.7
Prior Poor Birth Outcomes								
Prior low birth weight or preterm delivery	8.2	5.7 - 10.7	--		8.2	5.2 - 11.1	--	
Prior delivery by c-section	16.5	13.2 - 19.8	--		15.0	11.2 - 18.8	27.5	18.4 - 36.5
Chronic Conditions before or during Pregnancy								
Diabetes or gestational diabetes	8.8	6.2 - 11.4	--		6.3	3.6 - 9.0	21.4	13.0 - 29.9
Hypertension, preeclampsia or eclampsia	9.4	6.9 - 11.9	--		8.2	5.6 - 10.9	13.2	5.8 - 20.6
Asthma	6.2	4.2 - 8.3	--		5.6	3.4 - 7.7	9.9*	3.3 - 16.5
Nutrition and Weight								
Daily folic acid use, month before pregnancy	28.5	24.6 - 32.4	24.5	11.4 - 37.5	27.3	22.8 - 31.8	34.9	25.2 - 44.6
Overweight before pregnancy	25.8	21.7 - 29.9	--		26.8	21.9 - 31.6	21.1	12.3 - 29.9
Obese before pregnancy	16.4	13.0 - 19.9	--		17.7	13.5 - 21.8	15.8	8.4 - 23.1
Inadequate weight gain during pregnancy	17.4	13.4 - 21.4	25.4	10.6 - 40.2	14.3	9.9 - 18.8	26.2	15.8 - 36.6
Excessive weight gain during pregnancy	45.5	40.5 - 50.4	--		50.1	44.2 - 55.9	36.9	25.9 - 47.9
Food insecurity during pregnancy	20.5	17.0 - 24.0	29.0	15.0 - 43.0	20.5	16.4 - 24.6	17.0	9.1 - 25.0
Intimate Partner Violence (IPV) and Depressive Symptoms								
Physical or psychological IPV during pregnancy	7.4	5.1 - 9.6	--		7.3	4.7 - 10.0	--	
Prenatal depressive symptoms	14.8	11.7 - 17.9	--		14.9	11.4 - 18.5	12.5	5.4 - 19.5
Postpartum depressive symptoms	14.9	11.8 - 18.0	--		13.1	9.7 - 16.5	21.7	13.0 - 30.5
Hardships and Support during Pregnancy								
Woman or partner lost job	20.6	17.0 - 24.3	22.2*	8.7 - 35.6	21.8	17.4 - 26.2	15.3	7.7 - 22.8
Became separated or divorced	5.7	3.9 - 7.6	--		5.8	3.6 - 8.0	--	
Had no practical or emotional support	5.1	3.0 - 7.1	--		5.8	3.2 - 8.4	--	
Substance Use								
Any smoking, 3 months before pregnancy	10.9	8.2 - 13.6	--		11.8	8.5 - 15.1	8.9*	3.0 - 14.9
Any smoking, 3rd trimester	2.1	0.9 - 3.3	--		2.5*	1.0 - 4.1	--	
Any smoking, postpartum	5.2	3.2 - 7.1	--		5.7	3.3 - 8.2	--	
Any binge drinking, 3 months before pregnancy	11.2	8.5 - 13.9	--		12.2	9.0 - 15.4	9.9*	3.6 - 16.3
Any alcohol use, 3rd trimester	5.7	3.7 - 7.7	--		5.0	2.9 - 7.2	--	
Infant Sleep and Breastfeeding								
Placed infant on back to sleep	75.6	71.7 - 79.5	71.3	58.3 - 84.3	76.5	71.9 - 81.0	73.9	64.6 - 83.1
Intended to breastfeed, before birth	93.3	91.1 - 95.5	85.4*	74.6 - 96.1	93.7	91.2 - 96.3	95.1*	90.8 - 99.3
Intended to breastfeed exclusively, before birth	58.9	54.5 - 63.2	44.9	29.8 - 60.0	59.9	54.8 - 65.0	60.8	50.7 - 70.9
Service Utilization								
Had a usual source of pre-pregnancy care	72.1	68.3 - 76.0	61.4	46.3 - 76.4	70.8	66.2 - 75.4	82.2	74.2 - 90.2
Had a postpartum medical visit	88.2	85.3 - 91.1	81.4*	70.0 - 92.8	88.5	85.1 - 91.9	89.9*	83.5 - 96.4
Mom or infant needed but couldn't afford care postpartum	14.3	11.2 - 17.4	--		15.4	11.6 - 19.2	11.4	5.0 - 17.9
Participated in WIC during pregnancy	50.9	47.1 - 54.8	85.6*	76.3 - 94.9	52.0	47.2 - 56.7	31.9	22.4 - 41.5
Received CalFresh (food stamps) during pregnancy	19.3	15.8 - 22.7	24.2	11.2 - 37.3	20.2	16.1 - 24.4	13.2	6.3 - 20.1



MIHA Snapshot, Ventura County by Maternal Age, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		15-19 Years		20-34 Years		35 Years or Older	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Health Insurance Coverage								
Pre-pregnancy insurance								
Medi-Cal	18.6	15.3 - 21.9	31.1	17.1 - 45.0	19.9	15.8 - 24.0	--	
Uninsured	28.1	24.2 - 32.0	37.1	22.3 - 52.0	29.0	24.3 - 33.8	20.6	12.2 - 29.1
Private	49.2	45.2 - 53.2	24.6	11.8 - 37.5	46.8	42.0 - 51.5	69.0	59.7 - 78.4
Prenatal insurance								
Medi-Cal	47.0	43.1 - 50.9	71.3	57.2 - 85.5	48.5	43.7 - 53.2	30.7	21.4 - 40.0
Uninsured	2.5	1.2 - 3.8	--		2.8*	1.2 - 4.5	--	
Private	45.4	41.5 - 49.2	22.4*	8.7 - 36.0	42.7	38.0 - 47.4	65.8	56.1 - 75.5
Maternal postpartum insurance								
Medi-Cal	25.4	21.7 - 29.2	62.3	47.5 - 77.1	25.1	20.6 - 29.5	11.9	5.1 - 18.7
Uninsured	23.3	19.7 - 27.0	24.3	11.2 - 37.5	24.5	20.1 - 28.8	18.4	10.6 - 26.2
Private	47.7	43.8 - 51.6	--		46.6	41.9 - 51.4	68.0	58.5 - 77.4
Infant health insurance								
Medi-Cal	47.3	43.3 - 51.3	88.4*	80.2 - 96.6	47.9	43.1 - 52.8	26.9	18.0 - 35.8
Healthy Families	3.8	1.9 - 5.7	--		4.5	2.0 - 6.9	--	
Uninsured	2.0*	0.8 - 3.2	--		--		--	
Private	44.8	40.8 - 48.9	--		42.9	38.1 - 47.8	69.8	60.5 - 79.0
Maternal Demographics								
Did not complete high school (or GED)	22.8	19.1 - 26.5	37.5	23.1 - 51.8	23.2	18.8 - 27.7	15.0	7.6 - 22.4
Unmarried	40.6	36.4 - 44.7	--		39.6	34.6 - 44.5	22.2	14.0 - 30.4
Race/Ethnicity								
Hispanic	60.0	56.0 - 64.1	93.1*	87.6 - 98.7	59.8	55.0 - 64.6	46.6	36.3 - 56.9
Black	1.3	1.0 - 1.5	--		1.3	0.9 - 1.7	--	
White	31.5	27.6 - 35.3	--		32.3	27.8 - 36.9	39.3	29.2 - 49.4
Asian/Pacific Islander	7.1	4.6 - 9.7	--		6.5	3.5 - 9.4	13.0	5.8 - 20.2
Born outside the U.S.	41.8	37.5 - 46.2	35.5	21.3 - 49.7	41.3	36.2 - 46.4	46.5	36.3 - 56.8
Speaks non-English language at home	34.3	30.3 - 38.4	33.6	19.6 - 47.7	35.0	30.2 - 39.9	32.0	22.4 - 41.6
Income as a percent of the Federal Poverty Guideline								
0-100%	43.0	38.8 - 47.2	86.7*	76.3 - 97.0	42.8	37.8 - 47.9	27.0	17.7 - 36.3
101-200%	16.3	12.8 - 19.8	--		17.6	13.4 - 21.7	15.3	7.7 - 22.9
>200%	40.7	36.5 - 44.9	--		39.6	34.6 - 44.6	57.7	47.4 - 68.0

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

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MIHA Snapshot, Ventura County by Education, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		< High School		High School Graduate or GED		Some College		College Graduate	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Total	100		22.8	19.1 - 26.5	20.8	17.3 - 24.4	29.4	25.3 - 33.4	27.0	23.3 - 30.7
Prior Poor Birth Outcomes										
Prior low birth weight or preterm delivery	8.2	5.7 - 10.7	13.1	6.5 - 19.6	9.1 *	3.6 - 14.6	--		7.2 *	2.5 - 12.0
Prior delivery by c-section	16.5	13.2 - 19.8	19.2	11.7 - 26.7	14.4	7.4 - 21.4	14.0	8.4 - 19.6	18.6	11.8 - 25.4
Chronic Conditions before or during Pregnancy										
Diabetes or gestational diabetes	8.8	6.2 - 11.4	7.1 *	2.5 - 11.7	10.7	4.4 - 17.0	8.3	3.8 - 12.7	9.6 *	4.0 - 15.3
Hypertension, preeclampsia or eclampsia	9.4	6.9 - 11.9	--		8.6 *	3.4 - 13.7	11.9	6.9 - 17.0	9.8	5.0 - 14.6
Asthma	6.2	4.2 - 8.3	--		9.4	3.9 - 14.8	6.5 *	2.5 - 10.5	5.7 *	1.7 - 9.6
Nutrition and Weight										
Daily folic acid use, month before pregnancy	28.5	24.6 - 32.4	19.8	12.6 - 27.0	23.1	14.7 - 31.5	27.3	20.1 - 34.6	41.9	33.7 - 50.0
Overweight before pregnancy	25.8	21.7 - 29.9	26.5	16.3 - 36.8	32.0	22.3 - 41.6	26.9	19.3 - 34.4	19.3	12.9 - 25.7
Obese before pregnancy	16.4	13.0 - 19.9	15.2	6.7 - 23.7	22.2	13.5 - 31.0	19.7	13.2 - 26.2	10.0	5.3 - 14.6
Inadequate weight gain during pregnancy	17.4	13.4 - 21.4	31.5	20.1 - 43.0	15.7	6.7 - 24.7	13.4	7.3 - 19.6	15.8	8.4 - 23.1
Excessive weight gain during pregnancy	45.5	40.5 - 50.4	28.6	16.8 - 40.3	42.3	31.2 - 53.5	50.4	41.7 - 59.2	51.1	42.3 - 59.9
Food insecurity during pregnancy	20.5	17.0 - 24.0	40.2	30.7 - 49.7	24.0	16.1 - 31.9	19.8	13.3 - 26.4	--	
Intimate Partner Violence (IPV) and Depressive Symptoms										
Physical or psychological IPV during pregnancy	7.4	5.1 - 9.6	12.4	6.5 - 18.2	--		8.0	3.9 - 12.1	--	
Prenatal depressive symptoms	14.8	11.7 - 17.9	16.3	9.6 - 23.1	17.9	10.5 - 25.4	19.9	13.2 - 26.5	6.1	2.6 - 9.7
Postpartum depressive symptoms	14.9	11.8 - 18.0	15.7	9.2 - 22.2	20.2	12.2 - 28.2	14.6	8.7 - 20.5	9.9	5.2 - 14.6
Hardships and Support during Pregnancy										
Woman or partner lost job	20.6	17.0 - 24.3	31.0	21.9 - 40.0	18.5	11.1 - 25.9	23.4	16.1 - 30.7	10.7	5.5 - 16.0
Became separated or divorced	5.7	3.9 - 7.6	7.2	3.1 - 11.4	--		7.1	3.2 - 11.0	--	
Had no practical or emotional support	5.1	3.0 - 7.1	12.5	5.7 - 19.2	--		--		--	
Substance Use										
Any smoking, 3 months before pregnancy	10.9	8.2 - 13.6	11.8	5.8 - 17.9	14.3	7.3 - 21.4	13.6	8.2 - 19.1	4.9 *	1.6 - 8.2
Any smoking, 3rd trimester	2.1	0.9 - 3.3	--		--		--		--	
Any smoking, postpartum	5.2	3.2 - 7.1	--		10.2 *	4.0 - 16.5	5.8 *	2.3 - 9.3	--	
Any binge drinking, 3 months before pregnancy	11.2	8.5 - 13.9	--		16.0	8.8 - 23.2	9.6	5.2 - 14.0	14.1	8.3 - 19.9
Any alcohol use, 3rd trimester	5.7	3.7 - 7.7	--		--		--		12.7	7.2 - 18.2
Infant Sleep and Breastfeeding										
Placed infant on back to sleep	75.6	71.7 - 79.5	64.9	55.4 - 74.5	72.7	64.0 - 81.5	78.4	71.5 - 85.3	83.6	77.4 - 89.7
Intended to breastfeed, before birth	93.3	91.1 - 95.5	91.9 *	86.2 - 97.7	92.0 *	87.1 - 96.9	91.3	86.7 - 95.8	--	
Intended to breastfeed exclusively, before birth	58.9	54.5 - 63.2	46.8	37.1 - 56.5	47.5	37.8 - 57.2	62.9	54.9 - 70.9	74.4	66.7 - 82.0
Service Utilization										
Had a usual source of pre-pregnancy care	72.1	68.3 - 76.0	61.6	52.4 - 70.8	59.9	50.5 - 69.4	72.7	65.5 - 79.9	89.4	84.6 - 94.3
Had a postpartum medical visit	88.2	85.3 - 91.1	79.3	71.7 - 86.8	89.3	83.5 - 95.1	89.0	83.4 - 94.6	96.0 *	92.6 - 99.3
Mom or infant needed but couldn't afford care postpartum	14.3	11.2 - 17.4	24.1	15.9 - 32.3	17.1	10.2 - 24.1	12.9	7.5 - 18.3	--	
Participated in WIC during pregnancy	50.9	47.1 - 54.8	87.1	80.7 - 93.6	75.8	67.3 - 84.3	41.9	33.8 - 50.0	8.4 *	2.8 - 14.0
Received CalFresh (food stamps) during pregnancy	19.3	15.8 - 22.7	41.5	32.0 - 50.9	25.1	17.0 - 33.1	15.2	8.9 - 21.4	--	



MIHA Snapshot, Ventura County by Education, 2010-2012

Maternal and Infant Health Assessment (MIHA) Survey

	Ventura County		< High School		High School Graduate or GED		Some College		College Graduate	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Health Insurance Coverage										
Pre-pregnancy insurance										
Medi-Cal	18.6	15.3 - 21.9	38.9	29.5 - 48.2	24.1	16.1 - 32.2	14.8	8.8 - 20.8	--	
Uninsured	28.1	24.2 - 32.0	47.7	38.1 - 57.4	42.9	33.4 - 52.5	20.7	14.0 - 27.4	7.6 *	2.2 - 13.0
Private	49.2	45.2 - 53.2	10.1 *	4.1 - 16.2	30.9	22.0 - 39.8	58.4	50.3 - 66.5	86.8	80.6 - 92.9
Prenatal insurance										
Medi-Cal	47.0	43.1 - 50.9	85.0	78.2 - 91.8	70.8	61.9 - 79.7	35.7	28.0 - 43.3	9.0 *	3.6 - 14.5
Uninsured	2.5	1.2 - 3.8	--	--	--	--	--	--	--	
Private	45.4	41.5 - 49.2	--	--	27.3	18.5 - 36.0	51.5	43.4 - 59.6	86.4	80.5 - 92.4
Maternal postpartum insurance										
Medi-Cal	25.4	21.7 - 29.2	42.6	33.0 - 52.2	30.8	22.2 - 39.4	27.1	19.7 - 34.6	--	
Uninsured	23.3	19.7 - 27.0	47.9	38.2 - 57.7	38.0	28.7 - 47.3	12.1	7.1 - 17.2	--	
Private	47.7	43.8 - 51.6	--	--	28.5	19.6 - 37.4	55.6	47.6 - 63.6	88.7	83.0 - 94.5
Infant health insurance										
Medi-Cal	47.3	43.3 - 51.3	88.2	81.5 - 94.9	67.5	58.2 - 76.8	37.9	29.9 - 45.8	8.2 *	2.8 - 13.5
Healthy Families	3.8	1.9 - 5.7	--	--	--	--	--	--	--	
Uninsured	2.0 *	0.8 - 3.2	--	--	--	--	--	--	--	
Private	44.8	40.8 - 48.9	--	--	26.4	17.4 - 35.3	49.9	41.7 - 58.2	86.7	80.8 - 92.7
Maternal Demographics										
Age										
15-19	7.8	5.5 - 10.1	12.6	7.1 - 18.2	15.0	8.4 - 21.7	--	--	--	
20-34	73.9	70.0 - 77.7	75.2	67.4 - 83.1	69.3	60.5 - 78.1	77.2	70.2 - 84.2	72.4	64.9 - 79.8
35+	18.3	14.9 - 21.7	12.2	5.9 - 18.4	15.7	8.6 - 22.7	17.1	10.9 - 23.3	27.6	20.2 - 35.1
Unmarried	40.6	36.4 - 44.7	59.5	50.0 - 69.0	57.9	48.2 - 67.6	41.1	33.1 - 49.2	9.4	4.9 - 13.9
Race/Ethnicity										
Hispanic	60.0	56.0 - 64.1	93.4 *	88.6 - 98.1	83.0	75.7 - 90.2	54.7	46.6 - 62.8	18.0	11.8 - 24.2
Black	1.3	1.0 - 1.5	--	--	1.7 *	0.5 - 3.0	1.9	1.2 - 2.6	1.1 *	0.4 - 1.8
White	31.5	27.6 - 35.3	--	--	12.1	6.0 - 18.2	38.5	30.6 - 46.3	61.5	53.2 - 69.8
Asian/Pacific Islander	7.1	4.6 - 9.7	--	--	--	--	--	--	19.3	11.9 - 26.7
Born outside the U.S.	41.8	37.5 - 46.2	78.9	71.6 - 86.2	50.6	41.0 - 60.2	18.5	12.0 - 24.9	27.2	19.1 - 35.3
Speaks non-English language at home	34.3	30.3 - 38.4	67.1	58.0 - 76.1	49.6	40.0 - 59.2	15.0	9.3 - 20.7	14.2	7.2 - 21.1
Income as a percent of the Federal Poverty Guideline										
0-100%	43.0	38.8 - 47.2	79.9	71.6 - 88.1	67.4	57.8 - 77.0	33.5	25.7 - 41.4	--	
101-200%	16.3	12.8 - 19.8	16.3	8.6 - 24.0	18.4	10.2 - 26.6	22.8	15.6 - 30.0	6.8	3.1 - 10.6
>200%	40.7	36.5 - 44.9	--	--	14.2	7.1 - 21.3	43.6	35.3 - 52.0	86.0	79.6 - 92.4

-- 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 Ventura County was 615. Percent (%) and 95% confidence interval (95% CI) are weighted to represent all women with a live birth in Ventura 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.