



MIHA Snapshot, Central Coast Region, 2012

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
Prior Poor Birth Outcomes							
Prior low birth weight or preterm delivery	♦	10.1	7.2 - 13.1	2,900	8.8	7.6 - 9.9	42,900
Prior delivery by c-section	♦	16.2	12.8 - 19.6	4,700	16.1	14.5 - 17.7	79,600
Health Status							
In good to excellent health before pregnancy	♦	90.8	88.4 - 93.2	26,100	92.2	91.1 - 93.4	456,300
Chronic conditions before or during pregnancy							
Diabetes or gestational diabetes	♦	9.8	7.1 - 12.6	2,800	11.3	10.0 - 12.7	55,400
Hypertension, preeclampsia or eclampsia	✗	12.4	9.3 - 15.5	3,500	8.5	7.5 - 9.6	41,200
Asthma	♦	7.9	5.4 - 10.5	2,200	8.0	6.9 - 9.1	38,700
Nutrition and Weight							
Daily folic acid use, month before pregnancy	✗	28.6	24.6 - 32.6	8,200	34.0	31.9 - 36.1	168,100
Overweight before pregnancy	♦	24.8	20.5 - 29.0	6,300	24.1	22.2 - 26.0	111,600
Obese before pregnancy	♦	21.1	16.9 - 25.2	5,300	18.3	16.6 - 19.9	84,600
Inadequate weight gain during pregnancy	♦	17.1	13.0 - 21.1	3,600	16.5	14.7 - 18.4	63,800
Excessive weight gain during pregnancy	♦	44.6	39.3 - 50.0	9,300	42.5	40.0 - 45.1	164,200
Food insecurity during pregnancy	✗	24.3	20.3 - 28.3	7,000	18.6	16.9 - 20.3	91,600
Intimate Partner Violence (IPV) and Depressive Symptoms							
Physical or psychological IPV during pregnancy	♦	7.8	5.6 - 10.1	2,200	8.8	7.5 - 10.2	43,400
Prenatal depressive symptoms	♦	17.1	13.8 - 20.5	4,900	16.4	14.7 - 18.1	81,200
Postpartum depressive symptoms	✗	19.8	16.2 - 23.4	5,700	16.0	14.3 - 17.6	78,800
Hardships and Support during Pregnancy							
Homeless or did not have a regular place to sleep	♦	5.2	2.8 - 7.6	1,500	3.7	3.0 - 4.5	18,100
Moved due to problems paying rent or mortgage	♦	6.9	4.6 - 9.1	1,900	7.5	6.4 - 8.6	36,600
Woman or partner lost job	♦	20.4	16.6 - 24.3	5,800	17.3	15.7 - 18.9	84,200
Woman or partner had pay or hours cut back	♦	15.4	11.9 - 19.0	4,400	14.3	12.8 - 15.8	69,500
Became separated or divorced	♦	6.9	4.4 - 9.4	2,000	7.9	6.8 - 9.0	38,600
Had no practical or emotional support	♦	5.7	3.6 - 7.7	1,600	5.5	4.4 - 6.5	26,900
Substance Use							
Any smoking, 3 months before pregnancy	♦	9.4	6.9 - 11.9	2,700	11.9	10.6 - 13.3	58,700
Any smoking, 1st or 3rd trimester	♦	6.2	4.1 - 8.3	1,800	8.3	7.1 - 9.6	41,000
Any smoking, postpartum	♦	4.1	2.3 - 5.9	1,200	5.7	4.7 - 6.6	27,800
Any binge drinking, 3 months before pregnancy	♦	12.8	9.6 - 16.1	3,600	13.9	12.5 - 15.3	68,000
Any alcohol use, 1st or 3rd trimester	♦	20.2	16.5 - 23.9	5,700	20.9	19.1 - 22.6	102,000
Pregnancy Intention and Family Planning							
Mistimed or unwanted pregnancy	♦	30.6	26.5 - 34.7	8,700	30.9	28.8 - 33.0	152,500
Unsure of pregnancy intentions	✓	8.6	6.2 - 11.0	2,500	12.9	11.3 - 14.4	63,500
Postpartum birth control use	♦	91.6	89.0 - 94.2	23,800	89.8	88.1 - 91.5	395,800
Infant Sleep and Breastfeeding							
Placed infant on back to sleep	♦	78.6	74.8 - 82.4	22,200	76.1	74.1 - 78.1	366,400
Intended to breastfeed, before birth	✓	94.8	92.8 - 96.7	26,900	92.2	90.9 - 93.5	444,100
Intended to breastfeed exclusively, before birth	✓	67.9	63.9 - 71.9	19,300	62.0	59.9 - 64.2	298,800
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	✓	87.4	84.4 - 90.4	24,400	82.7	81.0 - 84.4	393,200
Exclusive breastfeeding, 1 month after delivery	✓	53.4	48.8 - 58.0	14,500	41.9	39.7 - 44.1	196,500
Any breastfeeding, 3 months after delivery	✓	71.4	66.9 - 75.9	15,300	64.9	62.4 - 67.5	245,000
Exclusive breastfeeding, 3 months after delivery	✓	34.2	29.2 - 39.1	7,100	26.5	24.3 - 28.7	98,600



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		Central Coast Region			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Care Utilization and Public Program Participation							
Had a usual source of pre-pregnancy care	♦	68.1	63.9 - 72.3	19,600	72.0	70.1 - 74.0	356,600
Initiated prenatal care in 1st trimester †	♦	88.9	86.0 - 91.8	25,300	88.0	86.6 - 89.4	430,000
Had a dental visit during pregnancy	♦	43.1	38.6 - 47.6	12,400	42.1	40.0 - 44.3	208,300
Had a postpartum medical visit	♦	90.5	87.9 - 93.1	25,900	88.3	87.0 - 89.7	434,500
Mom or infant needed but couldn't afford care postpartum	↑	19.4	15.8 - 23.0	5,500	14.8	13.2 - 16.4	71,500
Participated in WIC during pregnancy	♦	58.4	54.0 - 62.9	16,400	55.6	54.1 - 57.1	269,800
Received CalFresh (food stamps) during pregnancy	♦	24.7	20.7 - 28.6	7,000	24.7	23.0 - 26.5	121,900
Health Insurance Coverage							
Pre-pregnancy insurance							
Medi-Cal	♦	22.6	18.8 - 26.4	6,400	24.5	22.7 - 26.3	120,700
Uninsured	↑	29.8	25.8 - 33.9	8,400	24.7	22.9 - 26.4	121,500
Private	♦	42.8	38.4 - 47.3	12,100	47.0	45.2 - 48.7	231,300
Prenatal insurance							
Medi-Cal	♦	53.8	49.3 - 58.3	15,400	49.8	48.2 - 51.5	246,200
Uninsured	♦	1.5	0.6 - 2.3	400	1.7	1.2 - 2.1	8,200
Private	↓	35.8	31.5 - 40.1	10,300	43.5	41.8 - 45.1	214,800
Maternal postpartum insurance							
Medi-Cal	♦	30.8	26.6 - 35.0	8,700	34.6	32.8 - 36.5	169,700
Uninsured	↑	25.4	21.4 - 29.4	7,200	16.7	15.2 - 18.1	81,600
Private	↓	40.1	35.6 - 44.5	11,300	45.1	43.4 - 46.8	221,000
Infant health insurance							
Medi-Cal	♦	53.2	48.6 - 57.7	15,000	49.2	47.4 - 51.0	237,400
Healthy Families	↑	9.5	6.7 - 12.3	2,700	5.1	4.2 - 6.1	24,800
Uninsured	♦	1.3	0.4 - 2.1	400	2.4	1.5 - 3.3	11,800
Private	↓	33.1	28.9 - 37.3	9,400	40.7	39.0 - 42.4	196,200
Maternal Demographics							
Age							
15-19	♦	7.2	5.0 - 9.5	2,100	7.0	5.8 - 8.2	34,500
20-34	♦	75.9	72.1 - 79.7	21,900	74.0	72.0 - 76.1	366,900
35+	♦	16.8	13.5 - 20.2	4,800	19.0	17.2 - 20.8	94,100
Did not complete high school (or GED)	↑	24.6	20.9 - 28.4	7,100	18.2	16.4 - 19.9	89,700
Unmarried	♦	41.2	36.7 - 45.7	11,800	41.7	39.7 - 43.6	205,400
Race/Ethnicity							
Hispanic	↑	61.8	57.5 - 66.1	17,700	50.1	48.2 - 52.0	242,700
Black	↓	1.1	0.9 - 1.3	300	5.8	5.2 - 6.5	28,300
White	♦	31.4	27.3 - 35.5	9,000	28.7	26.9 - 30.5	139,000
Asian/Pacific Islander	↓	5.2	3.2 - 7.2	1,500	14.8	13.2 - 16.5	71,900
Nativity and Language							
Born outside the U.S.	♦	41.7	37.3 - 46.2	12,000	39.3	37.2 - 41.5	194,800
Speaks non-English language at home	↑	36.2	31.9 - 40.5	10,300	30.8	28.8 - 32.8	150,100
Income as a percent of the Federal Poverty Guideline							
0-100%	♦	48.0	43.3 - 52.8	12,800	43.4	41.5 - 45.3	198,900
101-200%	♦	17.5	14.1 - 20.9	4,700	18.6	16.9 - 20.3	85,200
>200%	♦	34.4	30.0 - 38.9	9,200	38.0	36.2 - 39.8	174,200

† In 2012, the measure changed for this indicator and is not comparable to prior years (see Technical Document).

Notes: MIHA is an annual population-based survey of California resident women with a live birth in 2012, with a sample size of 6,810. The sample size of Central Coast Region was 717. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (N), 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 2012. 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. 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.