



MIHA Data Snapshot, Central Coast Region by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			<High School			High School Graduate or GED			Some College			College Graduate		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		28,400	22.1	20.2 - 24.0	6,200	20.7	18.7 - 22.6	5,800	30.9	28.7 - 33.2	8,700	26.3	24.3 - 28.3	7,400
Health Status before Pregnancy															
In good to excellent health	90.2	88.8 - 91.6	25,500	79.8	75.9 - 83.6	4,900	89.4	86.3 - 92.5	5,200	91.6	89.1 - 94.2	7,900	98.1	97.1 - 99.2	7,200
Chronic conditions															
Diabetes†	2.9	2.1 - 3.8	800	4.2	2.5 - 6.0	300	2.0*	0.7 - 3.3	100	3.9	1.8 - 6.0	300	1.5*	0.4 - 2.6	100
Hypertension†	2.7	1.8 - 3.6	700	2.3*	0.8 - 3.8	100	2.6*	0.6 - 4.6	100	3.5	1.5 - 5.4	300	2.4	1.1 - 3.7	200
Asthma†	8.4	6.9 - 9.9	2,300	5.8	3.4 - 8.2	300	8.9	5.4 - 12.3	500	10.5	7.4 - 13.6	900	7.9	5.2 - 10.6	600
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.5	30.3 - 34.7	9,200	24.6	20.5 - 28.7	1,500	26.0	21.5 - 30.5	1,500	29.8	25.8 - 33.8	2,600	47.6	43.2 - 52.0	3,500
Overweight before pregnancy	26.7	24.5 - 28.8	6,700	33.3	27.8 - 38.9	1,400	25.7	21.2 - 30.2	1,300	26.4	22.5 - 30.3	2,200	24.1	20.2 - 28.1	1,800
Obese before pregnancy	22.3	20.2 - 24.4	5,600	28.3	23.2 - 33.3	1,100	22.6	17.8 - 27.4	1,200	25.4	21.3 - 29.5	2,100	14.4	11.1 - 17.7	1,000
Inadequate weight gain during pregnancy	16.1	14.3 - 18.0	3,600	26.2	21.0 - 31.4	900	21.6	16.9 - 26.3	1,000	11.9	9.1 - 14.8	900	12.3	9.1 - 15.6	800
Excessive weight gain during pregnancy	44.8	42.2 - 47.4	10,000	35.5	29.6 - 41.5	1,200	45.2	39.3 - 51.2	2,000	49.0	44.3 - 53.8	3,700	44.7	40.2 - 49.2	3,000
Food insecurity during pregnancy	20.0	18.1 - 21.9	5,600	35.3	30.7 - 39.8	2,200	22.8	18.3 - 27.4	1,300	20.7	17.0 - 24.4	1,800	3.7	2.2 - 5.3	300
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	8.0	6.6 - 9.4	2,300	11.7	8.2 - 15.3	700	10.2	6.8 - 13.6	600	7.8	5.4 - 10.2	700	2.6*	1.0 - 4.3	200
Prenatal depressive symptoms	16.1	14.3 - 17.9	4,600	19.2	15.4 - 23.0	1,200	19.4	14.9 - 23.9	1,100	16.8	13.2 - 20.3	1,500	9.2	6.9 - 11.5	700
Postpartum depressive symptoms	14.9	13.2 - 16.6	4,200	14.7	11.5 - 18.0	900	15.4	11.4 - 19.5	900	17.5	13.8 - 21.2	1,500	10.7	8.0 - 13.3	800
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	26.0	23.9 - 28.1	7,200	30.1	25.6 - 34.7	1,800	28.0	22.9 - 33.1	1,600	30.6	26.3 - 34.8	2,600	16.2	13.2 - 19.2	1,200
Homeless or did not have a regular place to sleep	3.4	2.5 - 4.3	1,000	6.3	4.1 - 8.5	400	5.0	2.5 - 7.6	300	2.8	1.2 - 4.4	200	0.5*	0.1 - 0.9	<100
Moved due to problems paying rent or mortgage	6.7	5.3 - 8.0	1,900	7.0	4.4 - 9.6	400	6.7	4.0 - 9.4	400	11.3	8.0 - 14.6	1,000	1.2*	0.4 - 1.9	<100
Woman or partner lost job	15.8	14.0 - 17.7	4,400	25.0	20.5 - 29.5	1,500	19.3	14.8 - 23.8	1,100	14.2	10.9 - 17.5	1,200	6.8	4.6 - 9.1	500
Woman or partner had pay or hours cut back	13.4	11.7 - 15.0	3,800	14.5	11.1 - 18.0	900	14.5	10.5 - 18.5	800	17.4	13.9 - 20.9	1,500	6.2	4.5 - 7.9	500
Became separated or divorced	6.0	4.9 - 7.1	1,700	7.4	5.1 - 9.7	400	8.8	5.7 - 12.0	500	6.5	4.4 - 8.6	600	1.3	0.6 - 2.1	<100
Had no practical or emotional support	4.4	3.5 - 5.4	1,300	9.5	6.4 - 12.6	600	3.7	2.1 - 5.4	200	3.3	1.8 - 4.9	300	1.4*	0.4 - 2.4	100
Substance Use															
Any smoking, 3 months before pregnancy	8.0	6.7 - 9.3	2,200	3.6	2.2 - 5.1	200	8.0	5.2 - 10.9	500	14.4	11.2 - 17.6	1,200	4.3	2.8 - 5.8	300
Any smoking, 3rd trimester†	2.0	1.2 - 2.8	600	0.6*	0.1 - 1.2	<100	2.6*	0.8 - 4.5	200	4.0	1.9 - 6.1	300	0.4*	0.1 - 0.8	<100
Any smoking, postpartum	3.9	2.8 - 4.9	1,100	1.1*	0.4 - 1.9	<100	4.7*	1.8 - 7.5	300	7.6	4.9 - 10.3	700	1.3*	0.5 - 2.1	<100
Any binge drinking, 3 months before pregnancy	15.4	13.7 - 17.2	4,300	6.9	4.1 - 9.8	400	15.2	11.2 - 19.3	900	19.4	15.7 - 23.2	1,700	18.1	15.0 - 21.3	1,300
Any alcohol use, 3rd trimester†	7.9	6.6 - 9.3	2,200	--			4.8	2.5 - 7.1	300	8.4	5.7 - 11.1	700	15.1	12.1 - 18.0	1,100
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	29.3	27.2 - 31.5	8,300	31.6	27.2 - 36.0	1,900	38.1	32.9 - 43.3	2,200	34.0	29.6 - 38.3	2,900	15.2	12.3 - 18.2	1,100
Unsure of pregnancy intentions	11.9	10.4 - 13.4	3,400	14.3	11.0 - 17.5	900	14.1	10.5 - 17.6	800	12.9	10.2 - 15.7	1,100	6.6	4.4 - 8.8	500
Postpartum birth control use†	84.4	82.6 - 86.2	23,300	88.7	85.8 - 91.6	5,300	85.7	81.5 - 89.9	4,900	83.5	79.8 - 87.1	7,200	80.8	77.1 - 84.6	5,800
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	83.3	81.6 - 85.0	23,200	78.3	74.4 - 82.2	4,700	84.8	81.4 - 88.2	4,900	84.0	80.6 - 87.3	7,200	85.6	82.6 - 88.7	6,300
Infant always or often shared bed	40.9	38.6 - 43.2	11,300	58.7	54.0 - 63.4	3,500	41.3	36.2 - 46.4	2,300	35.8	31.6 - 40.1	3,100	31.6	27.5 - 35.6	2,300
Intended to breastfeed, before birth	94.1	92.9 - 95.3	26,200	91.5	88.7 - 94.3	5,500	91.2	87.9 - 94.5	5,200	95.3	93.2 - 97.4	8,100	97.5	96.1 - 98.9	7,200
Intended to breastfeed exclusively, before birth	67.9	65.7 - 70.1	18,900	43.5	38.8 - 48.1	2,600	58.0	52.7 - 63.3	3,300	75.8	71.9 - 79.8	6,500	86.8	84.0 - 89.7	6,400
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	87.5	85.8 - 89.2	24,100	85.9	82.3 - 89.5	5,100	81.9	77.5 - 86.3	4,600	86.3	83.0 - 89.6	7,300	94.8	92.9 - 96.7	6,900
Exclusive breastfeeding, 1 month after delivery	50.5	48.1 - 53.0	13,600	40.0	35.3 - 44.6	2,300	43.8	38.4 - 49.2	2,400	53.2	48.6 - 57.8	4,400	61.5	57.0 - 65.9	4,400
Any breastfeeding, 3 months after delivery	71.9	69.4 - 74.5	15,700	69.7	64.6 - 74.8	3,500	58.0	51.8 - 64.1	2,700	71.0	66.2 - 75.8	4,600	88.2	84.8 - 91.5	4,800
Exclusive breastfeeding, 3 months after delivery	34.2	31.7 - 36.7	7,300	19.2	15.3 - 23.0	900	24.7	19.7 - 29.7	1,100	39.1	34.1 - 44.1	2,500	50.4	45.1 - 55.7	2,700



MIHA Data Snapshot, Central Coast Region by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			<High School			High School Graduate or GED			Some College			College Graduate		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage															
Had a usual source of pre-pregnancy care	68.6	66.5 - 70.8	19,400	61.6	57.0 - 66.1	3,800	60.2	55.1 - 65.4	3,500	67.5	63.3 - 71.7	5,900	82.5	79.3 - 85.7	6,100
Initiated prenatal care in 1st trimester	88.5	87.0 - 90.0	24,600	82.1	78.5 - 85.8	4,800	85.1	81.1 - 89.0	4,800	88.8	85.9 - 91.6	7,600	96.1	94.6 - 97.6	7,100
Mom or infant needed but couldn't afford care postpartum	13.9	12.2 - 15.6	3,800	21.0	16.7 - 25.2	1,200	16.4	12.1 - 20.7	900	13.8	10.5 - 17.0	1,200	5.8	3.9 - 7.6	400
Participated in WIC during pregnancy†	54.1	51.8 - 56.5	14,900	92.5	89.7 - 95.3	5,700	74.3	69.3 - 79.2	4,200	48.1	43.5 - 52.6	4,100	11.1	8.3 - 14.0	800
Received CalFresh (food stamps) during pregnancy	23.3	21.3 - 25.2	6,500	45.4	40.7 - 50.1	2,800	31.0	26.1 - 35.9	1,800	20.0	16.5 - 23.6	1,700	2.5	1.4 - 3.6	200
Pre-pregnancy insurance															
Medi-Cal	23.6	21.7 - 25.5	6,600	40.7	36.1 - 45.3	2,500	33.1	28.2 - 38.0	1,900	21.1	17.7 - 24.5	1,800	3.7	2.1 - 5.3	300
Uninsured	26.6	24.5 - 28.6	7,500	47.5	42.7 - 52.3	2,900	37.4	32.3 - 42.6	2,200	21.8	18.1 - 25.5	1,900	6.6	4.5 - 8.7	500
Private	44.6	42.3 - 47.0	12,500	9.2	6.4 - 11.9	600	25.7	21.0 - 30.5	1,500	49.5	44.9 - 54.0	4,300	84.0	81.0 - 87.0	6,100
Prenatal insurance															
Medi-Cal	54.2	51.8 - 56.5	15,300	91.9	89.2 - 94.5	5,700	74.1	69.2 - 79.0	4,300	49.2	44.7 - 53.8	4,300	11.4	8.8 - 14.0	800
Uninsured	1.5	0.9 - 2.1	400	2.0*	0.6 - 3.3	100	3.4*	1.1 - 5.8	200	0.5*	0.1 - 0.9	<100	0.8*	0.1 - 1.5	<100
Private	39.0	36.7 - 41.3	11,000	5.0	3.0 - 7.0	300	18.9	14.4 - 23.3	1,100	43.2	38.6 - 47.7	3,700	79.8	76.5 - 83.1	5,900
Maternal postpartum insurance															
Medi-Cal	35.7	33.5 - 37.8	10,000	49.9	45.1 - 54.6	3,000	55.0	49.7 - 60.4	3,100	35.6	31.4 - 39.8	3,000	8.1	6.0 - 10.2	600
Uninsured	19.6	17.7 - 21.5	5,500	41.5	36.7 - 46.3	2,500	24.3	19.7 - 29.0	1,400	12.3	9.4 - 15.2	1,100	6.2	3.9 - 8.4	500
Private	40.3	38.0 - 42.6	11,300	6.9	4.5 - 9.3	400	19.2	14.7 - 23.7	1,100	45.2	40.6 - 49.7	3,900	79.9	76.5 - 83.2	5,900
Infant health insurance															
Medi-Cal	56.4	54.0 - 58.7	15,700	94.7	92.8 - 96.7	5,700	78.2	73.5 - 83.0	4,500	51.0	46.5 - 55.6	4,400	13.1	10.4 - 15.8	1,000
Uninsured	1.6	1.0 - 2.3	400	1.7*	0.6 - 2.9	100	2.1*	0.2 - 4.0	100	1.5*	0.4 - 2.6	100	1.2*	0.1 - 2.4	<100
Private	36.7	34.4 - 39.0	10,200	2.4*	0.9 - 3.8	100	15.4	11.2 - 19.7	900	40.5	36.0 - 45.0	3,500	78.0	74.5 - 81.4	5,700
Maternal Demographics															
Unmarried	41.8	39.4 - 44.1	11,700	60.3	55.5 - 65.0	3,700	60.0	54.9 - 65.2	3,500	42.3	37.8 - 46.7	3,600	11.0	8.5 - 13.4	800
Race/Ethnicity															
White	32.3	30.2 - 34.5	9,100	2.7	1.2 - 4.2	200	17.1	12.8 - 21.4	1,000	38.1	33.7 - 42.5	3,300	63.3	58.8 - 67.9	4,600
Hispanic	61.7	59.4 - 64.0	17,400	96.5	94.9 - 98.2	6,000	81.8	77.5 - 86.1	4,700	56.3	51.8 - 60.8	4,900	21.7	18.0 - 25.4	1,600
Asian/Pacific Islander	4.7	3.5 - 6.0	1,300	--			--			3.4	1.6 - 5.2	300	13.7	9.7 - 17.6	1,000
Black	1.1	0.9 - 1.2	300	--			0.8*	0.3 - 1.3	<100	1.9	1.4 - 2.3	200	1.1	0.8 - 1.4	<100
Born outside the U.S.	39.4	37.1 - 41.7	11,200	79.0	75.1 - 82.9	4,900	46.2	41.0 - 51.4	2,700	18.4	14.9 - 21.8	1,600	24.6	20.3 - 29.0	1,800
Speaks non-English language at home	35.5	33.2 - 37.7	10,000	76.1	72.0 - 80.2	4,700	46.4	41.1 - 51.6	2,700	15.7	12.4 - 19.0	1,400	15.6	11.7 - 19.5	1,100
Lives in a high poverty neighborhood	29.0	27.1 - 31.0	7,900	52.4	47.4 - 57.3	3,100	38.1	33.0 - 43.2	2,100	20.9	17.5 - 24.4	1,800	12.0	9.5 - 14.6	900
Income as a percent of the Federal Poverty Guideline															
0-100%	41.8	39.4 - 44.2	10,900	75.4	71.0 - 79.7	4,100	61.3	55.9 - 66.8	3,200	38.1	33.5 - 42.6	3,100	5.1	3.2 - 7.1	400
101-200%	21.5	19.5 - 23.5	5,600	22.0	17.8 - 26.2	1,200	25.6	20.9 - 30.3	1,300	26.3	22.3 - 30.4	2,200	12.3	9.6 - 15.0	900
> 200%	36.8	34.4 - 39.1	9,600	2.6*	1.0 - 4.2	100	13.1	8.9 - 17.3	700	35.6	31.2 - 40.0	2,900	82.6	79.3 - 85.8	5,800

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Central Coast Region was 2,916. 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 2013-2015. Population estimate (N) is a three-year average. 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 County and Regional Data Snapshots for Subgroups, 2013-2015. California Department of Public Health; 2018.



MIHA Data Snapshot, Central Coast Region by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		28,400	68.9	67.0 - 70.8	18,700	31.1	29.2 - 33.0	8,500
Health Status before Pregnancy									
In good to excellent health	90.2	88.8 - 91.6	25,500	90.7	89.0 - 92.4	16,900	89.8	87.4 - 92.2	7,600
Chronic conditions									
Diabetes†	2.9	2.1 - 3.8	800	2.9	1.8 - 4.1	500	2.8	1.6 - 4.0	200
Hypertension†	2.7	1.8 - 3.6	700	2.8	1.7 - 3.9	500	2.8	1.1 - 4.4	200
Asthma†	8.4	6.9 - 9.9	2,300	8.6	6.7 - 10.5	1,600	8.4	5.9 - 10.9	700
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.5	30.3 - 34.7	9,200	34.4	31.6 - 37.3	6,400	29.1	25.7 - 32.6	2,500
Overweight before pregnancy	26.7	24.5 - 28.8	6,700	26.7	23.9 - 29.4	4,400	26.1	22.4 - 29.9	2,000
Obese before pregnancy	22.3	20.2 - 24.4	5,600	22.6	19.9 - 25.4	3,800	22.2	18.6 - 25.7	1,700
Inadequate weight gain during pregnancy	16.1	14.3 - 18.0	3,600	16.2	13.8 - 18.6	2,400	15.6	12.5 - 18.6	1,000
Excessive weight gain during pregnancy	44.8	42.2 - 47.4	10,000	45.7	42.3 - 49.1	6,800	43.1	38.8 - 47.4	2,900
Food insecurity during pregnancy	20.0	18.1 - 21.9	5,600	19.1	16.7 - 21.5	3,500	20.6	17.4 - 23.8	1,700
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	8.0	6.6 - 9.4	2,300	7.4	5.7 - 9.1	1,400	8.7	6.4 - 11.1	700
Prenatal depressive symptoms	16.1	14.3 - 17.9	4,600	16.5	14.2 - 18.7	3,100	14.3	11.4 - 17.2	1,200
Postpartum depressive symptoms	14.9	13.2 - 16.6	4,200	14.8	12.6 - 17.1	2,800	13.9	11.1 - 16.7	1,200
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	26.0	23.9 - 28.1	7,200	25.1	22.4 - 27.8	4,600	27.5	23.9 - 31.1	2,300
Homeless or did not have a regular place to sleep	3.4	2.5 - 4.3	1,000	3.3	2.2 - 4.4	600	3.3	1.8 - 4.8	300
Moved due to problems paying rent or mortgage	6.7	5.3 - 8.0	1,900	6.6	4.9 - 8.3	1,200	6.2	4.1 - 8.3	500
Woman or partner lost job	15.8	14.0 - 17.7	4,400	14.8	12.5 - 17.1	2,700	17.5	14.2 - 20.7	1,500
Woman or partner had pay or hours cut back	13.4	11.7 - 15.0	3,800	12.6	10.5 - 14.6	2,300	15.2	12.3 - 18.2	1,300
Became separated or divorced	6.0	4.9 - 7.1	1,700	6.0	4.6 - 7.4	1,100	5.2	3.7 - 6.7	400
Had no practical or emotional support	4.4	3.5 - 5.4	1,300	4.7	3.5 - 6.0	900	3.1	2.0 - 4.2	300
Substance Use									
Any smoking, 3 months before pregnancy	8.0	6.7 - 9.3	2,200	7.6	6.0 - 9.2	1,400	8.1	6.0 - 10.2	700
Any smoking, 3rd trimester†	2.0	1.2 - 2.8	600	1.6	0.7 - 2.4	300	2.4	1.0 - 3.8	200
Any smoking, postpartum	3.9	2.8 - 4.9	1,100	3.6	2.2 - 4.9	700	4.1	2.4 - 5.7	300
Any binge drinking, 3 months before pregnancy	15.4	13.7 - 17.2	4,300	15.6	13.4 - 17.9	2,900	14.7	11.8 - 17.6	1,200
Any alcohol use, 3rd trimester†	7.9	6.6 - 9.3	2,200	7.3	5.8 - 8.9	1,400	9.4	6.8 - 12.0	800
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	29.3	27.2 - 31.5	8,300	28.6	25.9 - 31.4	5,300	30.3	26.7 - 34.0	2,500
Unsure of pregnancy intentions	11.9	10.4 - 13.4	3,400	11.7	9.8 - 13.6	2,200	12.8	10.4 - 15.3	1,100
Postpartum birth control use†	84.4	82.6 - 86.2	23,300	82.7	80.3 - 85.2	15,100	87.5	84.8 - 90.1	7,200
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	83.3	81.6 - 85.0	23,200	83.4	81.2 - 85.6	15,400	82.8	80.0 - 85.7	6,900
Infant always or often shared bed	40.9	38.6 - 43.2	11,300	40.8	37.9 - 43.8	7,500	39.0	35.3 - 42.8	3,300
Intended to breastfeed, before birth	94.1	92.9 - 95.3	26,200	94.4	92.8 - 95.9	17,400	93.5	91.4 - 95.5	7,800
Intended to breastfeed exclusively, before birth	67.9	65.7 - 70.1	18,900	68.3	65.5 - 71.2	12,600	68.2	64.5 - 71.9	5,700
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	87.5	85.8 - 89.2	24,100	87.9	85.7 - 90.0	16,100	86.4	83.6 - 89.2	7,100
Exclusive breastfeeding, 1 month after delivery	50.5	48.1 - 53.0	13,600	48.7	45.6 - 51.8	8,600	55.3	51.3 - 59.3	4,500
Any breastfeeding, 3 months after delivery	71.9	69.4 - 74.5	15,700	72.3	69.1 - 75.6	10,400	70.5	66.3 - 74.8	4,600
Exclusive breastfeeding, 3 months after delivery	34.2	31.7 - 36.7	7,300	33.3	30.1 - 36.5	4,700	37.0	32.7 - 41.2	2,400



MIHA Data Snapshot, Central Coast Region by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region				Urban				Rural/Frontier			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	68.6	66.5	- 70.8	19,400	69.4	66.7	- 72.1	13,000	67.0	63.3	- 70.7	5,700
Initiated prenatal care in 1st trimester	88.5	87.0	- 90.0	24,600	89.4	87.6	- 91.2	16,400	87.3	84.6	- 90.0	7,200
Mom or infant needed but couldn't afford care postpartum	13.9	12.2	- 15.6	3,800	13.4	11.1	- 15.6	2,400	13.5	10.9	- 16.1	1,100
Participated in WIC during pregnancy†	54.1	51.8	- 56.5	14,900	52.9	49.8	- 55.9	9,600	55.4	51.5	- 59.3	4,600
Received CalFresh (food stamps) during pregnancy	23.3	21.3	- 25.2	6,500	22.5	20.1	- 25.0	4,200	24.4	21.0	- 27.9	2,000
Pre-pregnancy insurance												
Medi-Cal	23.6	21.7	- 25.5	6,600	21.9	19.6	- 24.3	4,100	26.5	23.0	- 30.0	2,200
Uninsured	26.6	24.5	- 28.6	7,500	26.5	23.8	- 29.2	4,900	26.5	23.1	- 29.8	2,200
Private	44.6	42.3	- 47.0	12,500	47.3	44.3	- 50.3	8,800	40.3	36.5	- 44.1	3,400
Prenatal insurance												
Medi-Cal	54.2	51.8	- 56.5	15,300	52.0	49.0	- 55.0	9,700	57.3	53.4	- 61.1	4,800
Uninsured	1.5	0.9	- 2.1	400	1.7	0.9	- 2.6	300	0.4 *	0.1	- 0.8	<100
Private	39.0	36.7	- 41.3	11,000	41.9	38.9	- 44.9	7,800	35.0	31.3	- 38.7	2,900
Maternal postpartum insurance												
Medi-Cal	35.7	33.5	- 37.8	10,000	33.1	30.4	- 35.9	6,100	40.3	36.4	- 44.1	3,400
Uninsured	19.6	17.7	- 21.5	5,500	20.0	17.5	- 22.5	3,700	17.8	14.8	- 20.8	1,500
Private	40.3	38.0	- 42.6	11,300	43.2	40.2	- 46.2	8,000	36.3	32.6	- 40.0	3,000
Infant health insurance												
Medi-Cal	56.4	54.0	- 58.7	15,700	53.9	50.9	- 57.0	9,900	59.0	55.2	- 62.9	4,900
Uninsured	1.6	1.0	- 2.3	400	1.5	0.7	- 2.3	300	1.8 *	0.7	- 3.0	200
Private	36.7	34.4	- 39.0	10,200	39.5	36.5	- 42.5	7,300	33.0	29.4	- 36.7	2,800
Maternal Demographics												
Age												
15-19	6.1	4.9	- 7.2	1,700	6.2	4.6	- 7.7	1,200	5.9	4.1	- 7.6	500
20-34	75.2	73.1	- 77.2	21,300	74.5	71.8	- 77.2	14,000	76.6	73.4	- 79.9	6,500
35+	18.8	16.9	- 20.6	5,300	19.3	16.9	- 21.7	3,600	17.5	14.6	- 20.4	1,500
Did not complete high school (or GED)	22.1	20.2	- 24.0	6,200	22.5	20.0	- 24.9	4,200	19.9	16.9	- 22.9	1,700
Unmarried	41.8	39.4	- 44.1	11,700	40.6	37.7	- 43.6	7,500	42.6	38.7	- 46.5	3,600
Race/Ethnicity												
White	32.3	30.2	- 34.5	9,100	31.0	28.2	- 33.8	5,800	36.4	32.8	- 40.0	3,100
Hispanic	61.7	59.4	- 64.0	17,400	61.9	58.9	- 64.8	11,500	60.0	56.3	- 63.7	5,000
Asian/Pacific Islander	4.7	3.5	- 6.0	1,300	5.8	4.1	- 7.6	1,100	2.4	1.2	- 3.5	200
Black	1.1	0.9	- 1.2	300	1.1	0.9	- 1.3	200	0.9	0.4	- 1.4	<100
Born outside the U.S.	39.4	37.1	- 41.7	11,200	41.3	38.3	- 44.3	7,700	34.1	30.5	- 37.8	2,900
Speaks non-English language at home	35.5	33.2	- 37.7	10,000	37.6	34.6	- 40.5	7,000	29.3	25.9	- 32.7	2,500
Lives in a high poverty neighborhood	29.0	27.1	- 31.0	7,900	29.8	27.3	- 32.3	5,600	27.4	24.2	- 30.7	2,300
Income as a percent of the Federal Poverty Guideline												
0-100%	41.8	39.4	- 44.2	10,900	40.9	37.8	- 44.0	7,100	42.3	38.3	- 46.4	3,300
101-200%	21.5	19.5	- 23.5	5,600	20.4	17.9	- 22.9	3,500	23.0	19.6	- 26.4	1,800
> 200%	36.8	34.4	- 39.1	9,600	38.7	35.7	- 41.8	6,700	34.7	30.9	- 38.5	2,700

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Central Coast Region was 2,916. 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 2013-2015. Population estimate (N) is a three-year average. Urban and Rural/Frontier designations are based on the population size or densities of Medical Service Study Areas. 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.



MIHA Data Snapshot, Central Coast Region by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			0-100% Federal Poverty Guideline			101-200% Federal Poverty Guideline			> 200% Federal Poverty Guideline		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		28,400	41.8	39.4 - 44.2	10,900	21.5	19.5 - 23.5	5,600	36.8	34.4 - 39.1	9,600
Health Status before Pregnancy												
In good to excellent health	90.2	88.8 - 91.6	25,500	84.2	81.5 - 86.9	9,100	88.6	85.3 - 91.9	5,000	97.8	96.6 - 99.1	9,300
Chronic conditions												
Diabetes†	2.9	2.1 - 3.8	800	3.7	2.2 - 5.2	400	4.0	1.7 - 6.4	200	1.8*	0.6 - 3.1	200
Hypertension†	2.7	1.8 - 3.6	700	2.1*	0.8 - 3.3	200	3.1*	0.8 - 5.3	200	3.2	1.7 - 4.8	300
Asthma†	8.4	6.9 - 9.9	2,300	8.6	6.2 - 11.0	900	7.0	4.0 - 10.0	400	9.5	6.9 - 12.0	900
Nutrition and Weight												
Daily folic acid use, month before pregnancy	32.5	30.3 - 34.7	9,200	22.2	19.1 - 25.4	2,400	29.5	24.8 - 34.2	1,600	46.5	42.5 - 50.5	4,500
Overweight before pregnancy	26.7	24.5 - 28.8	6,700	27.7	24.0 - 31.3	2,500	25.9	21.2 - 30.6	1,300	27.1	23.5 - 30.8	2,600
Obese before pregnancy	22.3	20.2 - 24.4	5,600	26.5	22.8 - 30.3	2,400	32.0	26.7 - 37.4	1,600	12.4	9.8 - 15.1	1,200
Inadequate weight gain during pregnancy	16.1	14.3 - 18.0	3,600	21.1	17.7 - 24.5	1,600	16.0	12.3 - 19.7	700	11.4	8.7 - 14.0	1,000
Excessive weight gain during pregnancy	44.8	42.2 - 47.4	10,000	42.5	38.1 - 46.9	3,300	42.0	36.2 - 47.8	1,900	48.1	43.9 - 52.2	4,200
Food insecurity during pregnancy	20.0	18.1 - 21.9	5,600	34.1	30.4 - 37.7	3,700	20.1	15.8 - 24.5	1,100	3.6	2.0 - 5.2	300
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	8.0	6.6 - 9.4	2,300	13.9	11.0 - 16.8	1,500	4.5	2.6 - 6.4	300	3.2	1.6 - 4.8	300
Prenatal depressive symptoms	16.1	14.3 - 17.9	4,600	23.7	20.4 - 27.1	2,600	15.5	11.5 - 19.4	900	7.4	5.3 - 9.6	700
Postpartum depressive symptoms	14.9	13.2 - 16.6	4,200	20.4	17.1 - 23.7	2,200	13.4	9.7 - 17.0	700	10.2	7.7 - 12.6	1,000
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	26.0	23.9 - 28.1	7,200	33.3	29.6 - 37.0	3,500	26.8	22.1 - 31.5	1,500	19.2	15.9 - 22.5	1,800
Homeless or did not have a regular place to sleep	3.4	2.5 - 4.3	1,000	6.3	4.4 - 8.2	700	1.3*	0.4 - 2.2	<100	0.3*	0.1 - 0.6	<100
Moved due to problems paying rent or mortgage	6.7	5.3 - 8.0	1,900	11.1	8.5 - 13.8	1,200	5.3	2.6 - 8.0	300	2.5*	1.0 - 4.1	200
Woman or partner lost job	15.8	14.0 - 17.7	4,400	24.2	20.7 - 27.8	2,600	14.5	10.7 - 18.2	800	5.4	3.5 - 7.2	500
Woman or partner had pay or hours cut back	13.4	11.7 - 15.0	3,800	20.1	16.9 - 23.3	2,200	11.0	7.8 - 14.1	600	7.5	5.4 - 9.6	700
Became separated or divorced	6.0	4.9 - 7.1	1,700	10.9	8.5 - 13.3	1,200	2.8	1.5 - 4.0	200	1.9	0.8 - 3.0	200
Had no practical or emotional support	4.4	3.5 - 5.4	1,300	6.4	4.6 - 8.3	700	5.0	2.6 - 7.4	300	1.2*	0.4 - 2.0	100
Substance Use												
Any smoking, 3 months before pregnancy	8.0	6.7 - 9.3	2,200	10.9	8.4 - 13.4	1,200	7.8	5.3 - 10.4	400	6.1	4.2 - 8.0	600
Any smoking, 3rd trimester†	2.0	1.2 - 2.8	600	4.0	2.2 - 5.8	400	--			1.3*	0.3 - 2.2	100
Any smoking, postpartum	3.9	2.8 - 4.9	1,100	6.8	4.5 - 9.2	700	1.9*	0.7 - 3.1	100	2.5	1.1 - 3.9	200
Any binge drinking, 3 months before pregnancy	15.4	13.7 - 17.2	4,300	14.9	11.8 - 17.9	1,600	15.9	12.0 - 19.8	900	17.9	15.0 - 20.9	1,700
Any alcohol use, 3rd trimester†	7.9	6.6 - 9.3	2,200	3.7	1.8 - 5.5	400	6.1	3.4 - 8.9	300	14.6	11.9 - 17.2	1,400
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	29.3	27.2 - 31.5	8,300	40.0	36.2 - 43.8	4,300	30.3	25.4 - 35.1	1,700	15.8	12.9 - 18.7	1,500
Unsure of pregnancy intentions	11.9	10.4 - 13.4	3,400	15.0	12.5 - 17.5	1,600	12.8	9.4 - 16.3	700	7.6	5.5 - 9.6	700
Postpartum birth control use†	84.4	82.6 - 86.2	23,300	86.4	83.7 - 89.1	9,200	85.8	81.8 - 89.7	4,700	82.2	78.8 - 85.5	7,700
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	83.3	81.6 - 85.0	23,200	81.7	78.8 - 84.6	8,700	80.2	75.9 - 84.4	4,400	87.1	84.5 - 89.7	8,300
Infant always or often shared bed	40.9	38.6 - 43.2	11,300	48.3	44.5 - 52.1	5,100	40.6	35.5 - 45.7	2,200	33.2	29.4 - 37.0	3,200
Intended to breastfeed, before birth	94.1	92.9 - 95.3	26,200	93.2	91.2 - 95.2	9,800	95.2	92.6 - 97.8	5,300	96.0	94.2 - 97.7	9,200
Intended to breastfeed exclusively, before birth	67.9	65.7 - 70.1	18,900	55.9	52.1 - 59.7	5,900	66.7	61.7 - 71.8	3,700	83.7	80.7 - 86.6	8,000
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	87.5	85.8 - 89.2	24,100	83.6	80.7 - 86.6	8,700	84.5	80.2 - 88.8	4,600	93.7	91.7 - 95.8	8,900
Exclusive breastfeeding, 1 month after delivery	50.5	48.1 - 53.0	13,600	41.5	37.7 - 45.3	4,200	47.8	42.4 - 53.2	2,600	61.7	57.7 - 65.8	5,700
Any breastfeeding, 3 months after delivery	71.9	69.4 - 74.5	15,700	64.3	60.0 - 68.6	5,400	67.0	61.2 - 72.8	2,900	83.8	79.9 - 87.7	6,000
Exclusive breastfeeding, 3 months after delivery	34.2	31.7 - 36.7	7,300	23.1	19.6 - 26.6	1,900	30.6	25.3 - 35.9	1,300	50.1	45.3 - 54.9	3,500



MIHA Data Snapshot, Central Coast Region by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			0-100% Federal Poverty Guideline			101-200% Federal Poverty Guideline			> 200% Federal Poverty Guideline		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	68.6	66.5 - 70.8	19,400	60.3	56.6 - 64.0	6,600	60.3	55.2 - 65.3	3,400	83.2	80.2 - 86.1	8,000
Initiated prenatal care in 1st trimester	88.5	87.0 - 90.0	24,600	82.6	79.6 - 85.6	8,800	88.7	85.7 - 91.8	4,900	96.7	95.4 - 98.0	9,200
Mom or infant needed but couldn't afford care postpartum	13.9	12.2 - 15.6	3,800	20.2	16.8 - 23.5	2,100	15.4	11.4 - 19.3	800	5.3	3.6 - 7.1	500
Participated in WIC during pregnancy†	54.1	51.8 - 56.5	14,900	86.9	84.4 - 89.5	9,500	64.2	59.0 - 69.3	3,600	4.6	2.9 - 6.2	400
Received CalFresh (food stamps) during pregnancy	23.3	21.3 - 25.2	6,500	45.9	42.1 - 49.7	5,000	14.4	10.9 - 17.9	800	0.6*	0.1 - 1.0	<100
Pre-pregnancy insurance												
Medi-Cal	23.6	21.7 - 25.5	6,600	41.0	37.3 - 44.7	4,400	21.1	16.9 - 25.3	1,200	1.9	0.8 - 2.9	200
Uninsured	26.6	24.5 - 28.6	7,500	42.5	38.6 - 46.3	4,600	33.4	28.6 - 38.2	1,900	4.1	2.6 - 5.7	400
Private	44.6	42.3 - 47.0	12,500	13.2	10.5 - 15.9	1,400	36.8	31.7 - 41.9	2,000	87.9	85.4 - 90.4	8,400
Prenatal insurance												
Medi-Cal	54.2	51.8 - 56.5	15,300	90.0	87.6 - 92.4	9,800	61.6	56.4 - 66.8	3,500	5.1	3.4 - 6.7	500
Uninsured	1.5	0.9 - 2.1	400	2.3	1.1 - 3.4	200	2.1*	0.1 - 4.1	100	--	--	
Private	39.0	36.7 - 41.3	11,000	6.0	4.0 - 7.9	600	28.7	23.7 - 33.7	1,600	85.8	83.2 - 88.5	8,200
Maternal postpartum insurance												
Medi-Cal	35.7	33.5 - 37.8	10,000	60.0	56.2 - 63.8	6,400	38.4	33.5 - 43.3	2,100	3.9	2.5 - 5.4	400
Uninsured	19.6	17.7 - 21.5	5,500	31.6	28.0 - 35.3	3,400	22.4	18.2 - 26.7	1,200	4.0	2.5 - 5.5	400
Private	40.3	38.0 - 42.6	11,300	6.3	4.3 - 8.3	700	33.4	28.2 - 38.5	1,800	85.2	82.4 - 88.0	8,200
Infant health insurance												
Medi-Cal	56.4	54.0 - 58.7	15,700	93.1	91.2 - 95.0	9,800	65.1	59.8 - 70.4	3,600	6.9	5.1 - 8.7	700
Uninsured	1.6	1.0 - 2.3	400	1.6	0.8 - 2.4	200	2.4*	0.1 - 4.7	100	1.1*	0.2 - 1.9	100
Private	36.7	34.4 - 39.0	10,200	3.4	1.9 - 5.0	400	23.9	19.0 - 28.7	1,300	83.9	81.0 - 86.8	8,000
Maternal Demographics												
Did not complete high school (or GED)	22.1	20.2 - 24.0	6,200	37.7	34.1 - 41.4	4,100	21.4	17.2 - 25.5	1,200	1.4*	0.6 - 2.3	100
Unmarried	41.8	39.4 - 44.1	11,700	67.6	64.0 - 71.2	7,300	35.9	31.1 - 40.7	2,000	13.6	10.5 - 16.6	1,300
Race/Ethnicity												
White	32.3	30.2 - 34.5	9,100	14.0	11.2 - 16.9	1,500	25.2	20.7 - 29.8	1,400	61.8	57.7 - 65.9	5,900
Hispanic	61.7	59.4 - 64.0	17,400	83.9	80.9 - 86.8	9,100	70.5	65.8 - 75.2	3,900	26.8	23.1 - 30.5	2,500
Asian/Pacific Islander	4.7	3.5 - 6.0	1,300	1.0*	0.1 - 2.0	100	2.4	1.0 - 3.7	100	10.3	7.3 - 13.3	1,000
Black	1.1	0.9 - 1.2	300	0.9	0.5 - 1.2	<100	1.8	1.1 - 2.5	100	1.0	0.6 - 1.3	<100
Born outside the U.S.	39.4	37.1 - 41.7	11,200	51.6	47.8 - 55.4	5,600	42.6	37.5 - 47.7	2,400	18.5	15.1 - 22.0	1,800
Speaks non-English language at home	35.5	33.2 - 37.7	10,000	49.5	45.7 - 53.3	5,400	39.6	34.6 - 44.6	2,200	11.8	8.8 - 14.8	1,100
Lives in a high poverty neighborhood	29.0	27.1 - 31.0	7,900	41.0	37.4 - 44.7	4,200	33.0	28.1 - 37.9	1,700	11.9	9.4 - 14.3	1,100

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

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Table Citation: Maternal and Infant Health Assessment (MIHA) Survey County and Regional Data Snapshots for Subgroups, 2013-2015. California Department of Public Health; 2018.



MIHA Data Snapshot, Central Coast Region by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			15-19 Years			20-34 Years			35 Years or Older		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		28,400	6.1	4.9 - 7.2	1,700	75.2	73.1 - 77.2	21,300	18.8	16.9 - 20.6	5,300
Health Status before Pregnancy												
In good to excellent health	90.2	88.8 - 91.6	25,500	89.2	84.1 - 94.2	1,500	89.9	88.3 - 91.5	19,100	91.8	88.4 - 95.3	4,900
Chronic conditions												
Diabetes†	2.9	2.1 - 3.8	800	--			2.1	1.4 - 2.9	400	7.0	3.7 - 10.3	400
Hypertension†	2.7	1.8 - 3.6	700	--			2.3	1.4 - 3.2	500	5.3	2.4 - 8.2	300
Asthma†	8.4	6.9 - 9.9	2,300	11.6	5.8 - 17.4	200	8.0	6.3 - 9.7	1,700	9.0	5.6 - 12.3	500
Nutrition and Weight												
Daily folic acid use, month before pregnancy	32.5	30.3 - 34.7	9,200	16.7	9.7 - 23.6	300	30.8	28.4 - 33.2	6,600	44.5	39.1 - 50.0	2,400
Overweight before pregnancy	26.7	24.5 - 28.8	6,700	22.5	14.4 - 30.7	300	26.6	24.0 - 29.1	5,000	28.3	23.2 - 33.4	1,400
Obese before pregnancy	22.3	20.2 - 24.4	5,600	9.7	4.6 - 14.9	100	22.9	20.4 - 25.3	4,300	23.9	18.6 - 29.2	1,200
Inadequate weight gain during pregnancy	16.1	14.3 - 18.0	3,600	21.5	13.4 - 29.6	300	16.4	14.2 - 18.6	2,700	13.5	9.6 - 17.4	600
Excessive weight gain during pregnancy	44.8	42.2 - 47.4	10,000	45.2	34.7 - 55.7	600	44.8	41.7 - 47.8	7,500	44.8	38.9 - 50.8	1,900
Food insecurity during pregnancy	20.0	18.1 - 21.9	5,600	21.6	14.2 - 29.1	400	21.6	19.3 - 23.8	4,500	13.3	9.3 - 17.3	700
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	8.0	6.6 - 9.4	2,300	20.2	11.3 - 29.0	300	7.7	6.2 - 9.2	1,600	5.3	2.6 - 7.9	300
Prenatal depressive symptoms	16.1	14.3 - 17.9	4,600	21.3	13.9 - 28.6	400	16.9	14.8 - 19.1	3,600	11.0	7.8 - 14.3	600
Postpartum depressive symptoms	14.9	13.2 - 16.6	4,200	13.7	7.5 - 20.0	200	15.0	13.0 - 17.1	3,200	14.8	10.8 - 18.8	800
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	26.0	23.9 - 28.1	7,200	33.2	22.8 - 43.6	600	26.0	23.6 - 28.4	5,400	23.7	19.1 - 28.4	1,200
Homeless or did not have a regular place to sleep	3.4	2.5 - 4.3	1,000	7.6*	2.7 - 12.4	100	3.4	2.3 - 4.4	700	2.1*	0.7 - 3.4	100
Moved due to problems paying rent or mortgage	6.7	5.3 - 8.0	1,900	7.1*	2.9 - 11.2	100	6.7	5.2 - 8.3	1,400	6.3	3.2 - 9.5	300
Woman or partner lost job	15.8	14.0 - 17.7	4,400	29.2	18.7 - 39.6	500	16.1	14.0 - 18.2	3,400	10.5	6.9 - 14.0	500
Woman or partner had pay or hours cut back	13.4	11.7 - 15.0	3,800	8.3	3.7 - 12.9	100	13.9	12.0 - 15.8	2,900	12.9	9.2 - 16.7	700
Became separated or divorced	6.0	4.9 - 7.1	1,700	12.5	6.5 - 18.4	200	5.8	4.5 - 7.1	1,200	4.5	2.6 - 6.4	200
Had no practical or emotional support	4.4	3.5 - 5.4	1,300	4.4*	1.0 - 7.7	<100	3.9	3.0 - 4.9	800	6.4	3.2 - 9.6	300
Substance Use												
Any smoking, 3 months before pregnancy	8.0	6.7 - 9.3	2,200	6.2	2.7 - 9.6	100	8.7	7.2 - 10.3	1,800	5.5	3.0 - 8.1	300
Any smoking, 3rd trimester†	2.0	1.2 - 2.8	600	--			2.0	1.2 - 2.9	400	2.1*	0.1 - 4.1	100
Any smoking, postpartum	3.9	2.8 - 4.9	1,100	2.9*	0.6 - 5.1	<100	4.2	2.9 - 5.5	900	2.9*	0.8 - 5.0	200
Any binge drinking, 3 months before pregnancy	15.4	13.7 - 17.2	4,300	10.3	4.7 - 15.9	200	16.6	14.5 - 18.7	3,500	12.2	8.4 - 16.0	600
Any alcohol use, 3rd trimester†	7.9	6.6 - 9.3	2,200	--			7.5	6.1 - 9.0	1,600	11.9	8.3 - 15.5	600
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	29.3	27.2 - 31.5	8,300	47.0	37.1 - 56.8	800	30.4	27.9 - 33.0	6,500	19.2	14.7 - 23.7	1,000
Unsure of pregnancy intentions	11.9	10.4 - 13.4	3,400	23.1	14.8 - 31.3	400	10.7	9.2 - 12.2	2,300	13.1	9.2 - 16.9	700
Postpartum birth control use†	84.4	82.6 - 86.2	23,300	84.0	77.2 - 90.7	1,400	85.7	83.5 - 87.8	17,900	79.4	74.9 - 83.8	4,000
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	83.3	81.6 - 85.0	23,200	83.0	76.9 - 89.1	1,400	84.2	82.4 - 86.0	17,600	79.9	74.9 - 84.8	4,200
Infant always or often shared bed	40.9	38.6 - 43.2	11,300	43.3	33.2 - 53.4	700	41.7	39.1 - 44.3	8,700	36.8	31.5 - 42.0	1,900
Intended to breastfeed, before birth	94.1	92.9 - 95.3	26,200	84.6	77.1 - 92.0	1,400	94.6	93.3 - 95.9	19,900	95.0	92.2 - 97.9	4,900
Intended to breastfeed exclusively, before birth	67.9	65.7 - 70.1	18,900	50.4	40.2 - 60.6	800	68.6	66.1 - 71.2	14,400	70.5	65.3 - 75.7	3,700
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	87.5	85.8 - 89.2	24,100	77.1	69.2 - 85.0	1,300	87.7	85.7 - 89.6	18,200	90.2	86.5 - 94.0	4,600
Exclusive breastfeeding, 1 month after delivery	50.5	48.1 - 53.0	13,600	48.0	37.9 - 58.1	800	51.9	49.1 - 54.6	10,500	46.0	40.5 - 51.6	2,300
Any breastfeeding, 3 months after delivery	71.9	69.4 - 74.5	15,700	46.4	34.8 - 58.0	600	71.7	68.7 - 74.6	11,800	81.4	76.2 - 86.7	3,300
Exclusive breastfeeding, 3 months after delivery	34.2	31.7 - 36.7	7,300	21.9	13.6 - 30.3	300	35.1	32.2 - 38.0	5,600	34.6	28.7 - 40.6	1,400



MIHA Data Snapshot, Central Coast Region by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region				15-19 Years			20-34 Years			35 Years or Older		
	%	95% CI		N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage													
Had a usual source of pre-pregnancy care	68.6	66.5 - 70.8		19,400	57.3	47.5 - 67.0	1,000	67.2	64.7 - 69.7	14,300	77.9	73.1 - 82.7	4,100
Initiated prenatal care in 1st trimester	88.5	87.0 - 90.0		24,600	77.5	69.8 - 85.1	1,300	88.8	87.1 - 90.5	18,500	90.7	87.2 - 94.2	4,800
Mom or infant needed but couldn't afford care postpartum	13.9	12.2 - 15.6		3,800	22.9	12.5 - 33.4	400	13.7	11.7 - 15.6	2,800	12.0	8.3 - 15.7	600
Participated in WIC during pregnancy†	54.1	51.8 - 56.5		14,900	86.8	79.1 - 94.5	1,400	55.9	53.2 - 58.5	11,600	36.5	31.1 - 42.0	1,900
Received CalFresh (food stamps) during pregnancy	23.3	21.3 - 25.2		6,500	37.7	28.0 - 47.3	600	23.8	21.6 - 26.0	5,000	16.6	12.5 - 20.8	900
Pre-pregnancy insurance													
Medi-Cal	23.6	21.7 - 25.5		6,600	48.5	38.7 - 58.4	800	24.7	22.4 - 26.9	5,200	11.2	8.1 - 14.3	600
Uninsured	26.6	24.5 - 28.6		7,500	33.1	22.9 - 43.3	600	27.7	25.3 - 30.1	5,900	19.8	15.2 - 24.3	1,000
Private	44.6	42.3 - 47.0		12,500	13.9	6.7 - 21.1	200	42.0	39.4 - 44.7	8,900	65.1	59.8 - 70.3	3,400
Prenatal insurance													
Medi-Cal	54.2	51.8 - 56.5		15,300	84.7	76.7 - 92.7	1,500	57.2	54.5 - 59.9	12,100	32.1	27.0 - 37.2	1,700
Uninsured	1.5	0.9 - 2.1		400	--			1.2	0.6 - 1.7	200	1.4*	0.1 - 2.8	<100
Private	39.0	36.7 - 41.3		11,000	8.7*	3.0 - 14.4	100	35.9	33.2 - 38.5	7,600	61.5	56.2 - 66.8	3,300
Maternal postpartum insurance													
Medi-Cal	35.7	33.5 - 37.8		10,000	65.4	54.9 - 76.0	1,100	37.4	34.8 - 39.9	7,900	19.2	15.0 - 23.4	1,000
Uninsured	19.6	17.7 - 21.5		5,500	24.3	14.0 - 34.7	400	20.1	17.9 - 22.2	4,200	16.3	12.3 - 20.4	900
Private	40.3	38.0 - 42.6		11,300	9.1*	3.2 - 15.0	200	37.9	35.2 - 40.5	8,000	60.3	55.0 - 65.7	3,200
Infant health insurance													
Medi-Cal	56.4	54.0 - 58.7		15,700	90.0*	82.1 - 98.0	1,500	58.9	56.2 - 61.6	12,300	35.3	30.1 - 40.5	1,800
Uninsured	1.6	1.0 - 2.3		400	--			1.3	0.7 - 1.9	300	1.8*	0.2 - 3.4	<100
Private	36.7	34.4 - 39.0		10,200	--			34.0	31.4 - 36.6	7,100	57.8	52.4 - 63.2	3,000
Maternal Demographics													
Did not complete high school (or GED)	22.1	20.2 - 24.0		6,200	39.9	29.9 - 49.9	700	21.2	19.1 - 23.3	4,500	20.1	15.7 - 24.4	1,100
Unmarried	41.8	39.4 - 44.1		11,700	78.3	67.7 - 88.8	1,300	42.6	39.9 - 45.3	9,000	26.6	21.7 - 31.6	1,400
Race/Ethnicity													
White	32.3	30.2 - 34.5		9,100	7.4	3.2 - 11.6	100	31.9	29.4 - 34.4	6,800	41.9	36.6 - 47.3	2,200
Hispanic	61.7	59.4 - 64.0		17,400	91.1	86.7 - 95.5	1,500	62.8	60.2 - 65.4	13,300	47.9	42.4 - 53.5	2,500
Asian/Pacific Islander	4.7	3.5 - 6.0		1,300	--			4.1	2.8 - 5.4	900	8.7	4.8 - 12.5	500
Black	1.1	0.9 - 1.2		300	--			1.1	0.9 - 1.2	200	1.1	0.6 - 1.6	<100
Born outside the U.S.	39.4	37.1 - 41.7		11,200	31.3	21.5 - 41.2	500	38.7	36.1 - 41.3	8,300	44.8	39.3 - 50.3	2,400
Speaks non-English language at home	35.5	33.2 - 37.7		10,000	32.6	22.8 - 42.4	500	36.5	34.0 - 39.1	7,700	32.1	27.0 - 37.3	1,700
Lives in a high poverty neighborhood	29.0	27.1 - 31.0		7,900	37.0	27.4 - 46.6	600	30.8	28.5 - 33.2	6,300	19.2	15.4 - 23.1	1,000

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Central Coast Region was 2,916. 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 2013-2015. Population estimate (N) is a three-year average. 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.

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MIHA Data Snapshot, Central Coast Region by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			0-4.9% of Residents below Poverty			5-9.9% of Residents below Poverty			10-19.9% of Residents below Poverty			≥ 20% of Residents below Poverty		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		28,400	9.2	7.7 - 10.6	2,500	23.7	21.7 - 25.7	6,500	38.1	35.7 - 40.5	10,400	29.0	27.1 - 31.0	7,900
Health Status before Pregnancy															
In good to excellent health	90.2	88.8 - 91.6	25,500	96.5 *	93.1 - 99.9	2,400	94.7	92.3 - 97.1	6,100	90.6	88.2 - 93.0	9,400	84.8	82.0 - 87.7	6,700
Chronic conditions															
Diabetes†	2.9	2.1 - 3.8	800	--			1.9 *	0.6 - 3.3	100	2.8	1.2 - 4.3	300	3.8	2.3 - 5.3	300
Hypertension†	2.7	1.8 - 3.6	700	4.4 *	0.4 - 8.3	100	2.0 *	0.7 - 3.2	100	3.2	1.5 - 5.0	300	2.4	1.1 - 3.8	200
Asthma†	8.4	6.9 - 9.9	2,300	6.1 *	2.5 - 9.7	200	9.9	6.6 - 13.2	600	9.3	6.5 - 12.2	900	7.2	5.0 - 9.4	500
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.5	30.3 - 34.7	9,200	49.3	40.5 - 58.1	1,200	36.3	31.8 - 40.8	2,300	30.6	26.8 - 34.3	3,200	27.6	24.1 - 31.1	2,200
Overweight before pregnancy	26.7	24.5 - 28.8	6,700	26.2	18.5 - 33.8	600	27.3	22.8 - 31.8	1,700	23.7	20.0 - 27.3	2,200	30.1	26.0 - 34.3	1,900
Obese before pregnancy	22.3	20.2 - 24.4	5,600	10.1	4.9 - 15.3	200	15.3	11.7 - 18.8	900	27.1	23.1 - 31.2	2,600	27.4	23.4 - 31.5	1,700
Inadequate weight gain during pregnancy	16.1	14.3 - 18.0	3,600	13.1	7.3 - 18.9	300	11.9	8.8 - 15.0	700	16.1	12.8 - 19.3	1,300	21.1	17.2 - 25.0	1,200
Excessive weight gain during pregnancy	44.8	42.2 - 47.4	10,000	39.5	30.6 - 48.3	800	46.1	40.9 - 51.2	2,500	48.1	43.6 - 52.6	4,000	41.1	36.3 - 45.8	2,300
Food insecurity during pregnancy	20.0	18.1 - 21.9	5,600	8.8	4.2 - 13.4	200	9.3	6.5 - 12.2	600	22.9	19.3 - 26.6	2,300	27.0	23.5 - 30.6	2,100
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	8.0	6.6 - 9.4	2,300	2.9 *	0.6 - 5.2	<100	4.5	2.4 - 6.6	300	10.1	7.2 - 13.0	1,000	9.1	6.9 - 11.3	700
Prenatal depressive symptoms	16.1	14.3 - 17.9	4,600	11.2	6.1 - 16.4	300	11.0	7.9 - 14.1	700	16.7	13.5 - 20.0	1,700	19.9	16.6 - 23.3	1,600
Postpartum depressive symptoms	14.9	13.2 - 16.6	4,200	14.1	7.3 - 21.0	400	13.0	9.7 - 16.3	800	16.5	13.3 - 19.7	1,700	13.4	10.8 - 16.0	1,000
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	26.0	23.9 - 28.1	7,200	20.5	13.6 - 27.5	500	23.1	19.2 - 27.1	1,500	29.6	25.7 - 33.5	3,000	24.8	21.3 - 28.4	1,900
Homeless or did not have a regular place to sleep	3.4	2.5 - 4.3	1,000	--			1.7 *	0.3 - 3.2	100	4.1	2.4 - 5.8	400	4.0	2.4 - 5.6	300
Moved due to problems paying rent or mortgage	6.7	5.3 - 8.0	1,900	8.0 *	3.0 - 12.9	200	4.1	2.0 - 6.2	300	7.8	5.2 - 10.4	800	6.1	4.1 - 8.1	500
Woman or partner lost job	15.8	14.0 - 17.7	4,400	11.7	5.7 - 17.7	300	11.4	8.1 - 14.7	700	17.9	14.5 - 21.3	1,800	17.5	14.2 - 20.7	1,400
Woman or partner had pay or hours cut back	13.4	11.7 - 15.0	3,800	11.3	5.3 - 17.3	300	12.1	8.6 - 15.5	800	16.6	13.5 - 19.7	1,700	11.0	8.6 - 13.3	900
Became separated or divorced	6.0	4.9 - 7.1	1,700	2.0 *	0.1 - 3.8	<100	4.0	2.3 - 5.6	300	6.8	4.7 - 9.0	700	7.0	5.2 - 8.8	500
Had no practical or emotional support	4.4	3.5 - 5.4	1,300	--			3.7 *	1.5 - 6.0	200	3.0	1.6 - 4.4	300	6.9	5.1 - 8.8	500
Substance Use															
Any smoking, 3 months before pregnancy	8.0	6.7 - 9.3	2,200	5.7 *	2.1 - 9.3	100	9.4	6.3 - 12.6	600	8.1	6.0 - 10.2	800	6.6	4.8 - 8.5	500
Any smoking, 3rd trimester†	2.0	1.2 - 2.8	600	--			2.2 *	0.2 - 4.1	100	1.7 *	0.6 - 2.8	200	1.8	0.8 - 2.8	100
Any smoking, postpartum	3.9	2.8 - 4.9	1,100	3.3 *	0.5 - 6.1	<100	5.3	2.6 - 8.1	300	3.9	2.0 - 5.8	400	2.3	1.3 - 3.4	200
Any binge drinking, 3 months before pregnancy	15.4	13.7 - 17.2	4,300	15.8	9.6 - 22.1	400	19.4	15.6 - 23.2	1,200	15.8	12.6 - 19.0	1,600	11.3	8.8 - 13.8	900
Any alcohol use, 3rd trimester†	7.9	6.6 - 9.3	2,200	13.9	7.7 - 20.1	300	11.1	7.8 - 14.4	700	7.5	5.4 - 9.5	800	4.1	2.5 - 5.7	300
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	29.3	27.2 - 31.5	8,300	23.1	15.6 - 30.6	600	23.3	19.0 - 27.5	1,500	30.9	27.1 - 34.7	3,200	33.6	29.7 - 37.4	2,600
Unsure of pregnancy intentions	11.9	10.4 - 13.4	3,400	9.6	4.6 - 14.5	200	11.1	8.2 - 14.0	700	12.6	10.0 - 15.1	1,300	12.9	10.2 - 15.6	1,000
Postpartum birth control use†	84.4	82.6 - 86.2	23,300	79.3	71.9 - 86.6	1,900	84.2	80.5 - 87.9	5,300	82.6	79.1 - 86.1	8,400	87.8	85.4 - 90.3	6,800
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	83.3	81.6 - 85.0	23,200	83.8	76.8 - 90.7	2,100	82.6	78.8 - 86.4	5,300	83.0	80.0 - 85.9	8,400	83.9	81.1 - 86.7	6,500
Infant always or often shared bed	40.9	38.6 - 43.2	11,300	33.8	25.4 - 42.2	800	31.7	27.3 - 36.1	2,000	39.4	35.4 - 43.4	4,000	50.6	46.6 - 54.7	3,900
Intended to breastfeed, before birth	94.1	92.9 - 95.3	26,200	97.0 *	94.8 - 99.2	2,400	95.6	93.8 - 97.5	6,200	93.4	91.0 - 95.8	9,400	92.8	90.5 - 95.1	7,200
Intended to breastfeed exclusively, before birth	67.9	65.7 - 70.1	18,900	81.5	74.9 - 88.2	2,000	78.9	74.8 - 83.0	5,100	67.8	63.8 - 71.7	6,800	55.9	51.8 - 59.9	4,300
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	87.5	85.8 - 89.2	24,100	89.4	84.1 - 94.6	2,200	91.7	89.2 - 94.3	5,900	86.4	83.3 - 89.5	8,600	84.4	81.2 - 87.6	6,500
Exclusive breastfeeding, 1 month after delivery	50.5	48.1 - 53.0	13,600	52.2	43.1 - 61.3	1,300	54.5	49.6 - 59.3	3,400	51.7	47.4 - 55.9	5,000	46.1	42.0 - 50.2	3,400
Any breastfeeding, 3 months after delivery	71.9	69.4 - 74.5	15,700	80.6	72.6 - 88.5	1,600	76.4	71.6 - 81.3	3,700	71.4	66.9 - 76.0	5,600	65.8	61.1 - 70.5	4,100
Exclusive breastfeeding, 3 months after delivery	34.2	31.7 - 36.7	7,300	43.0	33.0 - 52.9	800	42.9	37.4 - 48.3	2,100	33.5	29.1 - 37.9	2,600	26.3	22.4 - 30.1	1,600



MIHA Data Snapshot, Central Coast Region by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			0-4.9% of Residents below Poverty			5-9.9% of Residents below Poverty			10-19.9% of Residents below Poverty			≥ 20% of Residents below Poverty		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage															
Had a usual source of pre-pregnancy care	68.6	66.5 - 70.8	19,400	79.5	72.9 - 86.2	2,000	73.9	69.6 - 78.3	4,800	69.6	65.9 - 73.3	7,200	59.6	55.6 - 63.6	4,700
Initiated prenatal care in 1st trimester	88.5	87.0 - 90.0	24,600	95.3*	92.2 - 98.4	2,300	95.2	93.2 - 97.2	6,100	86.3	83.4 - 89.1	8,800	84.4	81.5 - 87.4	6,400
Mom or infant needed but couldn't afford care postpartum	13.9	12.2 - 15.6	3,800	5.7*	1.9 - 9.6	100	10.0	6.6 - 13.4	600	15.0	11.8 - 18.2	1,500	16.7	13.7 - 19.7	1,300
Participated in WIC during pregnancy†	54.1	51.8 - 56.5	14,900	18.2	11.4 - 25.1	400	32.6	27.9 - 37.4	2,000	57.4	53.3 - 61.5	5,800	76.7	73.1 - 80.3	6,000
Received CalFresh (food stamps) during pregnancy	23.3	21.3 - 25.2	6,500	4.9*	1.9 - 8.0	100	11.8	8.9 - 14.8	800	26.9	23.2 - 30.6	2,800	33.3	29.5 - 37.0	2,600
Pre-pregnancy insurance															
Medi-Cal	23.6	21.7 - 25.5	6,600	8.2	3.4 - 12.9	200	12.8	9.8 - 15.8	800	24.8	21.4 - 28.3	2,600	34.9	31.1 - 38.7	2,700
Uninsured	26.6	24.5 - 28.6	7,500	9.9	4.8 - 14.9	200	18.6	14.3 - 22.8	1,200	25.9	22.2 - 29.5	2,700	39.0	35.0 - 43.0	3,000
Private	44.6	42.3 - 47.0	12,500	78.9	72.0 - 85.9	1,900	62.1	57.3 - 66.8	4,000	42.7	38.6 - 46.9	4,400	23.7	20.2 - 27.1	1,800
Prenatal insurance															
Medi-Cal	54.2	51.8 - 56.5	15,300	20.0	13.2 - 26.7	500	33.4	28.7 - 38.1	2,200	57.7	53.6 - 61.8	6,000	75.5	71.9 - 79.1	5,900
Uninsured	1.5	0.9 - 2.1	400	--			--			0.7*	0.2 - 1.2	<100	2.2*	0.7 - 3.7	200
Private	39.0	36.7 - 41.3	11,000	75.7	68.5 - 83.0	1,900	57.2	52.4 - 62.0	3,700	36.3	32.3 - 40.4	3,800	18.6	15.4 - 21.9	1,500
Maternal postpartum insurance															
Medi-Cal	35.7	33.5 - 37.8	10,000	13.7	8.2 - 19.2	300	23.5	19.5 - 27.4	1,500	37.6	33.7 - 41.6	3,800	49.0	45.0 - 53.0	3,800
Uninsured	19.6	17.7 - 21.5	5,500	8.6*	3.2 - 14.1	200	12.6	8.9 - 16.3	800	18.9	15.6 - 22.2	1,900	28.8	25.1 - 32.4	2,200
Private	40.3	38.0 - 42.6	11,300	73.1	65.3 - 80.9	1,800	57.3	52.5 - 62.1	3,700	38.8	34.7 - 42.9	3,900	20.7	17.3 - 24.0	1,600
Infant health insurance															
Medi-Cal	56.4	54.0 - 58.7	15,700	25.2	17.6 - 32.7	600	35.9	31.2 - 40.7	2,300	57.7	53.5 - 61.9	5,800	78.7	75.1 - 82.2	6,100
Uninsured	1.6	1.0 - 2.3	400	--			1.4*	0.5 - 2.3	<100	1.6*	0.6 - 2.6	200	1.7*	0.2 - 3.2	100
Private	36.7	34.4 - 39.0	10,200	68.8	60.5 - 77.1	1,700	54.0	49.2 - 58.8	3,500	35.0	30.9 - 39.0	3,500	17.0	13.8 - 20.2	1,300
Maternal Demographics															
Age															
15-19	6.1	4.9 - 7.2	1,700	--			4.2	2.2 - 6.2	300	7.1	4.9 - 9.4	700	7.7	5.4 - 10.0	600
20-34	75.2	73.1 - 77.2	21,300	66.2	57.6 - 74.7	1,600	75.3	71.0 - 79.6	4,900	73.7	70.1 - 77.4	7,600	79.8	76.6 - 83.0	6,300
35+	18.8	16.9 - 20.6	5,300	32.7	24.2 - 41.1	800	20.5	16.5 - 24.6	1,300	19.1	15.9 - 22.3	2,000	12.4	9.9 - 14.9	1,000
Did not complete high school (or GED)	22.1	20.2 - 24.0	6,200	3.5*	0.6 - 6.5	<100	9.1	6.3 - 12.0	600	20.6	17.2 - 23.9	2,100	39.3	35.4 - 43.2	3,100
Unmarried	41.8	39.4 - 44.1	11,700	26.2	18.6 - 33.8	700	28.3	23.8 - 32.7	1,800	43.7	39.6 - 47.8	4,500	53.7	49.6 - 57.7	4,100
Race/Ethnicity															
White	32.3	30.2 - 34.5	9,100	55.4	46.5 - 64.3	1,400	52.2	47.3 - 57.1	3,300	32.2	28.4 - 36.0	3,300	10.4	8.3 - 12.4	800
Hispanic	61.7	59.4 - 64.0	17,400	27.1	19.3 - 34.9	700	39.8	35.0 - 44.6	2,500	62.9	58.9 - 66.8	6,500	87.3	85.1 - 89.5	6,900
Asian/Pacific Islander	4.7	3.5 - 6.0	1,300	15.3	7.7 - 23.0	400	6.9	4.0 - 9.8	400	3.4	1.4 - 5.3	300	1.5	0.7 - 2.4	100
Black	1.1	0.9 - 1.2	300	1.5	0.7 - 2.4	<100	0.8	0.4 - 1.3	<100	1.4	0.9 - 1.9	100	0.7	0.4 - 0.9	<100
Born outside the U.S.	39.4	37.1 - 41.7	11,200	30.0	21.3 - 38.6	700	26.0	21.5 - 30.6	1,700	36.7	32.7 - 40.7	3,800	55.7	51.7 - 59.7	4,400
Speaks non-English language at home	35.5	33.2 - 37.7	10,000	18.9	11.4 - 26.3	500	19.0	14.9 - 23.1	1,200	34.2	30.2 - 38.2	3,500	54.2	50.1 - 58.2	4,200
Income as a percent of the Federal Poverty Guideline															
0-100%	41.8	39.4 - 44.2	10,900	15.8	9.2 - 22.4	400	26.0	21.3 - 30.7	1,600	43.7	39.4 - 48.0	4,200	59.7	55.5 - 63.9	4,200
101-200%	21.5	19.5 - 23.5	5,600	13.4	7.8 - 19.0	300	16.9	13.4 - 20.4	1,000	23.3	19.7 - 26.9	2,200	24.6	20.8 - 28.4	1,700
> 200%	36.8	34.4 - 39.1	9,600	70.8	62.8 - 78.8	1,700	57.2	52.2 - 62.2	3,500	33.0	29.0 - 36.9	3,100	15.7	12.6 - 18.8	1,100

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Central Coast Region was 2,916. 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 2013-2015. Population estimate (N) is a three-year average. Neighborhood poverty is the percentage of residents with incomes below poverty in a woman's census tract. 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.



MIHA Data Snapshot, Central Coast Region by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		28,400	54.2	51.8 - 56.5	15,300	39.0	36.7 - 41.3	11,000
Health Status before Pregnancy									
In good to excellent health	90.2	88.8 - 91.6	25,500	85.2	82.9 - 87.4	13,000	96.3	94.9 - 97.7	10,600
Chronic conditions									
Diabetes†	2.9	2.1 - 3.8	800	3.2	2.1 - 4.4	500	2.8	1.3 - 4.3	300
Hypertension†	2.7	1.8 - 3.6	700	2.6	1.3 - 3.8	400	3.1	1.7 - 4.5	300
Asthma†	8.4	6.9 - 9.9	2,300	7.0	5.2 - 8.9	1,000	10.4	7.7 - 13.1	1,100
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.5	30.3 - 34.7	9,200	24.5	21.9 - 27.2	3,700	44.0	40.2 - 47.8	4,800
Overweight before pregnancy	26.7	24.5 - 28.8	6,700	27.1	24.1 - 30.2	3,400	25.9	22.4 - 29.3	2,800
Obese before pregnancy	22.3	20.2 - 24.4	5,600	28.3	25.1 - 31.5	3,500	16.1	13.1 - 19.0	1,700
Inadequate weight gain during pregnancy	16.1	14.3 - 18.0	3,600	19.9	17.1 - 22.7	2,100	13.2	10.4 - 16.0	1,300
Excessive weight gain during pregnancy	44.8	42.2 - 47.4	10,000	42.2	38.6 - 45.8	4,500	46.7	42.7 - 50.8	4,600
Food insecurity during pregnancy	20.0	18.1 - 21.9	5,600	30.1	27.2 - 33.0	4,500	6.7	4.6 - 8.8	700
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	8.0	6.6 - 9.4	2,300	11.1	9.0 - 13.2	1,700	3.9	2.2 - 5.6	400
Prenatal depressive symptoms	16.1	14.3 - 17.9	4,600	20.5	17.9 - 23.1	3,100	10.8	8.3 - 13.4	1,200
Postpartum depressive symptoms	14.9	13.2 - 16.6	4,200	17.3	14.7 - 19.8	2,600	12.3	9.7 - 14.9	1,400
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	26.0	23.9 - 28.1	7,200	29.7	26.8 - 32.6	4,400	20.7	17.5 - 24.0	2,200
Homeless or did not have a regular place to sleep	3.4	2.5 - 4.3	1,000	5.5	4.0 - 7.0	800	0.9 *	0.1 - 1.7	<100
Moved due to problems paying rent or mortgage	6.7	5.3 - 8.0	1,900	8.9	7.0 - 10.9	1,300	3.4	1.6 - 5.2	400
Woman or partner lost job	15.8	14.0 - 17.7	4,400	22.6	19.7 - 25.4	3,400	7.2	5.2 - 9.1	800
Woman or partner had pay or hours cut back	13.4	11.7 - 15.0	3,800	17.7	15.1 - 20.2	2,700	8.3	6.2 - 10.4	900
Became separated or divorced	6.0	4.9 - 7.1	1,700	9.4	7.5 - 11.2	1,400	1.6	0.8 - 2.5	200
Had no practical or emotional support	4.4	3.5 - 5.4	1,300	6.6	5.0 - 8.2	1,000	1.6 *	0.6 - 2.5	200
Substance Use									
Any smoking, 3 months before pregnancy	8.0	6.7 - 9.3	2,200	9.2	7.4 - 11.0	1,400	5.8	4.0 - 7.5	600
Any smoking, 3rd trimester†	2.0	1.2 - 2.8	600	2.6	1.4 - 3.8	400	0.6 *	0.0 - 1.2	<100
Any smoking, postpartum	3.9	2.8 - 4.9	1,100	4.8	3.2 - 6.4	700	2.0 *	0.7 - 3.2	200
Any binge drinking, 3 months before pregnancy	15.4	13.7 - 17.2	4,300	13.9	11.5 - 16.3	2,100	17.5	14.7 - 20.3	1,900
Any alcohol use, 3rd trimester†	7.9	6.6 - 9.3	2,200	3.4	2.0 - 4.7	500	13.8	11.2 - 16.3	1,500
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	29.3	27.2 - 31.5	8,300	36.7	33.6 - 39.8	5,600	18.7	15.7 - 21.7	2,100
Unsure of pregnancy intentions	11.9	10.4 - 13.4	3,400	14.7	12.6 - 16.8	2,200	8.2	6.1 - 10.2	900
Postpartum birth control use†	84.4	82.6 - 86.2	23,300	86.6	84.4 - 88.8	12,900	81.1	77.7 - 84.5	8,700
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	83.3	81.6 - 85.0	23,200	82.3	79.9 - 84.6	12,300	86.4	83.8 - 89.0	9,500
Infant always or often shared bed	40.9	38.6 - 43.2	11,300	47.7	44.5 - 50.8	7,100	31.9	28.3 - 35.5	3,500
Intended to breastfeed, before birth	94.1	92.9 - 95.3	26,200	92.4	90.6 - 94.2	13,800	96.2	94.5 - 97.8	10,600
Intended to breastfeed exclusively, before birth	67.9	65.7 - 70.1	18,900	57.0	53.9 - 60.2	8,500	81.3	78.3 - 84.3	8,900
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	87.5	85.8 - 89.2	24,100	84.5	82.1 - 86.9	12,400	91.8	89.4 - 94.1	10,000
Exclusive breastfeeding, 1 month after delivery	50.5	48.1 - 53.0	13,600	44.7	41.6 - 47.9	6,400	57.9	54.0 - 61.9	6,200
Any breastfeeding, 3 months after delivery	71.9	69.4 - 74.5	15,700	65.9	62.5 - 69.4	8,000	81.5	77.7 - 85.4	6,600
Exclusive breastfeeding, 3 months after delivery	34.2	31.7 - 36.7	7,300	25.1	22.2 - 28.1	3,000	45.7	41.2 - 50.3	3,600



MIHA Data Snapshot, Central Coast Region by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region				Medi-Cal				Private			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	68.6	66.5 - 70.8		19,400	58.2	55.2 - 61.3		8,900	83.7	80.9 - 86.5		9,200
Initiated prenatal care in 1st trimester	88.5	87.0 - 90.0		24,600	83.0	80.6 - 85.4		12,300	96.3	95.0 - 97.6		10,500
Mom or infant needed but couldn't afford care postpartum	13.9	12.2 - 15.6		3,800	19.2	16.6 - 21.9		2,800	6.7	4.7 - 8.8		700
Participated in WIC during pregnancy†	54.1	51.8 - 56.5		14,900	85.8	83.7 - 88.0		13,000	11.3	8.6 - 13.9		1,200
Received CalFresh (food stamps) during pregnancy	23.3	21.3 - 25.2		6,500	41.0	37.9 - 44.1		6,200	1.3 *	0.4 - 2.2		100
Pre-pregnancy insurance												
Medi-Cal	23.6	21.7 - 25.5		6,600	42.7	39.6 - 45.8		6,500	--			
Uninsured	26.6	24.5 - 28.6		7,500	44.4	41.3 - 47.6		6,700	1.6	0.7 - 2.5		200
Private	44.6	42.3 - 47.0		12,500	10.5	8.7 - 12.4		1,600	96.8	95.3 - 98.3		10,600
Maternal postpartum insurance												
Medi-Cal	35.7	33.5 - 37.8		10,000	62.9	59.9 - 66.0		9,500	2.5	1.5 - 3.4		300
Uninsured	19.6	17.7 - 21.5		5,500	31.6	28.6 - 34.5		4,700	2.4	1.3 - 3.5		300
Private	40.3	38.0 - 42.6		11,300	4.4	3.1 - 5.7		700	94.3	92.6 - 95.9		10,400
Infant health insurance												
Medi-Cal	56.4	54.0 - 58.7		15,700	95.7	94.3 - 97.1		14,300	7.4	5.6 - 9.2		800
Uninsured	1.6	1.0 - 2.3		400	1.3	0.6 - 2.1		200	1.5 *	0.6 - 2.4		200
Private	36.7	34.4 - 39.0		10,200	2.3	1.2 - 3.5		300	88.4	85.9 - 90.8		9,700
Maternal Demographics												
Age												
15-19	6.1	4.9 - 7.2		1,700	9.5	7.6 - 11.4		1,500	1.3 *	0.4 - 2.3		100
20-34	75.2	73.1 - 77.2		21,300	79.4	76.8 - 82.0		12,100	69.1	65.5 - 72.7		7,600
35+	18.8	16.9 - 20.6		5,300	11.1	9.1 - 13.1		1,700	29.6	26.0 - 33.1		3,300
Did not complete high school (or GED)	22.1	20.2 - 24.0		6,200	37.7	34.7 - 40.7		5,700	2.8	1.7 - 3.9		300
Unmarried	41.8	39.4 - 44.1		11,700	61.9	58.8 - 65.0		9,300	17.5	14.3 - 20.6		1,900
Race/Ethnicity												
White	32.3	30.2 - 34.5		9,100	13.6	11.4 - 15.8		2,100	56.2	52.2 - 60.1		6,100
Hispanic	61.7	59.4 - 64.0		17,400	84.1	81.8 - 86.4		12,800	33.3	29.5 - 37.1		3,600
Asian/Pacific Islander	4.7	3.5 - 6.0		1,300	1.2 *	0.5 - 2.0		200	9.2	6.4 - 12.1		1,000
Black	1.1	0.9 - 1.2		300	0.9	0.6 - 1.1		100	1.0	0.7 - 1.3		100
Born outside the U.S.	39.4	37.1 - 41.7		11,200	54.5	51.4 - 57.6		8,300	19.5	16.1 - 22.9		2,100
Speaks non-English language at home	35.5	33.2 - 37.7		10,000	52.8	49.6 - 55.9		8,000	12.8	9.8 - 15.7		1,400
Lives in a high poverty neighborhood	29.0	27.1 - 31.0		7,900	40.7	37.7 - 43.7		5,900	13.6	11.0 - 16.1		1,500
Income as a percent of the Federal Poverty Guideline												
0-100%	41.8	39.4 - 44.2		10,900	71.3	68.4 - 74.2		9,800	6.2	4.2 - 8.2		600
101-200%	21.5	19.5 - 23.5		5,600	25.2	22.4 - 27.9		3,500	15.3	12.4 - 18.3		1,600
> 200%	36.8	34.4 - 39.1		9,600	3.5	2.4 - 4.7		500	78.5	75.1 - 81.9		8,200

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

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† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

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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 2013-2015. Population estimate (N) is a three-year average. 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.

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MIHA Data Snapshot, Central Coast Region by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		28,400	61.7	59.4 - 64.0	17,400	1.1	0.9 - 1.2	300	32.3	30.2 - 34.5	9,100	4.7	3.5 - 6.0	1,300
Health Status before Pregnancy															
In good to excellent health	90.2	88.8 - 91.6	25,500	85.7	83.6 - 87.8	14,800	89.5 *	81.7 - 97.4	300	97.7	96.6 - 98.9	8,900	--		
Chronic conditions															
Diabetes†	2.9	2.1 - 3.8	800	3.8	2.6 - 5.0	700	--			--			--		
Hypertension†	2.7	1.8 - 3.6	700	2.8	1.6 - 4.0	500	7.5 *	1.5 - 13.6	<100	2.4	1.2 - 3.6	200	--		
Asthma†	8.4	6.9 - 9.9	2,300	6.8	5.1 - 8.6	1,100	18.6	8.1 - 29.1	<100	10.9	8.2 - 13.6	1,000	--		
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.5	30.3 - 34.7	9,200	26.0	23.4 - 28.5	4,500	36.9	23.5 - 50.3	100	43.6	39.6 - 47.6	4,000	35.3	22.5 - 48.1	500
Overweight before pregnancy	26.7	24.5 - 28.8	6,700	29.7	26.7 - 32.7	4,200	30.4	18.7 - 42.1	<100	22.1	18.7 - 25.4	2,000	26.7	14.4 - 39.0	300
Obese before pregnancy	22.3	20.2 - 24.4	5,600	29.0	25.9 - 32.1	4,100	33.0	19.6 - 46.5	<100	13.1	10.4 - 15.8	1,200	13.5 *	2.2 - 24.7	200
Inadequate weight gain during pregnancy	16.1	14.3 - 18.0	3,600	20.8	18.1 - 23.6	2,600	13.3 *	4.7 - 21.9	<100	8.8	6.6 - 10.9	700	19.0 *	7.0 - 31.0	200
Excessive weight gain during pregnancy	44.8	42.2 - 47.4	10,000	40.8	37.3 - 44.2	5,000	50.3	39.6 - 61.1	100	51.7	47.5 - 55.9	4,300	36.3	23.0 - 49.6	400
Food insecurity during pregnancy	20.0	18.1 - 21.9	5,600	25.5	22.9 - 28.2	4,400	21.8	11.6 - 32.0	<100	12.1	9.1 - 15.1	1,100	2.2 *	0.3 - 4.1	<100
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	8.0	6.6 - 9.4	2,300	10.0	8.0 - 11.9	1,700	11.2 *	2.8 - 19.7	<100	4.0	2.3 - 5.7	400	--		
Prenatal depressive symptoms	16.1	14.3 - 17.9	4,600	19.1	16.7 - 21.5	3,300	8.4 *	2.3 - 14.6	<100	12.0	9.1 - 14.9	1,100	9.0 *	2.2 - 15.8	100
Postpartum depressive symptoms	14.9	13.2 - 16.6	4,200	16.1	13.8 - 18.3	2,800	12.0 *	3.4 - 20.6	<100	12.7	9.8 - 15.5	1,100	14.0 *	4.1 - 23.9	200
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	26.0	23.9 - 28.1	7,200	28.6	25.8 - 31.5	4,800	33.6	22.0 - 45.2	100	23.2	19.6 - 26.8	2,100	5.3 *	1.9 - 8.8	<100
Homeless or did not have a regular place to sleep	3.4	2.5 - 4.3	1,000	3.9	2.7 - 5.0	700	6.8 *	1.3 - 12.3	<100	2.2 *	0.8 - 3.6	200	--		
Moved due to problems paying rent or mortgage	6.7	5.3 - 8.0	1,900	7.3	5.7 - 9.0	1,300	6.2 *	0.3 - 12.1	<100	6.3	3.6 - 9.0	600	--		
Woman or partner lost job	15.8	14.0 - 17.7	4,400	19.5	17.0 - 22.1	3,300	10.2 *	3.3 - 17.1	<100	10.1	7.4 - 12.9	900	9.8 *	2.4 - 17.3	100
Woman or partner had pay or hours cut back	13.4	11.7 - 15.0	3,800	14.8	12.7 - 17.0	2,500	11.9 *	4.0 - 19.9	<100	12.2	9.3 - 15.2	1,100	4.3 *	0.6 - 8.1	<100
Became separated or divorced	6.0	4.9 - 7.1	1,700	7.5	6.0 - 9.1	1,300	--			3.7	2.3 - 5.2	300	--		
Had no practical or emotional support	4.4	3.5 - 5.4	1,300	6.5	5.0 - 7.9	1,100	--			0.8 *	0.1 - 1.4	<100	--		
Substance Use															
Any smoking, 3 months before pregnancy	8.0	6.7 - 9.3	2,200	4.2	3.2 - 5.2	700	17.8	8.4 - 27.2	<100	15.6	12.4 - 18.9	1,400	3.5 *	0.1 - 7.0	<100
Any smoking, 3rd trimester†	2.0	1.2 - 2.8	600	0.7	0.3 - 1.1	100	--			4.5	2.3 - 6.7	400	--		
Any smoking, postpartum	3.9	2.8 - 4.9	1,100	1.8	1.0 - 2.7	300	11.6 *	3.1 - 20.0	<100	8.1	5.3 - 10.9	700	--		
Any binge drinking, 3 months before pregnancy	15.4	13.7 - 17.2	4,300	12.1	10.0 - 14.2	2,100	14.8	6.1 - 23.4	<100	22.7	19.3 - 26.2	2,100	9.6 *	1.2 - 18.1	100
Any alcohol use, 3rd trimester†	7.9	6.6 - 9.3	2,200	3.4	2.2 - 4.7	600	--			16.7	13.7 - 19.8	1,500	5.1 *	0.4 - 9.7	<100
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	29.3	27.2 - 31.5	8,300	34.0	31.1 - 36.8	5,900	39.2	27.0 - 51.3	100	22.7	19.0 - 26.3	2,100	15.2	7.0 - 23.4	200
Unsure of pregnancy intentions	11.9	10.4 - 13.4	3,400	13.4	11.5 - 15.4	2,300	13.3	6.0 - 20.7	<100	9.0	6.9 - 11.1	800	10.5 *	1.9 - 19.0	100
Postpartum birth control use†	84.4	82.6 - 86.2	23,300	87.8	85.8 - 89.8	14,900	84.9	77.9 - 91.9	300	80.2	76.6 - 83.8	7,200	67.5	53.4 - 81.7	800
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	83.3	81.6 - 85.0	23,200	83.1	80.9 - 85.3	14,100	69.8	58.0 - 81.6	200	84.1	81.1 - 87.1	7,600	82.9 *	72.2 - 93.5	1,100
Infant always or often shared bed	40.9	38.6 - 43.2	11,300	45.6	42.7 - 48.6	7,700	48.4	36.4 - 60.4	100	31.2	27.6 - 34.8	2,800	45.0	31.4 - 58.7	600
Intended to breastfeed, before birth	94.1	92.9 - 95.3	26,200	92.2	90.4 - 94.0	15,700	90.5 *	83.5 - 97.4	300	97.4	96.2 - 98.6	8,800	--		
Intended to breastfeed exclusively, before birth	67.9	65.7 - 70.1	18,900	56.2	53.2 - 59.2	9,500	70.4	60.4 - 80.4	200	88.2	85.7 - 90.8	8,000	76.8	66.9 - 86.7	1,000
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	87.5	85.8 - 89.2	24,100	85.3	83.0 - 87.6	14,200	80.4	71.8 - 89.0	200	91.4	88.9 - 93.9	8,200	94.8 *	89.8 - 99.7	1,200
Exclusive breastfeeding, 1 month after delivery	50.5	48.1 - 53.0	13,600	43.0	40.0 - 46.0	7,000	48.7	37.4 - 59.9	100	64.9	60.9 - 68.9	5,700	46.6	32.5 - 60.7	600
Any breastfeeding, 3 months after delivery	71.9	69.4 - 74.5	15,700	66.7	63.4 - 70.0	9,300	70.0	58.7 - 81.3	200	80.5	76.4 - 84.7	5,300	89.3 *	80.0 - 98.5	900
Exclusive breastfeeding, 3 months after delivery	34.2	31.7 - 36.7	7,300	25.0	22.1 - 27.9	3,400	33.4	20.6 - 46.3	<100	52.7	47.9 - 57.5	3,400	36.2	21.0 - 51.5	400

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 by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Service Utilization and Health Insurance Coverage															
Had a usual source of pre-pregnancy care	68.6	66.5 - 70.8	19,400	63.2	60.4 - 66.1	11,000	55.9	43.8 - 68.1	200	78.1	74.7 - 81.5	7,100	75.3	64.6 - 86.1	1,000
Initiated prenatal care in 1st trimester	88.5	87.0 - 90.0	24,600	86.1	84.0 - 88.1	14,500	86.7*	78.5 - 94.9	300	92.5	90.2 - 94.8	8,400	--		
Mom or infant needed but couldn't afford care postpartum	13.9	12.2 - 15.6	3,800	17.6	15.2 - 20.0	3,000	6.0*	1.6 - 10.4	<100	7.8	5.4 - 10.2	700	6.7*	0.5 - 12.8	<100
Participated in WIC during pregnancy†	54.1	51.8 - 56.5	14,900	76.6	74.0 - 79.3	13,100	55.5	45.3 - 65.7	200	16.6	13.2 - 19.9	1,500	13.4*	4.9 - 21.9	200
Received CalFresh (food stamps) during pregnancy	23.3	21.3 - 25.2	6,500	31.9	29.1 - 34.6	5,500	23.2	13.0 - 33.5	<100	10.5	7.9 - 13.1	900	--		
Pre-pregnancy insurance															
Medi-Cal	23.6	21.7 - 25.5	6,600	31.6	28.9 - 34.3	5,400	26.1	14.4 - 37.8	<100	10.8	8.3 - 13.4	1,000	7.4*	1.3 - 13.5	<100
Uninsured	26.6	24.5 - 28.6	7,500	36.6	33.7 - 39.5	6,300	17.2	7.6 - 26.9	<100	11.1	8.3 - 13.9	1,000	7.5*	0.5 - 14.4	<100
Private	44.6	42.3 - 47.0	12,500	28.4	25.5 - 31.2	4,900	41.8	29.5 - 54.2	100	69.7	65.8 - 73.6	6,300	80.7	70.8 - 90.5	1,000
Prenatal insurance															
Medi-Cal	54.2	51.8 - 56.5	15,300	74.1	71.4 - 76.9	12,800	43.5	32.5 - 54.4	100	22.8	19.3 - 26.3	2,100	14.3*	5.8 - 22.8	200
Uninsured	1.5	0.9 - 2.1	400	1.9	1.0 - 2.7	300	--			--			--		
Private	39.0	36.7 - 41.3	11,000	21.0	18.4 - 23.6	3,600	36.7	26.0 - 47.4	100	67.6	63.7 - 71.5	6,100	76.3	66.0 - 86.7	1,000
Maternal postpartum insurance															
Medi-Cal	35.7	33.5 - 37.8	10,000	46.5	43.5 - 49.4	7,900	43.1	33.1 - 53.0	100	19.5	16.3 - 22.8	1,800	7.7*	1.7 - 13.6	100
Uninsured	19.6	17.7 - 21.5	5,500	28.3	25.6 - 31.0	4,800	5.2*	1.0 - 9.4	<100	5.5	3.4 - 7.5	500	7.7*	0.9 - 14.5	100
Private	40.3	38.0 - 42.6	11,300	23.0	20.3 - 25.7	3,900	34.4	23.5 - 45.4	100	67.4	63.5 - 71.2	6,100	76.8	66.5 - 87.1	1,000
Infant health insurance															
Medi-Cal	56.4	54.0 - 58.7	15,700	76.7	73.9 - 79.4	13,000	46.8	37.1 - 56.5	100	24.7	21.2 - 28.2	2,200	16.0	7.1 - 24.9	200
Uninsured	1.6	1.0 - 2.3	400	1.9	0.9 - 2.8	300	--			1.4*	0.4 - 2.4	100	--		
Private	36.7	34.4 - 39.0	10,200	18.4	15.8 - 20.9	3,100	34.4	23.3 - 45.4	<100	64.7	60.8 - 68.7	5,800	77.7	67.7 - 87.7	1,000
Maternal Demographics															
Age															
15-19	6.1	4.9 - 7.2	1,700	8.8	7.0 - 10.6	1,500	--			1.4	0.6 - 2.1	100	--		
20-34	75.2	73.1 - 77.2	21,300	76.6	74.0 - 79.3	13,300	74.4	65.6 - 83.1	200	74.3	70.9 - 77.7	6,800	65.5	52.3 - 78.6	900
35+	18.8	16.9 - 20.6	5,300	14.5	12.3 - 16.7	2,500	19.0	10.8 - 27.3	<100	24.3	20.9 - 27.6	2,200	34.5	21.4 - 47.7	500
Did not complete high school (or GED)	22.1	20.2 - 24.0	6,200	35.0	32.2 - 37.8	6,000	--			1.8	0.8 - 2.9	200	--		
Unmarried	41.8	39.4 - 44.1	11,700	53.8	50.8 - 56.8	9,200	42.9	33.0 - 52.9	100	24.3	20.6 - 28.0	2,200	8.6*	2.5 - 14.8	100
Born outside the U.S.	39.4	37.1 - 41.7	11,200	54.5	51.5 - 57.5	9,500	10.1	4.9 - 15.3	<100	7.2	5.0 - 9.3	700	77.2	67.8 - 86.7	1,000
Speaks non-English language at home	35.5	33.2 - 37.7	10,000	53.0	50.0 - 56.0	9,200	5.6	2.6 - 8.6	<100	2.0	0.9 - 3.1	200	49.3	35.2 - 63.3	600
Lives in a high poverty neighborhood	29.0	27.1 - 31.0	7,900	41.5	38.6 - 44.4	6,900	17.9	10.3 - 25.4	<100	9.2	7.4 - 11.1	800	9.2	3.8 - 14.7	100
Income as a percent of the Federal Poverty Guideline															
0-100%	41.8	39.4 - 44.2	10,900	58.4	55.3 - 61.5	9,100	33.3	22.2 - 44.5	<100	17.3	13.9 - 20.7	1,500	9.1*	1.0 - 17.2	100
101-200%	21.5	19.5 - 23.5	5,600	25.3	22.5 - 28.0	3,900	35.1	23.0 - 47.1	100	16.0	12.9 - 19.1	1,400	10.8	4.7 - 17.0	100
> 200%	36.8	34.4 - 39.1	9,600	16.3	13.9 - 18.8	2,500	31.6	20.1 - 43.1	<100	66.7	62.6 - 70.7	5,900	80.0	70.3 - 89.8	1,000

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%).

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Central Coast Region was 2,916. 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 2013-2015. Population estimate (N) is a three-year average. 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.

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MIHA Data Snapshot, Central Coast Region by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		28,400	36.7	34.4 - 39.0	10,400	63.3	61.0 - 65.6	18,000
Health Status before Pregnancy									
In good to excellent health	90.2	88.8 - 91.6	25,500	92.1	90.2 - 94.1	9,600	89.1	87.2 - 91.0	16,000
Chronic conditions									
Diabetes†	2.9	2.1 - 3.8	800	1.7 *	0.6 - 2.8	200	3.7	2.5 - 4.8	600
Hypertension†	2.7	1.8 - 3.6	700	1.5	0.7 - 2.2	200	3.4	2.1 - 4.8	600
Asthma†	8.4	6.9 - 9.9	2,300	9.6	7.2 - 12.0	1,000	7.7	5.8 - 9.6	1,300
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.5	30.3 - 34.7	9,200	35.1	31.5 - 38.7	3,600	31.0	28.3 - 33.7	5,600
Overweight before pregnancy	26.7	24.5 - 28.8	6,700	24.6	21.2 - 27.9	2,400	28.0	25.1 - 30.9	4,300
Obese before pregnancy	22.3	20.2 - 24.4	5,600	16.7	13.8 - 19.7	1,600	25.8	22.9 - 28.8	4,000
Inadequate weight gain during pregnancy	16.1	14.3 - 18.0	3,600	15.4	12.6 - 18.2	1,400	16.6	14.1 - 19.1	2,300
Excessive weight gain during pregnancy	44.8	42.2 - 47.4	10,000	49.6	45.5 - 53.8	4,400	41.7	38.3 - 45.0	5,600
Food insecurity during pregnancy	20.0	18.1 - 21.9	5,600	14.9	12.0 - 17.8	1,500	23.0	20.5 - 25.5	4,100
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	8.0	6.6 - 9.4	2,300	9.6	7.0 - 12.2	1,000	7.0	5.5 - 8.6	1,300
Prenatal depressive symptoms	16.1	14.3 - 17.9	4,600	15.4	12.4 - 18.5	1,600	16.5	14.3 - 18.7	2,900
Postpartum depressive symptoms	14.9	13.2 - 16.6	4,200	14.6	11.6 - 17.5	1,500	15.1	12.9 - 17.3	2,700
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	26.0	23.9 - 28.1	7,200	24.7	21.1 - 28.3	2,500	26.8	24.1 - 29.4	4,600
Homeless or did not have a regular place to sleep	3.4	2.5 - 4.3	1,000	3.2	1.8 - 4.6	300	3.5	2.4 - 4.6	600
Moved due to problems paying rent or mortgage	6.7	5.3 - 8.0	1,900	7.5	5.3 - 9.8	800	6.2	4.5 - 7.8	1,100
Woman or partner lost job	15.8	14.0 - 17.7	4,400	16.1	12.9 - 19.3	1,700	15.7	13.4 - 17.9	2,800
Woman or partner had pay or hours cut back	13.4	11.7 - 15.0	3,800	16.0	13.0 - 19.0	1,700	11.8	9.9 - 13.8	2,100
Became separated or divorced	6.0	4.9 - 7.1	1,700	7.1	5.0 - 9.2	700	5.3	4.1 - 6.5	900
Had no practical or emotional support	4.4	3.5 - 5.4	1,300	2.7	1.7 - 3.8	300	5.4	4.0 - 6.8	1,000
Substance Use									
Any smoking, 3 months before pregnancy	8.0	6.7 - 9.3	2,200	10.9	8.4 - 13.5	1,100	6.3	4.9 - 7.6	1,100
Any smoking, 3rd trimester†	2.0	1.2 - 2.8	600	1.9 *	0.6 - 3.3	200	2.1	1.1 - 3.0	400
Any smoking, postpartum	3.9	2.8 - 4.9	1,100	5.7	3.4 - 8.0	600	2.8	1.8 - 3.8	500
Any binge drinking, 3 months before pregnancy	15.4	13.7 - 17.2	4,300	21.7	18.5 - 24.9	2,200	11.8	9.7 - 13.8	2,100
Any alcohol use, 3rd trimester†	7.9	6.6 - 9.3	2,200	9.3	7.0 - 11.6	1,000	7.2	5.6 - 8.8	1,300
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	29.3	27.2 - 31.5	8,300	31.9	28.2 - 35.6	3,300	27.9	25.3 - 30.5	5,000
Unsure of pregnancy intentions	11.9	10.4 - 13.4	3,400	11.6	9.3 - 13.9	1,200	12.1	10.2 - 14.0	2,200
Postpartum birth control use†	84.4	82.6 - 86.2	23,300	80.1	76.7 - 83.4	8,200	87.0	84.8 - 89.1	15,200
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	83.3	81.6 - 85.0	23,200	85.7	83.1 - 88.2	8,800	81.9	79.6 - 84.2	14,400
Infant always or often shared bed	40.9	38.6 - 43.2	11,300	35.8	32.2 - 39.4	3,700	43.9	41.0 - 46.8	7,700
Intended to breastfeed, before birth	94.1	92.9 - 95.3	26,200	95.2	93.5 - 96.8	9,800	93.4	91.8 - 95.1	16,400
Intended to breastfeed exclusively, before birth	67.9	65.7 - 70.1	18,900	76.7	73.4 - 80.0	7,900	62.7	59.8 - 65.6	11,000
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	87.5	85.8 - 89.2	24,100	86.4	83.5 - 89.2	8,800	88.2	86.1 - 90.2	15,300
Exclusive breastfeeding, 1 month after delivery	50.5	48.1 - 53.0	13,600	47.2	43.3 - 51.2	4,700	52.4	49.4 - 55.5	8,900
Any breastfeeding, 3 months after delivery	71.9	69.4 - 74.5	15,700	67.7	63.2 - 72.2	5,300	74.3	71.3 - 77.3	10,400
Exclusive breastfeeding, 3 months after delivery	34.2	31.7 - 36.7	7,300	29.9	26.1 - 33.7	2,300	36.5	33.3 - 39.7	5,000



MIHA Data Snapshot, Central Coast Region by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Central Coast Region				First Live Birth				Second Live Birth or More			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
Service Utilization and Health Insurance Coverage												
Had a usual source of pre-pregnancy care	68.6	66.5	- 70.8	19,400	63.1	59.4	- 66.8	6,600	71.8	69.2	- 74.4	12,800
Initiated prenatal care in 1st trimester	88.5	87.0	- 90.0	24,600	90.4	88.2	- 92.6	9,200	87.4	85.4	- 89.4	15,400
Mom or infant needed but couldn't afford care postpartum	13.9	12.2	- 15.6	3,800	13.9	10.8	- 17.1	1,400	13.9	11.9	- 15.9	2,400
Participated in WIC during pregnancy†	54.1	51.8	- 56.5	14,900	45.8	41.9	- 49.7	4,700	59.0	56.1	- 62.0	10,300
Received CalFresh (food stamps) during pregnancy	23.3	21.3	- 25.2	6,500	12.8	10.2	- 15.3	1,300	29.4	26.8	- 32.1	5,200
Pre-pregnancy insurance												
Medi-Cal	23.6	21.7	- 25.5	6,600	13.5	11.0	- 16.0	1,400	29.5	26.9	- 32.1	5,200
Uninsured	26.6	24.5	- 28.6	7,500	28.0	24.4	- 31.6	2,900	25.7	23.2	- 28.3	4,600
Private	44.6	42.3	- 47.0	12,500	54.4	50.5	- 58.3	5,600	38.9	36.0	- 41.8	6,900
Prenatal insurance												
Medi-Cal	54.2	51.8	- 56.5	15,300	47.9	44.1	- 51.8	5,000	57.8	54.9	- 60.7	10,300
Uninsured	1.5	0.9	- 2.1	400	1.7 *	0.5	- 2.9	200	1.3	0.7	- 2.0	200
Private	39.0	36.7	- 41.3	11,000	46.3	42.4	- 50.1	4,800	34.8	31.9	- 37.6	6,200
Maternal postpartum insurance												
Medi-Cal	35.7	33.5	- 37.8	10,000	33.8	30.3	- 37.4	3,500	36.7	34.0	- 39.5	6,500
Uninsured	19.6	17.7	- 21.5	5,500	16.5	13.4	- 19.6	1,700	21.4	19.0	- 23.8	3,800
Private	40.3	38.0	- 42.6	11,300	47.0	43.1	- 50.8	4,800	36.5	33.6	- 39.4	6,500
Infant health insurance												
Medi-Cal	56.4	54.0	- 58.7	15,700	51.7	47.8	- 55.6	5,300	59.1	56.1	- 62.1	10,300
Uninsured	1.6	1.0	- 2.3	400	1.7 *	0.4	- 3.1	200	1.5	0.8	- 2.2	300
Private	36.7	34.4	- 39.0	10,200	41.8	38.0	- 45.6	4,300	33.7	30.8	- 36.6	5,900
Maternal Demographics												
Age												
15-19	6.1	4.9	- 7.2	1,700	13.9	11.0	- 16.7	1,400	1.6	0.9	- 2.2	300
20-34	75.2	73.1	- 77.2	21,300	75.4	72.1	- 78.7	7,800	75.1	72.4	- 77.7	13,500
35+	18.8	16.9	- 20.6	5,300	10.8	8.7	- 12.8	1,100	23.4	20.8	- 26.0	4,200
Did not complete high school (or GED)	22.1	20.2	- 24.0	6,200	11.0	8.6	- 13.4	1,100	28.5	25.9	- 31.0	5,100
Unmarried	41.8	39.4	- 44.1	11,700	47.9	44.0	- 51.8	4,900	38.2	35.4	- 41.1	6,800
Race/Ethnicity												
White	32.3	30.2	- 34.5	9,100	39.2	35.4	- 42.9	4,000	28.3	25.7	- 30.9	5,100
Hispanic	61.7	59.4	- 64.0	17,400	54.4	50.6	- 58.3	5,600	65.9	63.1	- 68.8	11,800
Asian/Pacific Islander	4.7	3.5	- 6.0	1,300	4.9	3.0	- 6.7	500	4.6	3.0	- 6.3	800
Black	1.1	0.9	- 1.2	300	1.3	0.9	- 1.6	100	1.0	0.7	- 1.2	200
Born outside the U.S.	39.4	37.1	- 41.7	11,200	27.0	23.5	- 30.4	2,800	46.7	43.7	- 49.6	8,400
Speaks non-English language at home	35.5	33.2	- 37.7	10,000	24.9	21.5	- 28.3	2,600	41.6	38.7	- 44.5	7,400
Lives in a high poverty neighborhood	29.0	27.1	- 31.0	7,900	25.0	21.8	- 28.1	2,500	31.4	28.8	- 34.0	5,400
Income as a percent of the Federal Poverty Guideline												
0-100%	41.8	39.4	- 44.2	10,900	36.8	32.8	- 40.8	3,500	44.7	41.6	- 47.7	7,400
101-200%	21.5	19.5	- 23.5	5,600	19.5	16.4	- 22.7	1,900	22.6	20.0	- 25.2	3,700
> 200%	36.8	34.4	- 39.1	9,600	43.7	39.7	- 47.6	4,200	32.7	29.8	- 35.6	5,400

-- Estimate not shown because the relative standard error (RSE) is greater than 50%, fewer than 5 women reported, or the weighted population denominator for the column is less than 100 women.

* Estimate should be interpreted with caution due to low statistical reliability (RSE is between 30% and 50%)

† Measure/definition may not be comparable to previous Snapshots (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2015 were combined, resulting in a statewide sample size of 20,762. The sample size of Central Coast Region was 2,916.

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 2013-2015. Population estimate (N) is a three-year average. 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.

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