



# MIHA Data Snapshot, San Luis Obispo County, 2013-2014

## Maternal and Infant Health Assessment (MIHA) Survey

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

|  |   | San Luis Obispo County |             |                     | California |             |                     |
|--|---|------------------------|-------------|---------------------|------------|-------------|---------------------|
|  |   | %                      | 95% CI      | Population Estimate | %          | 95% CI      | Population Estimate |
| <b>Health Status Before Pregnancy</b>                          |   |                        |             |                     |            |             |                     |
| In good to excellent health                                    | ♦ | 93.5                   | 90.2 - 96.7 | 2,400               | 92.4       | 91.5 - 93.3 | 452,800             |
| Chronic conditions   |   |                        |             |                     |            |             |                     |
| Diabetes†  | ♦ | 2.1 *                  | 0.3 - 3.9   | 100                 | 2.3        | 1.8 - 2.8   | 10,900              |
| Hypertension†  |   | --                     |             |                     | 2.5        | 2.0 - 2.9   | 11,900              |
| Asthma†  | ✓ | 4.2                    | 2.2 - 6.3   | 100                 | 7.8        | 7.0 - 8.6   | 37,500              |
| <b>Nutrition and Weight</b>                                    |   |                        |             |                     |            |             |                     |
| Daily folic acid use, month before pregnancy                   | ♦ | 31.4                   | 26.5 - 36.3 | 800                 | 32.7       | 31.1 - 34.3 | 159,900             |
| Overweight before pregnancy                                    | ♦ | 21.8                   | 17.0 - 26.6 | 500                 | 24.7       | 23.2 - 26.2 | 114,900             |
| Obese before pregnancy   | ♦ | 16.2                   | 12.2 - 20.1 | 400                 | 20.3       | 18.9 - 21.7 | 94,400              |
| Inadequate weight gain during pregnancy                        | ♦ | 16.6                   | 12.2 - 20.9 | 400                 | 17.7       | 16.2 - 19.2 | 72,900              |
| Excessive weight gain during pregnancy                         | ♦ | 43.6                   | 38.0 - 49.1 | 1,000               | 41.4       | 39.5 - 43.2 | 170,100             |
| Food insecurity during pregnancy                               | ♦ | 16.2                   | 12.1 - 20.3 | 400                 | 16.6       | 15.4 - 17.9 | 80,500              |
| <b>Intimate Partner Violence (IPV) and Depressive Symptoms</b> |   |                        |             |                     |            |             |                     |
| Physical or psychological IPV during pregnancy                 | ♦ | 5.3                    | 3.1 - 7.5   | 100                 | 7.1        | 6.2 - 7.9   | 34,500              |
| Prenatal depressive symptoms                                   | ♦ | 11.4                   | 7.7 - 15.1  | 300                 | 14.1       | 12.9 - 15.3 | 68,900              |
| Postpartum depressive symptoms                                 | ♦ | 11.5                   | 7.9 - 15.2  | 300                 | 13.0       | 11.8 - 14.1 | 63,200              |
| <b>Hardships and Support during Pregnancy</b>                  |   |                        |             |                     |            |             |                     |
| Experienced two or more hardships during childhood             | ♦ | 29.1                   | 24.1 - 34.0 | 700                 | 25.3       | 23.8 - 26.7 | 121,600             |
| Homeless or did not have a regular place to sleep              | ♦ | 3.3                    | 1.4 - 5.1   | 100                 | 2.9        | 2.4 - 3.4   | 14,000              |
| Moved due to problems paying rent or mortgage                  | ♦ | 4.9                    | 2.6 - 7.3   | 100                 | 6.9        | 6.0 - 7.7   | 33,600              |
| Woman or partner lost job                                      | ♦ | 13.1                   | 9.4 - 16.8  | 300                 | 14.6       | 13.4 - 15.8 | 71,000              |
| Woman or partner had pay or hours cut back                     | ♦ | 11.7                   | 8.3 - 15.1  | 300                 | 11.8       | 10.7 - 12.8 | 57,100              |
| Became separated or divorced                                   | ♦ | 4.8                    | 2.2 - 7.4   | 100                 | 7.6        | 6.7 - 8.5   | 37,000              |
| Had no practical or emotional support                          | ♦ | 5.0                    | 2.8 - 7.2   | 100                 | 4.4        | 3.7 - 5.2   | 21,700              |
| <b>Substance Use</b>   |   |                        |             |                     |            |             |                     |
| Any smoking, 3 months before pregnancy                         | ♦ | 14.1                   | 10.1 - 18.1 | 400                 | 11.6       | 10.5 - 12.7 | 56,500              |
| Any smoking, 3rd trimester†                                    | ♦ | 1.5 *                  | 0.4 - 2.6   | < 100               | 2.9        | 2.3 - 3.4   | 13,900              |
| Any smoking, postpartum  | ♦ | 6.9                    | 3.7 - 10.2  | 200                 | 5.6        | 4.8 - 6.3   | 27,300              |
| Any binge drinking, 3 months before pregnancy                  | ✗ | 21.8                   | 17.4 - 26.2 | 600                 | 15.1       | 13.8 - 16.3 | 72,900              |
| Any alcohol use, 3rd trimester†                                | ♦ | 10.2                   | 7.0 - 13.4  | 300                 | 7.6        | 6.6 - 8.6   | 37,000              |
| <b>Pregnancy Intention and Family Planning</b>                 |   |                        |             |                     |            |             |                     |
| Mistimed or unwanted pregnancy                                 | ♦ | 27.0                   | 22.0 - 32.0 | 700                 | 31.2       | 29.6 - 32.8 | 151,800             |
| Unsure of pregnancy intentions                                 | ♦ | 13.7                   | 9.8 - 17.7  | 400                 | 12.9       | 11.8 - 14.0 | 62,700              |
| Postpartum birth control use†                                  | ✓ | 88.1                   | 84.6 - 91.7 | 2,200               | 81.6       | 80.3 - 83.0 | 390,200             |
| <b>Infant Sleep and Breastfeeding</b>                          |   |                        |             |                     |            |             |                     |
| Placed infant on back to sleep                                 | ♦ | 81.2                   | 77.0 - 85.5 | 2,100               | 79.7       | 78.3 - 81.1 | 383,200             |
| Infant always or often shared bed                              | ♦ | 37.5                   | 32.2 - 42.7 | 1,000               | 34.1       | 32.5 - 35.7 | 163,700             |
| Intended to breastfeed, before birth                           | ✓ | 96.8 *                 | 94.6 - 99.0 | 2,400               | 92.4       | 91.5 - 93.4 | 444,100             |
| Intended to breastfeed exclusively, before birth               | ✓ | 80.7                   | 75.9 - 85.4 | 2,000               | 64.2       | 62.6 - 65.9 | 308,500             |
| Breastfeeding practices  |   |                        |             |                     |            |             |                     |
| Any breastfeeding, 1 month after delivery                      | ✓ | 92.2                   | 89.1 - 95.3 | 2,300               | 83.5       | 82.3 - 84.8 | 398,500             |
| Exclusive breastfeeding, 1 month after delivery                | ✓ | 61.7                   | 56.2 - 67.2 | 1,500               | 42.7       | 41.0 - 44.4 | 200,700             |
| Any breastfeeding, 3 months after delivery                     | ✓ | 74.8                   | 68.6 - 81.0 | 1,300               | 66.2       | 64.3 - 68.2 | 244,200             |
| Exclusive breastfeeding, 3 months after delivery               | ✓ | 46.4                   | 39.8 - 53.1 | 800                 | 27.4       | 25.7 - 29.1 | 99,800              |



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## Maternal and Infant Health Assessment (MIHA) Survey

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

|   |   | San Luis Obispo County |             |                     | California |             |                     |
|---|---|------------------------|-------------|---------------------|------------|-------------|---------------------|
|   |   | %                      | 95% CI      | Population Estimate | %          | 95% CI      | Population Estimate |
| <b>Health Care Utilization and Public Program Participation</b> |   |                        |             |                     |            |             |                     |
| Had a usual source of pre-pregnancy care                        | ♦ | 67.9                   | 62.8 - 73.0 | 1,700               | 70.4       | 68.8 - 71.9 | 344,100             |
| Initiated prenatal care in 1st trimester                        | ↑ | 93.2                   | 90.6 - 95.8 | 2,400               | 89.7       | 88.7 - 90.6 | 433,500             |
| Had a postpartum medical visit                                  | ↑ | 93.8                   | 91.0 - 96.7 | 2,400               | 87.5       | 86.4 - 88.7 | 427,500             |
| Mom or infant needed but couldn't afford care postpartum        | ♦ | 12.4                   | 8.7 - 16.1  | 300                 | 12.6       | 11.4 - 13.7 | 59,700              |
| Participated in WIC during pregnancy†                           | ↓ | 38.4                   | 33.0 - 43.9 | 1,000               | 54.1       | 52.9 - 55.4 | 259,300             |
| Received CalFresh (food stamps) during pregnancy                | ↓ | 19.3                   | 14.8 - 23.9 | 500                 | 24.9       | 23.6 - 26.3 | 121,000             |
| <b>Health Insurance Coverage</b>                                |   |                        |             |                     |            |             |                     |
| Pre-pregnancy insurance   |   |                        |             |                     |            |             |                     |
| Medi-Cal  | ↓ | 18.9                   | 14.7 - 23.2 | 500                 | 24.5       | 23.1 - 25.8 | 119,600             |
| Uninsured   | ♦ | 23.2                   | 18.2 - 28.2 | 600                 | 24.0       | 22.6 - 25.4 | 117,500             |
| Private   | ↑ | 56.7                   | 51.2 - 62.2 | 1,500               | 47.5       | 46.2 - 48.9 | 232,500             |
| Prenatal insurance  |   |                        |             |                     |            |             |                     |
| Medi-Cal  | ♦ | 44.3                   | 38.8 - 49.8 | 1,100               | 49.7       | 48.4 - 51.0 | 242,800             |
| Uninsured   |   | --                     |             |                     | 1.6        | 1.2 - 2.0   | 7,900               |
| Private   | ↑ | 50.6                   | 45.1 - 56.1 | 1,300               | 44.5       | 43.1 - 45.8 | 217,100             |
| Maternal postpartum insurance                                   |   |                        |             |                     |            |             |                     |
| Medi-Cal  | ♦ | 34.3                   | 29.0 - 39.7 | 900                 | 36.2       | 34.7 - 37.6 | 175,700             |
| Uninsured   | ♦ | 14.2                   | 10.1 - 18.3 | 400                 | 15.0       | 13.8 - 16.2 | 72,800              |
| Private   | ♦ | 50.1                   | 44.6 - 55.5 | 1,300               | 45.7       | 44.3 - 47.0 | 221,900             |
| Infant health insurance   |   |                        |             |                     |            |             |                     |
| Medi-Cal  | ↓ | 46.5                   | 41.0 - 52.0 | 1,200               | 52.2       | 50.9 - 53.6 | 250,400             |
| Uninsured   | ♦ | 2.9 *                  | 0.8 - 5.1   | 100                 | 2.9        | 2.2 - 3.5   | 13,700              |
| Private   | ↑ | 47.6                   | 42.1 - 53.0 | 1,200               | 41.3       | 40.0 - 42.6 | 198,000             |
| <b>Maternal Demographics</b>                                    |   |                        |             |                     |            |             |                     |
| Age   |   |                        |             |                     |            |             |                     |
| 15-19   | ♦ | 5.1                    | 2.6 - 7.6   | 100                 | 5.6        | 4.9 - 6.4   | 27,500              |
| 20-34   | ♦ | 77.1                   | 72.5 - 81.7 | 2,000               | 74.5       | 73.0 - 76.0 | 365,300             |
| 35+   | ♦ | 17.8                   | 13.6 - 22.0 | 500                 | 19.9       | 18.5 - 21.3 | 97,400              |
| Did not complete high school (or GED)                           | ↓ | 9.0                    | 5.8 - 12.2  | 200                 | 16.5       | 15.2 - 17.7 | 79,900              |
| Unmarried   | ↓ | 32.3                   | 27.2 - 37.4 | 800                 | 40.9       | 39.4 - 42.4 | 199,000             |
| Race/Ethnicity  |   |                        |             |                     |            |             |                     |
| Hispanic  | ↓ | 34.2                   | 28.7 - 39.6 | 900                 | 49.2       | 47.7 - 50.7 | 236,500             |
| Black   |   | --                     |             |                     | 5.7        | 5.3 - 6.1   | 27,400              |
| White   | ↑ | 61.6                   | 56.1 - 67.1 | 1,600               | 29.3       | 27.9 - 30.7 | 140,900             |
| Asian/Pacific Islander  | ↓ | 2.8 *                  | 1.1 - 4.5   | 100                 | 15.3       | 13.9 - 16.7 | 73,700              |
| Nativity and Language   |   |                        |             |                     |            |             |                     |
| Born outside the U.S.   | ↓ | 20.0                   | 15.4 - 24.5 | 500                 | 37.9       | 36.2 - 39.6 | 185,700             |
| Speaks non-English language at home                             | ↓ | 16.5                   | 12.2 - 20.9 | 400                 | 30.1       | 28.5 - 31.7 | 144,800             |
| Lives in a high poverty neighborhood                            | ↓ | 18.6                   | 14.2 - 23.0 | 500                 | 38.9       | 37.3 - 40.5 | 182,900             |
| Income as a percent of the Federal Poverty Guideline            |   |                        |             |                     |            |             |                     |
| 0-100%  | ↓ | 28.9                   | 23.6 - 34.1 | 700                 | 41.0       | 39.5 - 42.4 | 188,800             |
| 101-200%  | ♦ | 22.7                   | 17.9 - 27.4 | 600                 | 20.8       | 19.4 - 22.2 | 96,000              |
| > 200%  | ↑ | 48.4                   | 42.9 - 54.0 | 1,200               | 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 San Luis Obispo County was 382. 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 county in 2013-2014. Population estimate is a two-year average. Symbols indicate whether the health indicator in the county 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](http://www.cdph.ca.gov/MIHA).

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