

# MIHA Snapshot, Central Coast Region 2011

Maternal and Infant Health Assessment (MIHA) Survey



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

		Central Coast Region			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
<b>Prior Poor Birth Outcomes</b>							
Prior low birth weight or preterm delivery	◆	7.7	5.5 - 9.9	2,200	8.4	7.3 - 9.6	41,000
Prior delivery by c-section	◆	15.6	12.6 - 18.7	4,600	15.9	14.1 - 17.6	78,200
<b>Health Status</b>							
In good to excellent health before pregnancy†	◆	89.9	87.1 - 92.8	26,400	91.3	90.0 - 92.5	449,300
Chronic conditions before or during pregnancy							
Diabetes or gestational diabetes	◆	9.8	7.2 - 12.3	2,800	10.3	8.9 - 11.6	50,100
Hypertension, preeclampsia or eclampsia	◆	8.8	6.5 - 11.2	2,500	9.2	8.0 - 10.3	44,100
Asthma	◆	6.8	4.6 - 9.0	1,900	8.5	7.4 - 9.6	41,100
<b>Nutrition and Weight</b>							
Daily folic acid use, month before pregnancy	✗	29.4	25.6 - 33.2	8,600	34.4	32.3 - 36.4	168,600
Overweight before pregnancy	◆	26.1	22.1 - 30.0	6,500	26.1	24.1 - 28.1	120,100
Obese before pregnancy	◆	15.7	12.1 - 19.3	3,900	18.5	16.7 - 20.3	85,100
Inadequate weight gain during pregnancy	◆	16.7	13.0 - 20.4	3,500	16.8	15.0 - 18.6	63,300
Excessive weight gain during pregnancy	◆	45.3	40.5 - 50.1	9,600	43.9	41.5 - 46.2	165,500
Food insecurity during pregnancy	◆	20.9	17.5 - 24.2	6,100	18.4	16.8 - 19.9	90,200
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>							
Physical IPV in the year before pregnancy	◆	2.2	0.9 - 3.4	600	3.2	2.5 - 3.9	15,900
Physical or psychological IPV during pregnancy	◆	8.9	6.4 - 11.4	2,600	7.7	6.7 - 8.7	37,700
Prenatal depressive symptoms	◆	17.4	14.1 - 20.7	5,100	15.2	13.6 - 16.8	74,900
Postpartum depressive symptoms	◆	16.5	13.3 - 19.7	4,800	13.5	12.1 - 14.9	66,400
<b>Hardships and Support during Pregnancy</b>							
Homeless or did not have a regular place to sleep	◆	3.9	1.7 - 6.2	1,200	3.0	2.4 - 3.5	14,500
Moved due to problems paying rent or mortgage	◆	6.1	3.5 - 8.7	1,800	7.4	6.4 - 8.4	36,300
Woman or partner lost job	◆	18.6	14.9 - 22.3	5,400	17.2	15.6 - 18.9	84,100
Woman or partner had pay or hours cut back	◆	17.4	13.9 - 21.0	5,100	16.6	15.0 - 18.2	80,900
Became separated or divorced	◆	7.5	5.4 - 9.6	2,200	7.5	6.6 - 8.5	36,900
Had no practical or emotional support	◆	3.5	2.0 - 5.0	1,000	5.3	4.4 - 6.2	26,200
<b>Substance Use</b>							
Any smoking, 3 months before pregnancy	◆	10.8	8.2 - 13.5	3,200	12.3	11.0 - 13.5	60,000
Any smoking, 1st or 3rd trimester†	◆	5.8	3.9 - 7.6	1,700	8.1	7.1 - 9.1	39,500
Any smoking, postpartum	◆	4.4	2.7 - 6.1	1,300	6.3	5.5 - 7.1	30,800
Any binge drinking, 3 months before pregnancy	✓	9.8	7.5 - 12.2	2,900	13.1	11.9 - 14.4	64,200
Any alcohol use, 1st or 3rd trimester†	◆	17.1	13.9 - 20.2	5,000	19.6	17.9 - 21.2	95,900
<b>Pregnancy Intention and Family Planning</b>							
Mistimed or unwanted pregnancy†	◆	32.2	28.2 - 36.1	9,400	32.1	30.1 - 34.1	157,200
Unsure of pregnancy intentions†	◆	13.6	10.7 - 16.5	4,000	11.9	10.4 - 13.3	58,200
Postpartum birth control use†	◆	92.2	89.6 - 94.7	24,400	91.1	89.7 - 92.4	395,200
<b>Infant Sleep and Breastfeeding</b>							
Placed infant on back to sleep	◆	75.8	72.3 - 79.3	21,900	73.9	71.9 - 75.8	358,200
Intended to breastfeed, before birth	◆	92.2	90.0 - 94.4	26,600	92.1	91.0 - 93.2	448,400
Intended to breastfeed exclusively, before birth	◆	61.5	57.3 - 65.7	17,800	62.3	60.2 - 64.4	303,100
<b>Breastfeeding practices</b>							
Any breastfeeding, 1 month after delivery†	✓	85.4	82.4 - 88.4	24,200	81.7	80.0 - 83.4	391,400
Exclusive breastfeeding, 1 month after delivery†	✓	45.4	41.1 - 49.7	12,400	38.8	36.6 - 40.9	182,300
Any breastfeeding, 3 months after delivery†	✓	72.9	68.7 - 77.1	15,900	63.7	61.3 - 66.2	240,100
Exclusive breastfeeding, 3 months after delivery†	◆	26.9	22.7 - 31.2	5,700	23.1	21.1 - 25.1	86,000

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

		Central Coast Region			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
<b>Health Care Utilization</b>							
Had a usual source of pre-pregnancy care	♦	68.0	64.1 - 72.0	20,000	72.2	70.2 - 74.1	355,300
Initiated prenatal care in 1st trimester†	♦	84.9	82.1 - 87.8	24,600	85.6	84.1 - 87.2	416,100
Had a postpartum medical visit	♦	89.3	86.3 - 92.3	26,200	88.6	87.3 - 90.0	435,300
Mom or infant needed but couldn't afford care postpartum	♦	13.7	10.4 - 17.0	3,900	13.0	11.5 - 14.5	62,600
<b>Public Program Participation and Health Insurance Coverage</b>							
Received CalFresh (food stamps) during pregnancy	♦	19.1	16.0 - 22.2	5,600	22.2	20.6 - 23.8	109,000
Pre-pregnancy insurance							
Medi-Cal†	↓	20.6	17.3 - 23.9	6,000	25.6	23.8 - 27.3	125,100
Uninsured†	↑	31.1	27.1 - 35.1	9,000	23.9	22.3 - 25.6	117,200
Private†	↓	40.9	36.7 - 45.0	11,900	46.4	44.7 - 48.1	227,000
Prenatal insurance							
Medi-Cal†	♦	53.8	49.6 - 58.0	15,800	50.4	48.8 - 51.9	247,500
Uninsured†	♦	2.5	1.2 - 3.8	700	1.9	1.2 - 2.5	9,200
Private†	↓	34.8	30.8 - 38.7	10,200	43.2	41.6 - 44.8	212,400
Maternal postpartum insurance							
Medi-Cal†	♦	31.6	27.7 - 35.5	9,200	35.5	33.8 - 37.3	173,900
Uninsured†	↑	24.4	20.7 - 28.1	7,100	17.4	15.9 - 18.8	85,000
Private†	↓	37.9	33.8 - 42.0	11,100	43.8	42.1 - 45.4	214,300
Infant health insurance							
Medi-Cal†	♦	52.9	48.6 - 57.2	15,300	49.5	47.9 - 51.2	240,500
Healthy Families†	↑	8.1	5.5 - 10.7	2,300	5.2	4.4 - 6.1	25,400
Uninsured†	♦	1.4	0.6 - 2.2	400	2.4	1.9 - 2.9	11,700
Private†	↓	32.4	28.5 - 36.4	9,400	39.4	37.8 - 41.0	191,200
<b>Maternal Demographics</b>							
Age							
15-19	♦	8.7	6.3 - 11.2	2,600	7.7	6.4 - 8.9	37,800
20-34	♦	74.3	70.6 - 78.1	21,900	73.8	71.9 - 75.7	364,100
35+	♦	16.9	13.7 - 20.1	5,000	18.5	16.9 - 20.2	91,500
Did not complete high school (or GED)	↑	27.4	23.8 - 31.1	8,000	20.6	18.9 - 22.3	101,000
Unmarried	♦	41.4	37.3 - 45.5	12,100	42.3	40.4 - 44.1	207,800
Race/Ethnicity							
Hispanic	↑	62.7	58.6 - 66.8	18,400	50.9	49.1 - 52.7	247,100
Black	↓	1.1	1.0 - 1.2	300	6.0	5.6 - 6.4	29,100
White	♦	31.3	27.4 - 35.1	9,200	29.1	27.4 - 30.7	141,200
Asian/Pacific Islander	↓	4.9	2.7 - 7.2	1,400	13.4	11.8 - 14.9	64,900
Nativity and Language							
Born outside the U.S.	♦	43.0	38.8 - 47.1	12,600	39.8	37.8 - 41.9	196,400
Speaks non-English language at home	↑	39.5	35.3 - 43.6	11,600	32.4	30.4 - 34.4	159,000
Income as a percent of the Federal Poverty Guideline							
0-100%	♦	46.8	42.5 - 51.1	12,500	43.8	42.0 - 45.6	198,400
101-200%	♦	17.8	14.6 - 21.0	4,800	19.0	17.2 - 20.8	86,000
>200%	♦	35.4	31.2 - 39.6	9,500	37.2	35.5 - 38.9	168,500

† In 2011, measures changed for these indicators and are not comparable to the same indicator in prior years (see 2011 Technical Document for specific changes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth in 2011, with a sample size of 6,853. The sample size of Central Coast Region was 737. Percent (%), 95% confidence interval (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 in California and the region in 2011. Symbols indicate whether the health indicator in the region was statistically different from the rest of the state (p-value <0.05, chi-square test). Prior poor birth outcomes are presented for all women. Methods used to weight the data were different in 2011 than those used in prior years (see 2011 Technical Document for details on comparability with prior years and indicator 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).