MIHA Data Snapshot, Central Coast Region, 2013-2014

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
Health Status Before Pregnancy									
In good to excellent health	♦	90.8	89.2 -	92.5	25,900	92.4	91.5 -	93.3	452,800
Chronic conditions									
Diabetes†	♦	2.9	1.9 -	3.9	800	2.3	1.8 -	2.8	10,900
Hypertension†	♦	2.7	1.6 -	3.7	700	2.5	2.0 -	2.9	11,900
Asthma†	♦	8.5	6.7 -	10.4	2,400	7.8	7.0 -	8.6	37,500
Nutrition and Weight									
Daily folic acid use, month before pregnancy	♦	32.1	29.5 -	34.7	9,200	32.7	31.1 -	34.3	159,900
Overweight before pregnancy	♦	27.1	24.4 -	29.7	6,900	24.7	23.2 -	26.2	114,900
Obese before pregnancy	♦	21.7	19.1 -	24.3	5,500	20.3	18.9 -	21.7	94,400
Inadequate weight gain during pregnancy	♦	16.3	14.0 -	18.5	3,700	17.7	16.2 -	19.2	72,900
Excessive weight gain during pregnancy	♦	44.9	41.7 -	48.0	10,100	41.4	39.5 -	43.2	170,100
Food insecurity during pregnancy	✗	19.5	17.3 -	21.8	5,500	16.6	15.4 -	17.9	80,500
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	♦	8.3	6.5 -	10.0	2,400	7.1	6.2 -	7.9	34,500
Prenatal depressive symptoms	♦	15.7	13.6 -	17.8	4,500	14.1	12.9 -	15.3	68,900
Postpartum depressive symptoms	♦	15.1	13.0 -	17.3	4,300	13.0	11.8 -	14.1	63,200
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	♦	26.8	24.1 -	29.4	7,500	25.3	23.8 -	26.7	121,600
Homeless or did not have a regular place to sleep	♦	3.6	2.5 -	4.6	1,000	2.9	2.4 -	3.4	14,000
Moved due to problems paying rent or mortgage	♦	6.5	4.9 -	8.0	1,800	6.9	6.0 -	7.7	33,600
Woman or partner lost job	♦	16.6	14.3 -	18.9	4,700	14.6	13.4 -	15.8	71,000
Woman or partner had pay or hours cut back	♦	13.5	11.6 -	15.5	3,800	11.8	10.7 -	12.8	57,100
Became separated or divorced	♦	6.2	4.8 -	7.6	1,800	7.6	6.7 -	8.5	37,000
Had no practical or emotional support	♦	4.4	3.3 -	5.6	1,300	4.4	3.7 -	5.2	21,700
Substance Use									
Any smoking, 3 months before pregnancy	✓	7.7	6.3 -	9.1	2,200	11.6	10.5 -	12.7	56,500
Any smoking, 3rd trimester†	✓	1.7	0.9 -	2.5	500	2.9	2.3 -	3.4	13,900
Any smoking, postpartum	✓	3.3	2.2 -	4.3	900	5.6	4.8 -	6.3	27,300
Any binge drinking, 3 months before pregnancy	♦	15.4	13.3 -	17.5	4,400	15.1	13.8 -	16.3	72,900
Any alcohol use, 3rd trimester†	♦	7.7	6.2 -	9.2	2,200	7.6	6.6 -	8.6	37,000
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	♦	28.3	25.8 -	30.9	8,100	31.2	29.6 -	32.8	151,800
Unsure of pregnancy intentions	♦	12.0	10.2 -	13.8	3,400	12.9	11.8 -	14.0	62,700
Postpartum birth control use†	♦	83.8	81.5 -	86.2	23,500	81.6	80.3 -	83.0	390,200
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	✓	83.2	81.2 -	85.3	23,500	79.7	78.3 -	81.1	383,200
Infant always or often shared bed	✗	40.2	37.4 -	43.0	11,300	34.1	32.5 -	35.7	163,700
Intended to breastfeed, before birth	♦	94.0	92.5 -	95.4	26,500	92.4	91.5 -	93.4	444,100
Intended to breastfeed exclusively, before birth	♦	66.8	64.1 -	69.6	18,900	64.2	62.6 -	65.9	308,500
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	✓	87.7	85.8 -	89.7	24,400	83.5	82.3 -	84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✓	49.7	46.7 -	52.6	13,500	42.7	41.0 -	44.4	200,700
Any breastfeeding, 3 months after delivery	✓	72.2	69.0 -	75.3	15,400	66.2	64.3 -	68.2	244,200
Exclusive breastfeeding, 3 months after delivery	✓	34.2	31.0 -	37.4	7,200	27.4	25.7 -	29.1	99,800

MIHA is a collaborative effort of the Maternal, Child and Adolescent Health Division and the Women, Infants and Children Division in the California Department of Public Health and the Center on Social Disparities in Health at the University of California San Francisco.

MIHA Data Snapshot, Central Coast Region, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

↑ 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
Health Care Utilization and Public Program Participation									
Had a usual source of pre-pregnancy care	♦	70.6	68.0 -	73.1	20,100	70.4	68.8 -	71.9	344,100
Initiated prenatal care in 1st trimester	♦	88.7	86.9 -	90.4	24,800	89.7	88.7 -	90.6	433,500
Had a postpartum medical visit	♦	88.2	86.2 -	90.2	25,000	87.5	86.4 -	88.7	427,500
Mom or infant needed but couldn't afford care postpartum	♦	14.1	12.0 -	16.3	4,000	12.6	11.4 -	13.7	59,700
Participated in WIC during pregnancy†	♦	54.7	51.9 -	57.6	15,200	54.1	52.9 -	55.4	259,300
Received CalFresh (food stamps) during pregnancy	♦	23.3	20.9 -	25.6	6,600	24.9	23.6 -	26.3	121,000
Health Insurance Coverage									
Pre-pregnancy insurance									
Medi-Cal	↓	21.3	19.1 -	23.5	6,100	24.5	23.1 -	25.8	119,600
Uninsured	↑	28.8	26.2 -	31.4	8,200	24.0	22.6 -	25.4	117,500
Private	♦	44.6	41.8 -	47.4	12,700	47.5	46.2 -	48.9	232,500
Prenatal insurance									
Medi-Cal	↑	53.2	50.3 -	56.1	15,100	49.7	48.4 -	51.0	242,800
Uninsured	♦	1.8	1.0 -	2.7	500	1.6	1.2 -	2.0	7,900
Private	↓	39.6	36.7 -	42.4	11,300	44.5	43.1 -	45.8	217,100
Maternal postpartum insurance									
Medi-Cal	↓	32.3	29.8 -	34.9	9,100	36.2	34.7 -	37.6	175,700
Uninsured	↑	22.0	19.6 -	24.5	6,200	15.0	13.8 -	16.2	72,800
Private	↓	41.3	38.4 -	44.1	11,700	45.7	44.3 -	47.0	221,900
Infant health insurance									
Medi-Cal	↑	55.5	52.7 -	58.4	15,600	52.2	50.9 -	53.6	250,400
Uninsured	♦	1.8	0.9 -	2.6	500	2.9	2.2 -	3.5	13,700
Private	↓	36.7	33.9 -	39.5	10,300	41.3	40.0 -	42.6	198,000
Maternal Demographics									
Age									
15-19	♦	6.6	5.0 -	8.1	1,900	5.6	4.9 -	6.4	27,500
20-34	♦	75.4	72.9 -	77.9	21,500	74.5	73.0 -	76.0	365,300
35+	♦	18.0	15.9 -	20.2	5,200	19.9	18.5 -	21.3	97,400
Did not complete high school (or GED)	↑	22.1	19.9 -	24.4	6,300	16.5	15.2 -	17.7	79,900
Unmarried	♦	41.2	38.4 -	44.0	11,700	40.9	39.4 -	42.4	199,000
Race/Ethnicity									
Hispanic	↑	61.8	59.1 -	64.6	17,600	49.2	47.7 -	50.7	236,500
Black	↓	1.1	0.9 -	1.2	300	5.7	5.3 -	6.1	27,400
White	↑	32.3	29.7 -	34.9	9,200	29.3	27.9 -	30.7	140,900
Asian/Pacific Islander	↓	4.6	3.1 -	6.1	1,300	15.3	13.9 -	16.7	73,700
Nativity and Language									
Born outside the U.S.	♦	39.9	37.1 -	42.7	11,400	37.9	36.2 -	39.6	185,700
Speaks non-English language at home	↑	36.1	33.4 -	38.9	10,200	30.1	28.5 -	31.7	144,800
Lives in a high poverty neighborhood	↓	28.9	26.5 -	31.2	7,900	38.9	37.3 -	40.5	182,900
Income as a percent of the Federal Poverty Guideline									
0-100%	♦	43.3	40.4 -	46.2	11,500	41.0	39.5 -	42.4	188,800
101-200%	♦	20.5	18.1 -	22.9	5,400	20.8	19.4 -	22.2	96,000
> 200%	♦	36.2	33.4 -	39.1	9,600	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 Central Coast Region was 1,963. 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 region in 2013-2014. Population estimate is a two-year average. 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). 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.

Table Citation: Maternal and Infant Health Assessment (MIHA) Survey Data Snapshots, 2013-2014. California Department of Public Health. 2016.