



# 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
<b>Health Status Before Pregnancy</b>							
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
<b>Nutrition and Weight</b>							
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
<b>Intimate Partner Violence (IPV) and Depressive Symptoms</b>							
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
<b>Hardships and Support during Pregnancy</b>							
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
<b>Substance Use</b>							
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
<b>Pregnancy Intention and Family Planning</b>							
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
<b>Infant Sleep and Breastfeeding</b>							
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 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
<b>Health Care Utilization and Public Program Participation</b>							
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
<b>Health Insurance Coverage</b>							
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
<b>Maternal Demographics</b>							
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](http://www.cdph.ca.gov/MIHA).

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