



MIHA Data Snapshot, San Luis Obispo County by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			<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		2,600	9.7	6.8 - 12.5	200	17.0	13.5 - 20.5	400	40.1	35.7 - 44.6	1,000	33.2	29.2 - 37.3	900
Health Status before Pregnancy															
In good to excellent health	92.7	90.0 - 95.4	2,400	73.1	57.9 - 88.4	200	87.9	80.9 - 94.9	400	93.7 *	89.5 - 97.9	1,000	--		
Chronic conditions															
Diabetes†	2.7 *	0.9 - 4.4	<100	13.2 *	1.8 - 24.6	<100	--			--			--		
Hypertension†	1.2 *	0.3 - 2.1	<100	--			--			--			--		
Asthma†	5.3	3.4 - 7.1	100	--			5.8 *	0.7 - 10.9	<100	6.8	3.4 - 10.2	<100	4.4 *	1.8 - 7.1	<100
Nutrition and Weight															
Daily folic acid use, month before pregnancy	35.1	30.8 - 39.4	900	29.8	15.0 - 44.5	<100	24.0	14.3 - 33.7	100	32.1	25.4 - 38.9	300	45.9	38.7 - 53.1	400
Overweight before pregnancy	20.9	17.1 - 24.7	500	30.0 *	11.5 - 48.5	<100	29.0	18.6 - 39.3	100	21.6	15.5 - 27.8	200	14.0	9.2 - 18.7	100
Obese before pregnancy	16.8	13.4 - 20.2	400	33.7	16.1 - 51.3	<100	16.1	8.1 - 24.2	<100	17.6	12.0 - 23.3	200	13.2	8.5 - 18.0	100
Inadequate weight gain during pregnancy	15.5	11.9 - 19.0	300	34.3	14.4 - 54.1	<100	25.2	13.8 - 36.5	<100	12.0	7.1 - 16.8	100	12.0	7.3 - 16.7	<100
Excessive weight gain during pregnancy	44.9	40.2 - 49.6	1,000	35.3	15.2 - 55.4	<100	43.0	31.4 - 54.6	200	48.3	40.5 - 56.0	400	44.3	36.9 - 51.6	400
Food insecurity during pregnancy	15.5	12.2 - 18.7	400	50.5	34.9 - 66.2	100	18.0	9.7 - 26.3	<100	16.2	11.1 - 21.4	200	3.2 *	1.1 - 5.2	<100
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	6.1	3.9 - 8.3	200	12.6 *	3.6 - 21.6	<100	--			6.6	3.3 - 9.9	<100	5.2 *	0.9 - 9.4	<100
Prenatal depressive symptoms	10.5	7.7 - 13.4	300	25.9	11.1 - 40.8	<100	12.4	5.2 - 19.6	<100	9.7	5.2 - 14.1	<100	6.5	3.2 - 9.9	<100
Postpartum depressive symptoms	10.7	7.9 - 13.6	300	--			9.3 *	3.1 - 15.5	<100	12.1	7.1 - 17.2	100	11.0	6.5 - 15.6	<100
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	28.6	24.5 - 32.7	700	45.0	28.8 - 61.2	100	39.0	28.1 - 50.0	200	32.8	25.9 - 39.7	300	14.5	9.7 - 19.3	100
Homeless or did not have a regular place to sleep	2.8	1.4 - 4.2	<100	--			--			3.1 *	0.6 - 5.5	<100	--		
Moved due to problems paying rent or mortgage	5.8	3.7 - 7.8	100	--			4.2 *	0.6 - 7.7	<100	10.4	5.9 - 14.9	100	--		
Woman or partner lost job	14.1	10.9 - 17.3	400	36.9	21.5 - 52.3	<100	17.8	9.2 - 26.5	<100	14.3	9.2 - 19.4	100	5.5	2.3 - 8.7	<100
Woman or partner had pay or hours cut back	13.0	10.0 - 16.0	300	18.4 *	5.8 - 31.1	<100	9.7 *	3.0 - 16.5	<100	18.0	12.5 - 23.5	200	7.2	3.9 - 10.6	<100
Became separated or divorced	5.0	3.0 - 7.0	100	--			7.0 *	0.6 - 13.4	<100	6.5	2.8 - 10.3	<100	2.3 *	0.5 - 4.1	<100
Had no practical or emotional support	3.5	2.0 - 5.0	<100	13.5 *	4.6 - 22.5	<100	--			--			--		
Substance Use															
Any smoking, 3 months before pregnancy	13.2	10.1 - 16.3	300	--			18.9	10.2 - 27.6	<100	18.6	12.8 - 24.5	200	5.8	2.6 - 9.0	<100
Any smoking, 3rd trimester†	1.7 *	0.7 - 2.8	<100	--			--			1.9 *	0.3 - 3.5	<100	--		
Any smoking, postpartum	5.5	3.2 - 7.7	100	--			7.6 *	2.6 - 12.7	<100	8.6	3.8 - 13.4	<100	--		
Any binge drinking, 3 months before pregnancy	22.3	18.6 - 26.0	600	--			30.5	19.9 - 41.0	100	23.0	17.0 - 29.0	200	22.2	16.0 - 28.4	200
Any alcohol use, 3rd trimester†	8.5	6.1 - 10.8	200	--			9.4 *	2.6 - 16.2	<100	4.4 *	1.4 - 7.4	<100	15.2	10.4 - 20.1	100
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	24.3	20.4 - 28.2	600	24.8	12.2 - 37.5	<100	38.3	27.1 - 49.5	200	25.3	18.8 - 31.8	300	16.5	11.4 - 21.7	100
Unsure of pregnancy intentions	13.6	10.3 - 16.8	300	17.5 *	5.9 - 29.2	<100	20.1	11.2 - 29.0	<100	16.6	10.6 - 22.6	200	5.8	2.7 - 8.8	<100
Postpartum birth control use†	87.8	84.9 - 90.8	2,200	--			91.3 *	86.0 - 96.6	400	85.8	80.5 - 91.1	900	86.2	81.4 - 91.1	700
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.0	76.3 - 83.8	2,000	65.6	50.7 - 80.5	200	73.7	63.6 - 83.8	300	82.6	76.9 - 88.4	800	84.0	78.6 - 89.5	700
Infant always or often shared bed	37.3	32.9 - 41.6	900	56.9	41.2 - 72.7	100	39.1	28.4 - 49.7	200	34.9	27.9 - 41.8	400	33.6	26.7 - 40.4	300
Intended to breastfeed, before birth	97.2	95.6 - 98.8	2,500	--			95.7 *	92.1 - 99.4	400	96.5 *	93.2 - 99.9	1,000	98.5 *	97.2 - 99.8	800
Intended to breastfeed exclusively, before birth	83.4	79.8 - 87.0	2,100	69.4	54.5 - 84.4	200	74.6	64.7 - 84.6	300	82.8	76.5 - 89.1	800	92.2	88.8 - 95.6	800
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	93.0	90.7 - 95.3	2,300	--			83.0	75.3 - 90.8	300	92.9 *	88.5 - 97.3	900	97.0 *	94.8 - 99.3	800
Exclusive breastfeeding, 1 month after delivery	63.4	58.9 - 67.8	1,600	60.1	43.3 - 76.9	100	57.1	45.9 - 68.3	200	61.7	54.2 - 69.1	600	69.0	62.4 - 75.5	600
Any breastfeeding, 3 months after delivery	78.5	74.0 - 83.1	1,400	78.3 *	62.9 - 93.7	100	49.8	37.0 - 62.6	200	78.7	70.8 - 86.5	600	93.4 *	89.4 - 97.5	600
Exclusive breastfeeding, 3 months after delivery	50.2	44.7 - 55.6	900	35.9	17.6 - 54.1	<100	34.7	22.2 - 47.3	100	44.7	35.8 - 53.6	300	68.0	60.1 - 75.9	400



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Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			<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	68.2	64.0 - 72.4	1,800	48.8	33.2 - 64.4	100	51.8	40.5 - 63.1	200	67.4	60.6 - 74.2	700	83.5	78.7 - 88.3	700
Initiated prenatal care in 1st trimester	94.2	92.3 - 96.1	2,400	84.7 *	74.7 - 94.7	200	92.2 *	86.6 - 97.8	400	93.3	90.1 - 96.5	900	--		
Mom or infant needed but couldn't afford care postpartum	11.9	8.9 - 14.9	300	25.2 *	9.8 - 40.5	<100	9.4 *	2.6 - 16.2	<100	14.9	9.9 - 20.0	200	6.2	3.1 - 9.3	<100
Participated in WIC during pregnancy†	36.8	32.3 - 41.3	900	--			68.4	57.6 - 79.1	300	34.7	27.6 - 41.8	400	6.8	3.2 - 10.5	<100
Received CalFresh (food stamps) during pregnancy	19.6	15.8 - 23.4	500	59.8	44.6 - 75.1	100	35.2	24.1 - 46.4	200	17.9	12.1 - 23.6	200	--		
Pre-pregnancy insurance															
Medi-Cal	19.7	16.1 - 23.4	500	43.8	28.3 - 59.3	100	32.3	21.7 - 43.0	100	22.0	15.9 - 28.1	200	2.8 *	0.7 - 4.9	<100
Uninsured	21.3	17.3 - 25.2	500	52.5	36.9 - 68.0	100	30.9	20.2 - 41.6	100	23.7	17.0 - 30.5	200	4.6 *	1.9 - 7.3	<100
Private	57.3	52.8 - 61.8	1,500	--			34.0	23.0 - 45.1	100	53.8	46.4 - 61.2	600	89.4	84.5 - 94.2	800
Prenatal insurance															
Medi-Cal	45.3	40.7 - 49.8	1,200	--			75.6	66.3 - 84.8	300	46.7	39.2 - 54.1	500	11.8	7.0 - 16.7	100
Uninsured	--			--			--			--			--		
Private	50.1	45.6 - 54.6	1,300	--			20.2	11.7 - 28.7	<100	49.0	41.6 - 56.4	500	81.7	75.8 - 87.6	700
Maternal postpartum insurance															
Medi-Cal	35.2	30.8 - 39.6	900	58.8	43.1 - 74.6	100	66.8	56.5 - 77.0	300	38.7	31.5 - 45.9	400	7.7	3.9 - 11.4	<100
Uninsured	12.6	9.4 - 15.9	300	36.4	20.8 - 52.1	<100	11.7 *	4.7 - 18.7	<100	13.5	8.0 - 19.0	100	5.6 *	2.2 - 9.0	<100
Private	50.4	45.9 - 54.9	1,300	--			19.6	11.5 - 27.8	<100	46.4	39.1 - 53.7	500	84.7	79.1 - 90.2	700
Infant health insurance															
Medi-Cal	47.1	42.5 - 51.7	1,200	--			78.5	69.7 - 87.4	300	51.8	44.4 - 59.1	500	12.8	7.7 - 17.8	100
Uninsured	2.5 *	1.0 - 4.1	<100	--			--			1.9 *	0.2 - 3.5	<100	--		
Private	47.9	43.3 - 52.4	1,200	--			17.2	9.1 - 25.2	<100	44.3	37.0 - 51.6	500	81.2	75.1 - 87.4	700
Maternal Demographics															
Unmarried	33.7	29.4 - 37.9	900	50.2	34.5 - 65.8	100	63.7	52.9 - 74.5	300	37.7	30.7 - 44.8	400	8.6	4.4 - 12.7	<100
Race/Ethnicity															
White	62.2	57.6 - 66.7	1,600	--			45.6	34.6 - 56.7	200	64.4	57.0 - 71.8	700	84.1	77.7 - 90.4	700
Hispanic	33.5	29.0 - 38.1	900	93.2 *	86.9 - 99.6	200	49.4	38.1 - 60.7	200	32.2	24.9 - 39.5	300	9.5	4.5 - 14.5	<100
Asian/Pacific Islander	2.9 *	1.2 - 4.7	<100	--			--			2.6 *	0.3 - 4.8	<100	5.8 *	1.4 - 10.3	<100
Black	0.8 *	0.3 - 1.4	<100	--			--			--			--		
Born outside the U.S.	19.8	16.0 - 23.6	500	78.1	65.3 - 90.8	200	19.5	11.4 - 27.6	<100	12.3	6.8 - 17.8	100	12.2	6.6 - 17.7	100
Speaks non-English language at home	17.5	13.8 - 21.3	500	78.4	66.4 - 90.4	200	23.0	14.1 - 32.0	100	7.9	3.3 - 12.5	<100	8.3 *	3.2 - 13.5	<100
Lives in a high poverty neighborhood	16.6	13.2 - 20.0	400	31.0	15.4 - 46.6	<100	14.5	6.8 - 22.2	<100	12.6	7.4 - 17.8	100	18.1	12.8 - 23.3	200
Income as a percent of the Federal Poverty Guideline															
0-100%	28.9	24.6 - 33.2	700	76.5	63.5 - 89.5	200	45.6	33.8 - 57.4	200	32.7	25.5 - 39.9	300	4.1 *	1.0 - 7.2	<100
101-200%	21.7	17.8 - 25.5	500	23.5	10.5 - 36.5	<100	40.0	28.4 - 51.7	200	23.4	17.0 - 29.9	200	10.1	5.9 - 14.3	<100
> 200%	49.4	44.8 - 54.0	1,200	--			14.4 *	5.7 - 23.0	<100	43.8	36.4 - 51.2	400	85.8	80.8 - 90.8	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 San Luis Obispo County was 563. 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 2013-2015. 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, San Luis Obispo County by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		2,600	18.0	14.6 - 21.4	400	82.0	78.6 - 85.4	2,000
Health Status before Pregnancy									
In good to excellent health	92.7	90.0 - 95.4	2,400	92.4 *	85.8 - 99.0	400	92.8	89.7 - 95.8	1,900
Chronic conditions									
Diabetes†	2.7 *	0.9 - 4.4	<100	--			2.4 *	0.6 - 4.1	<100
Hypertension†	1.2 *	0.3 - 2.1	<100	--			1.4 *	0.3 - 2.5	<100
Asthma†	5.3	3.4 - 7.1	100	4.8 *	0.4 - 9.1	<100	5.6	3.5 - 7.8	100
Nutrition and Weight									
Daily folic acid use, month before pregnancy	35.1	30.8 - 39.4	900	35.1	25.3 - 44.9	200	34.1	29.3 - 39.0	700
Overweight before pregnancy	20.9	17.1 - 24.7	500	23.7	14.5 - 32.8	100	20.5	16.2 - 24.8	400
Obese before pregnancy	16.8	13.4 - 20.2	400	20.0	10.9 - 29.0	<100	16.5	12.7 - 20.2	300
Inadequate weight gain during pregnancy	15.5	11.9 - 19.0	300	10.0 *	2.5 - 17.6	<100	15.0	11.2 - 18.9	300
Excessive weight gain during pregnancy	44.9	40.2 - 49.6	1,000	54.7	43.9 - 65.6	200	43.4	38.0 - 48.7	800
Food insecurity during pregnancy	15.5	12.2 - 18.7	400	12.3	5.5 - 19.1	<100	15.2	11.6 - 18.9	300
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	6.1	3.9 - 8.3	200	7.8 *	2.4 - 13.1	<100	5.6	3.2 - 8.1	100
Prenatal depressive symptoms	10.5	7.7 - 13.4	300	--			11.5	8.2 - 14.9	200
Postpartum depressive symptoms	10.7	7.9 - 13.6	300	13.0	5.5 - 20.5	<100	10.5	7.3 - 13.6	200
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	28.6	24.5 - 32.7	700	34.1	23.9 - 44.3	100	26.6	22.0 - 31.2	500
Homeless or did not have a regular place to sleep	2.8	1.4 - 4.2	<100	--			3.1	1.4 - 4.7	<100
Moved due to problems paying rent or mortgage	5.8	3.7 - 7.8	100	--			5.8	3.5 - 8.2	100
Woman or partner lost job	14.1	10.9 - 17.3	400	10.4 *	3.0 - 17.9	<100	14.7	11.0 - 18.4	300
Woman or partner had pay or hours cut back	13.0	10.0 - 16.0	300	14.8	6.7 - 23.0	<100	12.7	9.4 - 16.0	300
Became separated or divorced	5.0	3.0 - 7.0	100	7.5 *	0.9 - 14.0	<100	4.3	2.3 - 6.3	<100
Had no practical or emotional support	3.5	2.0 - 5.0	<100	--			4.3	2.4 - 6.1	<100
Substance Use									
Any smoking, 3 months before pregnancy	13.2	10.1 - 16.3	300	17.0	9.1 - 25.0	<100	12.1	8.7 - 15.6	200
Any smoking, 3rd trimester†	1.7 *	0.7 - 2.8	<100	--			1.7 *	0.4 - 3.0	<100
Any smoking, postpartum	5.5	3.2 - 7.7	100	--			5.1	2.6 - 7.6	100
Any binge drinking, 3 months before pregnancy	22.3	18.6 - 26.0	600	30.3	21.4 - 39.2	100	21.2	17.0 - 25.4	400
Any alcohol use, 3rd trimester†	8.5	6.1 - 10.8	200	11.3	5.3 - 17.2	<100	8.1	5.4 - 10.7	200
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	24.3	20.4 - 28.2	600	27.3	17.4 - 37.2	100	24.5	20.1 - 28.9	500
Unsure of pregnancy intentions	13.6	10.3 - 16.8	300	11.6 *	4.7 - 18.5	<100	14.1	10.4 - 17.9	300
Postpartum birth control use†	87.8	84.9 - 90.8	2,200	86.1 *	77.6 - 94.6	400	87.9	84.7 - 91.0	1,700
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.0	76.3 - 83.8	2,000	79.8	70.4 - 89.1	400	80.3	76.2 - 84.4	1,600
Infant always or often shared bed	37.3	32.9 - 41.6	900	33.6	23.6 - 43.7	100	37.5	32.5 - 42.4	800
Intended to breastfeed, before birth	97.2	95.6 - 98.8	2,500	97.0 *	94.2 - 99.8	400	97.1 *	95.2 - 99.0	1,900
Intended to breastfeed exclusively, before birth	83.4	79.8 - 87.0	2,100	83.2	75.1 - 91.3	400	84.0	79.9 - 88.0	1,700
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	93.0	90.7 - 95.3	2,300	89.0 *	82.5 - 95.5	400	94.3	91.8 - 96.8	1,900
Exclusive breastfeeding, 1 month after delivery	63.4	58.9 - 67.8	1,600	65.1	54.6 - 75.5	300	63.4	58.3 - 68.4	1,200
Any breastfeeding, 3 months after delivery	78.5	74.0 - 83.1	1,400	75.8	64.4 - 87.1	200	80.8	75.8 - 85.7	1,200
Exclusive breastfeeding, 3 months after delivery	50.2	44.7 - 55.6	900	43.4	30.0 - 56.8	100	52.6	46.5 - 58.6	800



MIHA Data Snapshot, San Luis Obispo County by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County				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	68.2	64.0 - 72.4		1,800	69.9	60.1 - 79.7		300	68.2	63.4 - 72.9		1,400
Initiated prenatal care in 1st trimester	94.2	92.3 - 96.1		2,400	89.0 *	82.3 - 95.7		400	95.2	93.3 - 97.2		1,900
Mom or infant needed but couldn't afford care postpartum	11.9	8.9 - 14.9		300	12.5	5.4 - 19.7		<100	10.9	7.7 - 14.1		200
Participated in WIC during pregnancy†	36.8	32.3 - 41.3		900	28.9	19.8 - 38.0		100	37.6	32.5 - 42.7		700
Received CalFresh (food stamps) during pregnancy	19.6	15.8 - 23.4		500	19.3	10.3 - 28.3		<100	18.8	14.6 - 23.0		400
Pre-pregnancy insurance												
Medi-Cal	19.7	16.1 - 23.4		500	13.7	5.9 - 21.6		<100	19.9	15.8 - 24.0		400
Uninsured	21.3	17.3 - 25.2		500	15.4	7.3 - 23.6		<100	22.7	18.2 - 27.3		500
Private	57.3	52.8 - 61.8		1,500	69.0	58.6 - 79.4		300	55.6	50.5 - 60.7		1,100
Prenatal insurance												
Medi-Cal	45.3	40.7 - 49.8		1,200	37.4	26.8 - 48.0		200	45.9	40.8 - 51.1		900
Uninsured	--				--				--			
Private	50.1	45.6 - 54.6		1,300	59.0	48.3 - 69.7		300	49.1	44.0 - 54.2		1,000
Maternal postpartum insurance												
Medi-Cal	35.2	30.8 - 39.6		900	31.0	20.8 - 41.2		100	35.8	30.8 - 40.8		700
Uninsured	12.6	9.4 - 15.9		300	5.3 *	0.5 - 10.1		<100	13.8	10.0 - 17.6		300
Private	50.4	45.9 - 54.9		1,300	61.9	51.8 - 72.0		300	48.5	43.4 - 53.6		1,000
Infant health insurance												
Medi-Cal	47.1	42.5 - 51.7		1,200	39.2	28.5 - 49.8		200	48.1	43.0 - 53.3		1,000
Uninsured	2.5 *	1.0 - 4.1		<100	--				3.1 *	1.2 - 5.0		<100
Private	47.9	43.3 - 52.4		1,200	58.4	47.7 - 69.1		300	46.2	41.1 - 51.3		900
Maternal Demographics												
Age												
15-19	4.6	2.7 - 6.5		100	--				5.0	2.8 - 7.2		100
20-34	77.3	73.6 - 81.0		2,000	82.1	74.7 - 89.6		400	76.1	71.7 - 80.4		1,600
35+	18.1	14.7 - 21.5		500	15.2	8.3 - 22.0		<100	19.0	15.0 - 22.9		400
Did not complete high school (or GED)	9.7	6.8 - 12.5		200	--				9.9	6.6 - 13.1		200
Unmarried	33.7	29.4 - 37.9		900	30.3	21.0 - 39.6		100	33.8	28.9 - 38.7		700
Race/Ethnicity												
White	62.2	57.6 - 66.7		1,600	76.3	66.9 - 85.7		300	59.6	54.5 - 64.8		1,200
Hispanic	33.5	29.0 - 38.1		900	19.0	9.9 - 28.1		<100	36.3	31.1 - 41.4		700
Asian/Pacific Islander	2.9 *	1.2 - 4.7		<100	--				3.3 *	1.2 - 5.4		<100
Black	0.8 *	0.3 - 1.4		<100	--				--			
Born outside the U.S.	19.8	16.0 - 23.6		500	7.4 *	2.1 - 12.8		<100	22.6	18.0 - 27.1		500
Speaks non-English language at home	17.5	13.8 - 21.3		500	4.7 *	0.6 - 8.7		<100	19.4	15.0 - 23.7		400
Lives in a high poverty neighborhood	16.6	13.2 - 20.0		400	--				19.2	15.3 - 23.2		400
Income as a percent of the Federal Poverty Guideline												
0-100%	28.9	24.6 - 33.2		700	18.2	9.5 - 26.8		<100	29.4	24.4 - 34.3		600
101-200%	21.7	17.8 - 25.5		500	24.4	14.9 - 34.0		100	21.5	17.2 - 25.9		400
> 200%	49.4	44.8 - 54.0		1,200	57.4	46.7 - 68.2		200	49.1	43.9 - 54.4		900

-- 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 San Luis Obispo County was 563. 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 2013-2015. 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, San Luis Obispo County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			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		2,600	28.9	24.6 - 33.2	700	21.7	17.8 - 25.5	500	49.4	44.8 - 54.0	1,200
Health Status before Pregnancy												
In good to excellent health	92.7	90.0 - 95.4	2,400	81.3	73.5 - 89.0	600	94.5*	89.5 - 99.5	500	--		
Chronic conditions												
Diabetes†	2.7*	0.9 - 4.4	<100	5.0*	0.7 - 9.2	<100	--			--		
Hypertension†	1.2*	0.3 - 2.1	<100	--			--			--		
Asthma†	5.3	3.4 - 7.1	100	5.5*	1.8 - 9.3	<100	--			5.3	2.6 - 8.0	<100
Nutrition and Weight												
Daily folic acid use, month before pregnancy	35.1	30.8 - 39.4	900	20.4	13.2 - 27.6	100	23.9	15.5 - 32.2	100	48.6	42.3 - 54.9	600
Overweight before pregnancy	20.9	17.1 - 24.7	500	24.0	15.5 - 32.6	200	23.5	14.6 - 32.3	100	17.3	12.8 - 21.8	200
Obese before pregnancy	16.8	13.4 - 20.2	400	23.7	15.5 - 31.9	100	23.2	14.9 - 31.5	100	11.4	7.4 - 15.4	100
Inadequate weight gain during pregnancy	15.5	11.9 - 19.0	300	17.2	9.6 - 24.9	<100	25.8	15.5 - 36.1	100	10.0	6.4 - 13.7	100
Excessive weight gain during pregnancy	44.9	40.2 - 49.6	1,000	50.7	40.5 - 60.9	300	34.1	24.5 - 43.7	200	45.9	39.4 - 52.3	500
Food insecurity during pregnancy	15.5	12.2 - 18.7	400	34.6	26.0 - 43.2	200	20.2	12.6 - 27.9	100	1.4*	0.3 - 2.6	<100
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	6.1	3.9 - 8.3	200	8.5	4.0 - 13.0	<100	7.2*	2.8 - 11.5	<100	4.1*	0.9 - 7.3	<100
Prenatal depressive symptoms	10.5	7.7 - 13.4	300	21.5	13.6 - 29.4	100	11.8	5.6 - 18.0	<100	4.1	1.8 - 6.4	<100
Postpartum depressive symptoms	10.7	7.9 - 13.6	300	15.1	8.2 - 21.9	100	11.3	4.8 - 17.9	<100	8.6	5.2 - 12.1	100
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	28.6	24.5 - 32.7	700	35.0	26.3 - 43.7	200	40.8	30.8 - 50.7	200	19.8	14.8 - 24.8	200
Homeless or did not have a regular place to sleep	2.8	1.4 - 4.2	<100	7.2*	2.9 - 11.5	<100	--			--		
Moved due to problems paying rent or mortgage	5.8	3.7 - 7.8	100	12.0	6.1 - 17.9	<100	5.8*	1.8 - 9.8	<100	1.9*	0.2 - 3.5	<100
Woman or partner lost job	14.1	10.9 - 17.3	400	23.9	16.2 - 31.6	200	15.7	8.0 - 23.4	<100	6.1	3.0 - 9.1	<100
Woman or partner had pay or hours cut back	13.0	10.0 - 16.0	300	18.6	11.5 - 25.7	100	17.8	10.1 - 25.5	<100	7.5	4.3 - 10.7	<100
Became separated or divorced	5.0	3.0 - 7.0	100	11.1	5.5 - 16.8	<100	5.7*	0.6 - 10.9	<100	--		
Had no practical or emotional support	3.5	2.0 - 5.0	<100	6.6*	2.7 - 10.6	<100	--			1.6*	0.2 - 3.1	<100
Substance Use												
Any smoking, 3 months before pregnancy	13.2	10.1 - 16.3	300	24.0	16.1 - 31.8	200	15.5	8.0 - 23.0	<100	6.4	3.5 - 9.4	<100
Any smoking, 3rd trimester†	1.7*	0.7 - 2.8	<100	5.6*	1.8 - 9.3	<100	--			--		
Any smoking, postpartum	5.5	3.2 - 7.7	100	15.8	8.6 - 23.1	100	--			2.0*	0.2 - 3.9	<100
Any binge drinking, 3 months before pregnancy	22.3	18.6 - 26.0	600	18.2	11.6 - 24.9	100	22.6	14.1 - 31.1	100	24.5	19.1 - 30.0	300
Any alcohol use, 3rd trimester†	8.5	6.1 - 10.8	200	--			5.3*	0.7 - 9.9	<100	14.5	10.1 - 18.8	200
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	24.3	20.4 - 28.2	600	32.9	24.0 - 41.9	200	30.5	21.6 - 39.4	200	16.8	12.0 - 21.5	200
Unsure of pregnancy intentions	13.6	10.3 - 16.8	300	19.8	12.6 - 26.9	100	17.5	8.5 - 26.5	<100	7.5	4.4 - 10.7	<100
Postpartum birth control use†	87.8	84.9 - 90.8	2,200	86.2	80.2 - 92.3	600	84.7	77.2 - 92.2	400	90.3	86.7 - 93.9	1,100
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.0	76.3 - 83.8	2,000	72.8	64.6 - 81.1	500	78.0	69.3 - 86.7	400	86.3	81.9 - 90.6	1,000
Infant always or often shared bed	37.3	32.9 - 41.6	900	47.7	38.5 - 56.8	300	36.9	27.4 - 46.5	200	30.6	24.7 - 36.4	400
Intended to breastfeed, before birth	97.2	95.6 - 98.8	2,500	--			--			98.2*	96.8 - 99.6	1,200
Intended to breastfeed exclusively, before birth	83.4	79.8 - 87.0	2,100	75.9	67.6 - 84.2	500	79.9	70.6 - 89.2	400	90.7	87.3 - 94.2	1,100
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	93.0	90.7 - 95.3	2,300	88.2	81.7 - 94.7	600	92.4*	87.3 - 97.4	500	95.8	93.4 - 98.2	1,100
Exclusive breastfeeding, 1 month after delivery	63.4	58.9 - 67.8	1,600	53.6	44.2 - 63.0	400	58.2	47.6 - 68.7	300	70.1	64.4 - 75.7	800
Any breastfeeding, 3 months after delivery	78.5	74.0 - 83.1	1,400	69.6	59.4 - 79.8	300	67.8	55.5 - 80.0	300	88.9	84.3 - 93.6	800
Exclusive breastfeeding, 3 months after delivery	50.2	44.7 - 55.6	900	37.1	26.3 - 48.0	200	35.5	24.4 - 46.6	100	65.1	58.0 - 72.1	500



MIHA Data Snapshot, San Luis Obispo County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			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	68.2	64.0 - 72.4	1,800	57.2	48.2 - 66.1	400	57.4	47.5 - 67.4	300	80.4	75.5 - 85.2	1,000
Initiated prenatal care in 1st trimester	94.2	92.3 - 96.1	2,400	87.2	81.4 - 92.9	600	92.1	87.7 - 96.4	500	--		
Mom or infant needed but couldn't afford care postpartum	11.9	8.9 - 14.9	300	18.7	11.4 - 26.1	100	13.1	7.0 - 19.3	<100	7.4	4.1 - 10.8	<100
Participated in WIC during pregnancy†	36.8	32.3 - 41.3	900	75.4	67.3 - 83.6	500	53.7	43.8 - 63.7	300	3.6 *	1.0 - 6.1	<100
Received CalFresh (food stamps) during pregnancy	19.6	15.8 - 23.4	500	52.6	43.5 - 61.8	400	19.3	11.2 - 27.3	100	--		
Pre-pregnancy insurance												
Medi-Cal	19.7	16.1 - 23.4	500	47.9	38.8 - 57.0	300	18.3	10.7 - 25.8	<100	1.8 *	0.2 - 3.4	<100
Uninsured	21.3	17.3 - 25.2	500	34.0	25.3 - 42.7	200	38.2	27.9 - 48.6	200	5.9	2.9 - 8.9	<100
Private	57.3	52.8 - 61.8	1,500	15.9	9.3 - 22.4	100	41.3	31.5 - 51.2	200	91.2	87.3 - 95.1	1,100
Prenatal insurance												
Medi-Cal	45.3	40.7 - 49.8	1,200	92.5 *	87.4 - 97.6	600	64.3	55.0 - 73.6	300	6.6	3.2 - 10.1	<100
Uninsured	--			--			--			--		
Private	50.1	45.6 - 54.6	1,300	7.0 *	1.9 - 12.0	<100	28.9	20.3 - 37.6	200	87.9	83.5 - 92.4	1,100
Maternal postpartum insurance												
Medi-Cal	35.2	30.8 - 39.6	900	79.8	72.7 - 86.9	600	43.3	33.4 - 53.2	200	5.9	2.7 - 9.2	<100
Uninsured	12.6	9.4 - 15.9	300	14.1	8.0 - 20.3	<100	23.6	14.1 - 33.0	100	5.5	2.5 - 8.5	<100
Private	50.4	45.9 - 54.9	1,300	5.7 *	1.7 - 9.7	<100	30.3	21.6 - 39.0	200	86.7	82.0 - 91.5	1,000
Infant health insurance												
Medi-Cal	47.1	42.5 - 51.7	1,200	93.2 *	88.2 - 98.1	600	70.5	61.7 - 79.4	400	6.7	3.4 - 10.0	<100
Uninsured	2.5 *	1.0 - 4.1	<100	--			--			2.3 *	0.4 - 4.2	<100
Private	47.9	43.3 - 52.4	1,200	2.8 *	0.2 - 5.5	<100	22.2	14.3 - 30.1	100	88.4	83.9 - 92.8	1,100
Maternal Demographics												
Did not complete high school (or GED)	9.7	6.8 - 12.5	200	23.2	15.3 - 31.0	200	9.5	3.9 - 15.1	<100	--		
Unmarried	33.7	29.4 - 37.9	900	62.6	53.7 - 71.6	400	40.0	30.3 - 49.7	200	11.9	7.4 - 16.3	100
Race/Ethnicity												
White	62.2	57.6 - 66.7	1,600	38.1	29.3 - 46.9	300	54.9	44.7 - 65.1	300	83.2	77.9 - 88.4	1,000
Hispanic	33.5	29.0 - 38.1	900	60.3	51.4 - 69.1	400	43.0	32.8 - 53.3	200	10.9	6.6 - 15.2	100
Asian/Pacific Islander	2.9 *	1.2 - 4.7	<100	--			--			5.2 *	1.8 - 8.7	<100
Black	0.8 *	0.3 - 1.4	<100	--			--			--		
Born outside the U.S.	19.8	16.0 - 23.6	500	27.2	19.1 - 35.4	200	30.9	21.3 - 40.6	200	8.1	4.1 - 12.1	<100
Speaks non-English language at home	17.5	13.8 - 21.3	500	27.0	18.8 - 35.2	200	27.9	18.4 - 37.4	100	5.4 *	1.8 - 9.0	<100
Lives in a high poverty neighborhood	16.6	13.2 - 20.0	400	18.8	10.9 - 26.8	100	16.5	9.2 - 23.9	<100	15.6	11.2 - 20.0	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.

* 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 San Luis Obispo County was 563.

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 2013-2015. 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, San Luis Obispo County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			15-19 Years			20-34 Years			35 Years or Older		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		2,600	4.6	2.7 - 6.5	100	77.3	73.6 - 81.0	2,000	18.1	14.7 - 21.5	500
Health Status before Pregnancy												
In good to excellent health	92.7	90.0 - 95.4	2,400	--			92.5	89.5 - 95.5	1,800	--		
Chronic conditions												
Diabetes†	2.7*	0.9 - 4.4	<100	--			2.7*	0.6 - 4.7	<100	--		
Hypertension†	1.2*	0.3 - 2.1	<100	--			--			--		
Asthma†	5.3	3.4 - 7.1	100	--			5.9	3.6 - 8.2	100	--		
Nutrition and Weight												
Daily folic acid use, month before pregnancy	35.1	30.8 - 39.4	900	--			33.8	28.9 - 38.6	700	47.2	37.1 - 57.3	200
Overweight before pregnancy	20.9	17.1 - 24.7	500	23.8*	2.8 - 44.8	<100	20.0	15.9 - 24.1	400	24.0	14.3 - 33.8	100
Obese before pregnancy	16.8	13.4 - 20.2	400	--			17.2	13.3 - 21.2	300	13.7	7.4 - 20.0	<100
Inadequate weight gain during pregnancy	15.5	11.9 - 19.0	300	--			16.9	12.7 - 21.2	300	9.4*	3.4 - 15.5	<100
Excessive weight gain during pregnancy	44.9	40.2 - 49.6	1,000	35.0	14.8 - 55.2	<100	46.0	40.7 - 51.4	800	42.7	32.0 - 53.5	200
Food insecurity during pregnancy	15.5	12.2 - 18.7	400	19.8*	4.7 - 35.0	<100	16.7	12.9 - 20.4	300	9.3*	2.2 - 16.5	<100
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	6.1	3.9 - 8.3	200	--			6.3	3.8 - 8.9	100	5.5*	0.9 - 10.2	<100
Prenatal depressive symptoms	10.5	7.7 - 13.4	300	--			10.5	7.3 - 13.7	200	12.8*	4.9 - 20.7	<100
Postpartum depressive symptoms	10.7	7.9 - 13.6	300	--			11.4	8.0 - 14.8	200	7.9*	2.6 - 13.2	<100
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	28.6	24.5 - 32.7	700	33.3*	13.2 - 53.4	<100	29.5	24.8 - 34.2	600	23.7	14.7 - 32.8	100
Homeless or did not have a regular place to sleep	2.8	1.4 - 4.2	<100	--			2.5	1.1 - 3.9	<100	--		
Moved due to problems paying rent or mortgage	5.8	3.7 - 7.8	100	--			6.0	3.6 - 8.4	100	--		
Woman or partner lost job	14.1	10.9 - 17.3	400	26.5*	9.1 - 43.9	<100	13.9	10.3 - 17.5	300	11.7*	4.3 - 19.0	<100
Woman or partner had pay or hours cut back	13.0	10.0 - 16.0	300	16.7*	2.6 - 30.7	<100	13.1	9.8 - 16.4	300	11.4*	3.8 - 19.1	<100
Became separated or divorced	5.0	3.0 - 7.0	100	--			5.5	3.0 - 7.9	100	4.3*	0.2 - 8.4	<100
Had no practical or emotional support	3.5	2.0 - 5.0	<100	--			3.7	1.9 - 5.4	<100	--		
Substance Use												
Any smoking, 3 months before pregnancy	13.2	10.1 - 16.3	300	16.1*	1.5 - 30.7	<100	14.4	10.6 - 18.1	300	7.6*	2.3 - 12.9	<100
Any smoking, 3rd trimester†	1.7*	0.7 - 2.8	<100	--			2.0*	0.7 - 3.3	<100	--		
Any smoking, postpartum	5.5	3.2 - 7.7	100	--			6.4	3.5 - 9.2	100	--		
Any binge drinking, 3 months before pregnancy	22.3	18.6 - 26.0	600	20.3*	5.4 - 35.2	<100	22.3	18.1 - 26.5	400	22.8	13.8 - 31.7	100
Any alcohol use, 3rd trimester†	8.5	6.1 - 10.8	200	--			6.6	4.3 - 8.8	100	16.7	8.9 - 24.6	<100
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	24.3	20.4 - 28.2	600	46.3	25.3 - 67.2	<100	25.6	21.0 - 30.1	500	13.3	6.6 - 20.0	<100
Unsure of pregnancy intentions	13.6	10.3 - 16.8	300	25.1*	7.4 - 42.8	<100	12.9	9.3 - 16.6	300	13.3	6.1 - 20.5	<100
Postpartum birth control use†	87.8	84.9 - 90.8	2,200	--			88.2	85.0 - 91.5	1,700	84.4	76.8 - 92.0	400
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.0	76.3 - 83.8	2,000	69.2*	49.2 - 89.2	<100	78.6	74.2 - 83.0	1,600	89.0	83.3 - 94.7	400
Infant always or often shared bed	37.3	32.9 - 41.6	900	42.0	21.0 - 63.0	<100	37.2	32.2 - 42.2	700	36.3	26.2 - 46.3	200
Intended to breastfeed, before birth	97.2	95.6 - 98.8	2,500	--			97.2*	95.3 - 99.2	1,900	96.4*	93.4 - 99.4	400
Intended to breastfeed exclusively, before birth	83.4	79.8 - 87.0	2,100	77.7*	57.5 - 98.0	<100	84.5	80.5 - 88.6	1,700	79.9	71.6 - 88.1	400
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	93.0	90.7 - 95.3	2,300	76.6*	58.4 - 94.9	<100	94.0	91.5 - 96.6	1,800	92.2*	87.1 - 97.3	400
Exclusive breastfeeding, 1 month after delivery	63.4	58.9 - 67.8	1,600	62.3	41.9 - 82.7	<100	64.8	59.8 - 69.9	1,200	57.4	47.0 - 67.8	300
Any breastfeeding, 3 months after delivery	78.5	74.0 - 83.1	1,400	43.4*	13.0 - 73.7	<100	78.9	73.6 - 84.2	1,200	82.1	73.4 - 90.7	300
Exclusive breastfeeding, 3 months after delivery	50.2	44.7 - 55.6	900	--			50.8	44.6 - 57.0	700	49.8	37.5 - 62.1	200



MIHA Data Snapshot, San Luis Obispo County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			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	68.2	64.0 - 72.4	1,800	46.5	25.8 - 67.2	<100	65.4	60.6 - 70.3	1,300	85.6	78.0 - 93.3	400
Initiated prenatal care in 1st trimester	94.2	92.3 - 96.1	2,400	75.2*	57.9 - 92.5	<100	94.1	91.8 - 96.3	1,900	--		
Mom or infant needed but couldn't afford care postpartum	11.9	8.9 - 14.9	300	20.8*	0.8 - 40.9	<100	11.6	8.3 - 14.8	200	11.3*	3.8 - 18.8	<100
Participated in WIC during pregnancy†	36.8	32.3 - 41.3	900	86.4*	74.9 - 97.9	<100	37.1	32.1 - 42.2	700	22.8	13.5 - 32.2	100
Received CalFresh (food stamps) during pregnancy	19.6	15.8 - 23.4	500	29.1*	8.5 - 49.7	<100	20.5	16.2 - 24.8	400	13.8*	5.5 - 22.1	<100
Pre-pregnancy insurance												
Medi-Cal	19.7	16.1 - 23.4	500	27.3*	10.9 - 43.7	<100	20.4	16.2 - 24.7	400	14.8	7.1 - 22.5	<100
Uninsured	21.3	17.3 - 25.2	500	35.6	15.7 - 55.6	<100	21.9	17.3 - 26.4	400	15.0	7.2 - 22.9	<100
Private	57.3	52.8 - 61.8	1,500	34.2*	13.0 - 55.4	<100	55.8	50.5 - 61.0	1,100	69.7	59.9 - 79.5	300
Prenatal insurance												
Medi-Cal	45.3	40.7 - 49.8	1,200	77.0*	59.7 - 94.3	<100	46.8	41.7 - 52.0	900	31.0	20.9 - 41.0	100
Uninsured	--			--			--			--		
Private	50.1	45.6 - 54.6	1,300	--			48.7	43.5 - 53.8	1,000	63.8	53.6 - 74.0	300
Maternal postpartum insurance												
Medi-Cal	35.2	30.8 - 39.6	900	78.6*	61.5 - 95.8	<100	36.3	31.3 - 41.4	700	19.9	11.1 - 28.6	<100
Uninsured	12.6	9.4 - 15.9	300	--			12.6	8.9 - 16.4	300	14.1	6.6 - 21.7	<100
Private	50.4	45.9 - 54.9	1,300	--			48.9	43.7 - 54.0	1,000	65.5	55.4 - 75.6	300
Infant health insurance												
Medi-Cal	47.1	42.5 - 51.7	1,200	--			48.7	43.5 - 53.9	1,000	27.3	17.8 - 36.8	100
Uninsured	2.5*	1.0 - 4.1	<100	--			2.3*	0.9 - 3.7	<100	--		
Private	47.9	43.3 - 52.4	1,200	--			46.1	41.0 - 51.3	900	67.0	56.7 - 77.3	300
Maternal Demographics												
Did not complete high school (or GED)	9.7	6.8 - 12.5	200	20.9*	5.1 - 36.6	<100	9.5	6.3 - 12.6	200	7.8*	0.7 - 14.9	<100
Unmarried	33.7	29.4 - 37.9	900	--			33.4	28.5 - 38.3	700	19.2	11.3 - 27.2	<100
Race/Ethnicity												
White	62.2	57.6 - 66.7	1,600	36.5	16.7 - 56.3	<100	63.1	57.9 - 68.4	1,300	64.7	54.4 - 74.9	300
Hispanic	33.5	29.0 - 38.1	900	63.5	43.7 - 83.3	<100	33.2	28.0 - 38.4	700	27.0	17.0 - 37.1	100
Asian/Pacific Islander	2.9*	1.2 - 4.7	<100	--			2.5*	0.5 - 4.6	<100	5.6*	1.3 - 9.8	<100
Black	0.8*	0.3 - 1.4	<100	--			--			--		
Born outside the U.S.	19.8	16.0 - 23.6	500	--			19.0	14.7 - 23.4	400	25.7	16.2 - 35.2	100
Speaks non-English language at home	17.5	13.8 - 21.3	500	31.4*	11.9 - 50.9	<100	16.2	12.0 - 20.4	300	20.0	11.0 - 29.0	<100
Lives in a high poverty neighborhood	16.6	13.2 - 20.0	400	18.1*	2.7 - 33.4	<100	16.3	12.5 - 20.1	300	17.5	9.1 - 26.0	<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 San Luis Obispo County was 563. 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 2013-2015. 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, San Luis Obispo County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			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		2,600	3.0	1.5 - 4.5	<100	39.3	34.8 - 43.8	1,000	41.1	36.5 - 45.6	1,000	16.6	13.2 - 20.0	400
Health Status before Pregnancy															
In good to excellent health	92.7	90.0 - 95.4	2,400	--			96.1*	93.0 - 99.1	900	92.6	88.6 - 96.5	900	83.7*	73.3 - 94.1	300
Chronic conditions															
Diabetes†	2.7*	0.9 - 4.4	<100	--			--			--			--		
Hypertension†	1.2*	0.3 - 2.1	<100	--			--			--			--		
Asthma†	5.3	3.4 - 7.1	100	--			5.3	2.6 - 8.1	<100	6.5	3.0 - 10.1	<100	--		
Nutrition and Weight															
Daily folic acid use, month before pregnancy	35.1	30.8 - 39.4	900	48.6	22.8 - 74.4	<100	36.7	29.7 - 43.7	400	30.9	24.1 - 37.7	300	34.5	24.2 - 44.9	100
Overweight before pregnancy	20.9	17.1 - 24.7	500	--			23.6	16.7 - 30.5	200	19.6	14.2 - 24.9	200	19.7	10.5 - 28.9	<100
Obese before pregnancy	16.8	13.4 - 20.2	400	--			14.7	9.6 - 19.9	100	18.6	12.9 - 24.4	200	20.3	11.1 - 29.5	<100
Inadequate weight gain during pregnancy	15.5	11.9 - 19.0	300	--			11.3	6.8 - 15.7	<100	14.9	8.9 - 20.8	100	18.2	9.0 - 27.4	<100
Excessive weight gain during pregnancy	44.9	40.2 - 49.6	1,000	48.5	21.8 - 75.1	<100	38.7	31.2 - 46.2	300	53.2	45.5 - 60.8	500	42.2	30.4 - 54.1	200
Food insecurity during pregnancy	15.5	12.2 - 18.7	400	--			9.5	5.1 - 13.8	<100	20.6	15.0 - 26.1	200	14.4*	5.7 - 23.0	<100
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	6.1	3.9 - 8.3	200	--			3.9*	1.1 - 6.7	<100	8.8	4.4 - 13.2	<100	5.3*	1.5 - 9.0	<100
Prenatal depressive symptoms	10.5	7.7 - 13.4	300	--			9.5	5.3 - 13.6	<100	8.3	4.6 - 12.0	<100	19.0	8.7 - 29.2	<100
Postpartum depressive symptoms	10.7	7.9 - 13.6	300	--			10.2	5.9 - 14.5	<100	11.3	6.9 - 15.7	100	12.7*	3.6 - 21.9	<100
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	28.6	24.5 - 32.7	700	--			23.3	17.1 - 29.4	200	32.3	25.6 - 39.1	300	30.0	19.2 - 40.7	100
Homeless or did not have a regular place to sleep	2.8	1.4 - 4.2	<100	--			--			3.8*	1.3 - 6.4	<100	--		
Moved due to problems paying rent or mortgage	5.8	3.7 - 7.8	100	--			3.8*	1.1 - 6.4	<100	6.7	3.1 - 10.3	<100	4.9*	0.6 - 9.1	<100
Woman or partner lost job	14.1	10.9 - 17.3	400	--			9.2	5.0 - 13.4	<100	16.2	10.8 - 21.5	200	19.8	9.9 - 29.8	<100
Woman or partner had pay or hours cut back	13.0	10.0 - 16.0	300	--			8.7	5.1 - 12.2	<100	14.2	9.0 - 19.3	100	20.5	11.0 - 29.9	<100
Became separated or divorced	5.0	3.0 - 7.0	100	--			5.6*	2.0 - 9.2	<100	4.9*	1.6 - 8.2	<100	4.1*	0.5 - 7.7	<100
Had no practical or emotional support	3.5	2.0 - 5.0	<100	--			4.0*	1.3 - 6.7	<100	3.8*	1.2 - 6.4	<100	--		
Substance Use															
Any smoking, 3 months before pregnancy	13.2	10.1 - 16.3	300	--			13.0	8.1 - 17.9	100	14.1	9.1 - 19.2	100	10.4*	1.7 - 19.2	<100
Any smoking, 3rd trimester†	1.7*	0.7 - 2.8	<100	--			--			--			--		
Any smoking, postpartum	5.5	3.2 - 7.7	100	--			5.6*	1.9 - 9.4	<100	3.6*	1.1 - 6.1	<100	9.5*	0.9 - 18.1	<100
Any binge drinking, 3 months before pregnancy	22.3	18.6 - 26.0	600	33.6*	9.3 - 57.9	<100	27.3	20.7 - 33.8	300	20.1	14.3 - 25.9	200	17.0	9.1 - 24.9	<100
Any alcohol use, 3rd trimester†	8.5	6.1 - 10.8	200	--			9.4	5.3 - 13.6	<100	7.5	3.9 - 11.2	<100	9.2	3.9 - 14.5	<100
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	24.3	20.4 - 28.2	600	--			20.3	14.3 - 26.3	200	28.0	21.7 - 34.3	300	28.4	17.7 - 39.2	100
Unsure of pregnancy intentions	13.6	10.3 - 16.8	300	--			16.3	10.2 - 22.3	200	15.6	10.4 - 20.9	200	4.3*	0.6 - 8.0	<100
Postpartum birth control use†	87.8	84.9 - 90.8	2,200	--			89.1	84.6 - 93.6	800	86.2	81.2 - 91.2	900	87.4	80.5 - 94.2	300
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.0	76.3 - 83.8	2,000	--			80.6	74.6 - 86.6	800	78.3	72.1 - 84.6	800	82.0	74.1 - 89.9	300
Infant always or often shared bed	37.3	32.9 - 41.6	900	--			33.4	26.6 - 40.2	300	38.4	31.3 - 45.4	400	42.4	31.2 - 53.6	200
Intended to breastfeed, before birth	97.2	95.6 - 98.8	2,500	--			98.0*	96.5 - 99.6	1,000	97.8*	96.0 - 99.5	1,000	--		
Intended to breastfeed exclusively, before birth	83.4	79.8 - 87.0	2,100	--			85.7	79.8 - 91.6	800	84.2	78.9 - 89.5	800	76.5	66.5 - 86.5	300
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	93.0	90.7 - 95.3	2,300	--			95.5*	92.4 - 98.6	900	91.4	87.6 - 95.1	900	--		
Exclusive breastfeeding, 1 month after delivery	63.4	58.9 - 67.8	1,600	42.2*	15.8 - 68.7	<100	67.5	60.4 - 74.6	600	60.9	53.8 - 68.0	600	65.2	53.7 - 76.7	300
Any breastfeeding, 3 months after delivery	78.5	74.0 - 83.1	1,400	--			83.7	76.9 - 90.5	600	75.0	67.7 - 82.3	600	81.8*	69.8 - 93.7	200
Exclusive breastfeeding, 3 months after delivery	50.2	44.7 - 55.6	900	--			55.8	47.1 - 64.4	400	45.7	37.0 - 54.5	300	54.3	40.9 - 67.6	200

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, San Luis Obispo County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			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	68.2	64.0 - 72.4	1,800	57.5 *	31.5 - 83.6	<100	71.9	65.3 - 78.6	700	65.7	59.0 - 72.4	700	69.2	58.9 - 79.4	300
Initiated prenatal care in 1st trimester	94.2	92.3 - 96.1	2,400	--			94.9	92.0 - 97.8	900	93.9	90.7 - 97.2	900	91.6 *	85.9 - 97.4	400
Mom or infant needed but couldn't afford care postpartum	11.9	8.9 - 14.9	300	--			9.5	5.1 - 13.9	<100	12.0	7.5 - 16.5	100	12.0 *	4.3 - 19.8	<100
Participated in WIC during pregnancy†	36.8	32.3 - 41.3	900	--			31.5	24.3 - 38.8	300	39.5	32.4 - 46.5	400	40.9	29.5 - 52.2	200
Received CalFresh (food stamps) during pregnancy	19.6	15.8 - 23.4	500	--			17.4	11.4 - 23.4	200	21.7	15.6 - 27.8	200	17.9	8.6 - 27.2	<100
Pre-pregnancy insurance															
Medi-Cal	19.7	16.1 - 23.4	500	--			17.6	11.8 - 23.4	200	20.9	15.0 - 26.8	200	16.5	8.7 - 24.3	<100
Uninsured	21.3	17.3 - 25.2	500	--			15.8	9.8 - 21.8	200	25.1	18.7 - 31.4	300	27.6	16.5 - 38.6	100
Private	57.3	52.8 - 61.8	1,500	71.4 *	47.6 - 95.3	<100	66.2	58.9 - 73.5	600	50.3	43.1 - 57.4	500	55.2	43.9 - 66.5	200
Prenatal insurance															
Medi-Cal	45.3	40.7 - 49.8	1,200	43.7 *	17.5 - 69.8	<100	37.3	29.8 - 44.8	400	49.7	42.5 - 56.8	500	48.2	36.8 - 59.5	200
Uninsured	--			--			--			--			--		
Private	50.1	45.6 - 54.6	1,300	56.3 *	30.2 - 82.5	<100	58.0	50.5 - 65.5	600	44.0	37.0 - 51.0	500	49.9	38.6 - 61.1	200
Maternal postpartum insurance															
Medi-Cal	35.2	30.8 - 39.6	900	31.5 *	7.4 - 55.5	<100	29.7	22.9 - 36.5	300	38.3	31.2 - 45.4	400	39.7	28.3 - 51.1	200
Uninsured	12.6	9.4 - 15.9	300	--			13.7	7.9 - 19.5	100	10.9	6.6 - 15.2	100	12.2 *	4.6 - 19.7	<100
Private	50.4	45.9 - 54.9	1,300	56.3 *	30.2 - 82.5	<100	55.5	48.1 - 62.9	500	47.6	40.5 - 54.6	500	47.3	36.2 - 58.5	200
Infant health insurance															
Medi-Cal	47.1	42.5 - 51.7	1,200	32.5 *	7.9 - 57.1	<100	41.9	34.5 - 49.4	400	50.4	43.2 - 57.6	500	50.5	39.2 - 61.8	200
Uninsured	2.5 *	1.0 - 4.1	<100	--			2.7 *	0.6 - 4.7	<100	--			--		
Private	47.9	43.3 - 52.4	1,200	67.5 *	42.9 - 92.1	<100	53.3	45.9 - 60.7	500	44.4	37.4 - 51.5	400	42.9	32.0 - 53.8	200
Maternal Demographics															
Age															
15-19	4.6	2.7 - 6.5	100	--			4.6 *	1.1 - 8.0	<100	4.7	2.0 - 7.5	<100	5.0 *	0.5 - 9.4	<100
20-34	77.3	73.6 - 81.0	2,000	--			74.8	68.4 - 81.2	700	78.5	73.0 - 84.0	800	75.7	65.9 - 85.5	300
35+	18.1	14.7 - 21.5	500	--			20.6	14.7 - 26.5	200	16.8	11.8 - 21.7	200	19.3	10.1 - 28.6	<100
Did not complete high school (or GED)	9.7	6.8 - 12.5	200	--			6.8 *	2.6 - 11.0	<100	8.1	4.3 - 11.9	<100	16.5	7.4 - 25.6	<100
Unmarried	33.7	29.4 - 37.9	900	--			27.8	21.2 - 34.4	300	41.1	34.1 - 48.2	400	25.8	15.4 - 36.2	100
Race/Ethnicity															
White	62.2	57.6 - 66.7	1,600	72.6 *	48.6 - 96.7	<100	69.7	62.4 - 77.0	700	56.7	49.4 - 63.9	600	59.2	47.9 - 70.6	200
Hispanic	33.5	29.0 - 38.1	900	--			28.4	21.2 - 35.6	300	35.9	28.7 - 43.0	400	38.7	27.3 - 50.1	200
Asian/Pacific Islander	2.9 *	1.2 - 4.7	<100	--			--			5.1 *	1.2 - 9.0	<100	--		
Black	0.8 *	0.3 - 1.4	<100	--			--			--			--		
Born outside the U.S.	19.8	16.0 - 23.6	500	--			13.8	7.9 - 19.6	100	23.2	17.0 - 29.5	200	24.3	14.3 - 34.2	100
Speaks non-English language at home	17.5	13.8 - 21.3	500	--			13.8	8.0 - 19.5	100	17.6	11.9 - 23.4	200	22.2	12.3 - 32.0	<100
Income as a percent of the Federal Poverty Guideline															
0-100%	28.9	24.6 - 33.2	700	--			27.7	20.8 - 34.7	300	26.4	19.8 - 32.9	200	30.8	19.3 - 42.4	100
101-200%	21.7	17.8 - 25.5	500	--			16.1	10.4 - 21.9	100	28.9	22.1 - 35.7	300	21.8	12.4 - 31.2	<100
> 200%	49.4	44.8 - 54.0	1,200	73.9 *	53.1 - 94.6	<100	56.1	48.6 - 63.6	500	44.7	37.3 - 52.1	400	47.3	35.9 - 58.7	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.

* 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).

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MIHA Data Snapshot, San Luis Obispo County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		2,600	45.3	40.7 - 49.8	1,200	50.1	45.6 - 54.6	1,300
Health Status before Pregnancy									
In good to excellent health	92.7	90.0 - 95.4	2,400	84.1	78.5 - 89.7	1,000	--		
Chronic conditions									
Diabetes†	2.7 *	0.9 - 4.4	<100	4.8 *	1.3 - 8.4	<100	--		
Hypertension†	1.2 *	0.3 - 2.1	<100	--			--		
Asthma†	5.3	3.4 - 7.1	100	4.7 *	1.9 - 7.5	<100	5.8	3.2 - 8.4	<100
Nutrition and Weight									
Daily folic acid use, month before pregnancy	35.1	30.8 - 39.4	900	25.4	19.2 - 31.6	300	44.6	38.7 - 50.6	600
Overweight before pregnancy	20.9	17.1 - 24.7	500	26.0	19.2 - 32.8	300	17.0	12.9 - 21.2	200
Obese before pregnancy	16.8	13.4 - 20.2	400	21.0	15.1 - 26.9	200	14.2	10.0 - 18.4	200
Inadequate weight gain during pregnancy	15.5	11.9 - 19.0	300	20.0	13.4 - 26.7	200	12.9	8.9 - 16.9	200
Excessive weight gain during pregnancy	44.9	40.2 - 49.6	1,000	46.6	38.7 - 54.5	400	42.3	36.3 - 48.3	500
Food insecurity during pregnancy	15.5	12.2 - 18.7	400	27.0	20.9 - 33.2	300	5.6	2.8 - 8.4	<100
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	6.1	3.9 - 8.3	200	8.4	5.0 - 11.8	<100	4.5 *	1.4 - 7.6	<100
Prenatal depressive symptoms	10.5	7.7 - 13.4	300	16.8	11.4 - 22.2	200	5.3	2.7 - 8.0	<100
Postpartum depressive symptoms	10.7	7.9 - 13.6	300	12.6	7.9 - 17.4	100	8.5	5.1 - 11.8	100
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	28.6	24.5 - 32.7	700	37.1	30.2 - 44.0	400	20.4	15.5 - 25.2	300
Homeless or did not have a regular place to sleep	2.8	1.4 - 4.2	<100	5.9	2.9 - 8.9	<100	--		
Moved due to problems paying rent or mortgage	5.8	3.7 - 7.8	100	10.1	6.0 - 14.2	100	2.4 *	0.7 - 4.1	<100
Woman or partner lost job	14.1	10.9 - 17.3	400	22.2	16.4 - 28.1	300	7.2	3.9 - 10.5	<100
Woman or partner had pay or hours cut back	13.0	10.0 - 16.0	300	19.3	13.9 - 24.7	200	7.8	4.6 - 10.9	<100
Became separated or divorced	5.0	3.0 - 7.0	100	8.9	5.0 - 12.8	100	2.0 *	0.1 - 3.9	<100
Had no practical or emotional support	3.5	2.0 - 5.0	<100	5.9	3.1 - 8.8	<100	--		
Substance Use									
Any smoking, 3 months before pregnancy	13.2	10.1 - 16.3	300	21.2	15.3 - 27.0	200	6.5	3.5 - 9.5	<100
Any smoking, 3rd trimester†	1.7 *	0.7 - 2.8	<100	3.8 *	1.5 - 6.2	<100	--		
Any smoking, postpartum	5.5	3.2 - 7.7	100	9.6	5.3 - 13.9	100	--		
Any binge drinking, 3 months before pregnancy	22.3	18.6 - 26.0	600	22.5	16.6 - 28.3	300	21.1	16.2 - 25.9	300
Any alcohol use, 3rd trimester†	8.5	6.1 - 10.8	200	2.4 *	0.3 - 4.4	<100	12.7	8.8 - 16.5	200
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	24.3	20.4 - 28.2	600	30.6	24.1 - 37.2	400	18.4	13.8 - 23.0	200
Unsure of pregnancy intentions	13.6	10.3 - 16.8	300	19.6	13.7 - 25.4	200	8.0	4.8 - 11.2	100
Postpartum birth control use†	87.8	84.9 - 90.8	2,200	88.7	84.5 - 93.0	1,000	87.2	83.0 - 91.3	1,100
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.0	76.3 - 83.8	2,000	75.4	69.2 - 81.5	900	85.2	80.9 - 89.5	1,100
Infant always or often shared bed	37.3	32.9 - 41.6	900	45.5	38.4 - 52.7	500	29.5	24.0 - 35.0	400
Intended to breastfeed, before birth	97.2	95.6 - 98.8	2,500	96.4 *	93.3 - 99.5	1,100	98.0 *	96.6 - 99.5	1,300
Intended to breastfeed exclusively, before birth	83.4	79.8 - 87.0	2,100	76.6	70.2 - 83.1	900	88.4	84.6 - 92.3	1,100
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	93.0	90.7 - 95.3	2,300	91.9	87.8 - 95.9	1,000	93.3	90.3 - 96.4	1,200
Exclusive breastfeeding, 1 month after delivery	63.4	58.9 - 67.8	1,600	57.4	50.0 - 64.7	600	67.7	62.2 - 73.3	800
Any breastfeeding, 3 months after delivery	78.5	74.0 - 83.1	1,400	69.4	61.4 - 77.4	600	86.5	81.7 - 91.2	800
Exclusive breastfeeding, 3 months after delivery	50.2	44.7 - 55.6	900	34.8	26.7 - 42.9	300	63.2	56.3 - 70.0	500



MIHA Data Snapshot, San Luis Obispo County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County				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	68.2	64.0 - 72.4		1,800	55.4	48.3 - 62.5		600	82.3	77.9 - 86.6		1,100
Initiated prenatal care in 1st trimester	94.2	92.3 - 96.1		2,400	89.9	86.0 - 93.8		1,000	98.2 *	96.9 - 99.5		1,300
Mom or infant needed but couldn't afford care postpartum	11.9	8.9 - 14.9		300	16.7	11.3 - 22.1		200	7.7	4.5 - 10.9		<100
Participated in WIC during pregnancy†	36.8	32.3 - 41.3		900	72.4	65.9 - 79.0		800	5.6	2.4 - 8.8		<100
Received CalFresh (food stamps) during pregnancy	19.6	15.8 - 23.4		500	42.3	35.2 - 49.4		500	--			
Pre-pregnancy insurance												
Medi-Cal	19.7	16.1 - 23.4		500	41.9	34.9 - 48.8		500	--			
Uninsured	21.3	17.3 - 25.2		500	41.1	34.0 - 48.3		500	1.7 *	0.3 - 3.0		<100
Private	57.3	52.8 - 61.8		1,500	15.7	10.6 - 20.8		200	97.4 *	95.6 - 99.2		1,300
Maternal postpartum insurance												
Medi-Cal	35.2	30.8 - 39.6		900	72.7	66.3 - 79.2		800	4.3 *	1.7 - 6.9		<100
Uninsured	12.6	9.4 - 15.9		300	20.0	14.0 - 26.1		200	3.4 *	1.0 - 5.8		<100
Private	50.4	45.9 - 54.9		1,300	6.7	3.4 - 10.0		<100	91.6	88.0 - 95.3		1,200
Infant health insurance												
Medi-Cal	47.1	42.5 - 51.7		1,200	92.3	88.5 - 96.1		1,000	9.7	5.9 - 13.5		100
Uninsured	2.5 *	1.0 - 4.1		<100	--				2.4 *	0.5 - 4.2		<100
Private	47.9	43.3 - 52.4		1,200	4.9	2.1 - 7.7		<100	87.9	83.8 - 92.1		1,100
Maternal Demographics												
Age												
15-19	4.6	2.7 - 6.5		100	7.5	3.9 - 11.0		<100	--			
20-34	77.3	73.6 - 81.0		2,000	80.1	74.5 - 85.8		900	75.3	70.2 - 80.3		1,000
35+	18.1	14.7 - 21.5		500	12.4	7.6 - 17.2		100	23.1	18.1 - 28.0		300
Did not complete high school (or GED)	9.7	6.8 - 12.5		200	21.4	15.5 - 27.3		200	--			
Unmarried	33.7	29.4 - 37.9		900	58.4	51.3 - 65.5		700	13.2	8.9 - 17.5		200
Race/Ethnicity												
White	62.2	57.6 - 66.7		1,600	38.7	32.1 - 45.4		400	81.7	76.8 - 86.5		1,000
Hispanic	33.5	29.0 - 38.1		900	58.7	51.8 - 65.5		700	12.4	8.4 - 16.4		200
Asian/Pacific Islander	2.9 *	1.2 - 4.7		<100	--				4.5 *	1.3 - 7.7		<100
Black	0.8 *	0.3 - 1.4		<100	--				--			
Born outside the U.S.	19.8	16.0 - 23.6		500	33.9	27.0 - 40.7		400	8.2	4.5 - 11.8		100
Speaks non-English language at home	17.5	13.8 - 21.3		500	31.3	24.5 - 38.1		400	6.3	2.9 - 9.7		<100
Lives in a high poverty neighborhood	16.6	13.2 - 20.0		400	17.7	12.1 - 23.3		200	16.0	11.7 - 20.3		200
Income as a percent of the Federal Poverty Guideline												
0-100%	28.9	24.6 - 33.2		700	60.8	53.6 - 68.0		600	3.9 *	1.1 - 6.8		<100
101-200%	21.7	17.8 - 25.5		500	31.7	24.9 - 38.6		300	12.1	8.2 - 16.0		200
> 200%	49.4	44.8 - 54.0		1,200	7.5	3.6 - 11.3		<100	84.0	79.4 - 88.6		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 San Luis Obispo County was 563.

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 2013-2015. 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, San Luis Obispo County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		2,600	33.5	29.0 - 38.1	900	--			62.2	57.6 - 66.7	1,600	2.9*	1.2 - 4.7	<100
Health Status before Pregnancy															
In good to excellent health	92.7	90.0 - 95.4	2,400	83.3	76.2 - 90.4	700	--			97.8*	96.5 - 99.1	1,600	--		
Chronic conditions															
Diabetes†	2.7*	0.9 - 4.4	<100	6.4*	1.6 - 11.1	<100	--			--			--		
Hypertension†	1.2*	0.3 - 2.1	<100	--			--			--			--		
Asthma†	5.3	3.4 - 7.1	100	3.4*	0.9 - 6.0	<100	--			6.2	3.7 - 8.8	<100	--		
Nutrition and Weight															
Daily folic acid use, month before pregnancy	35.1	30.8 - 39.4	900	28.6	20.7 - 36.5	200	--			36.9	31.8 - 42.0	600	48.8*	18.6 - 79.1	<100
Overweight before pregnancy	20.9	17.1 - 24.7	500	27.8	19.3 - 36.3	200	--			17.0	13.2 - 20.9	300	--		
Obese before pregnancy	16.8	13.4 - 20.2	400	23.3	15.7 - 30.9	200	--			14.6	10.9 - 18.4	200	--		
Inadequate weight gain during pregnancy	15.5	11.9 - 19.0	300	27.4	18.7 - 36.2	200	--			10.8	7.4 - 14.2	200	--		
Excessive weight gain during pregnancy	44.9	40.2 - 49.6	1,000	34.6	25.3 - 43.9	200	--			47.6	42.1 - 53.0	700	61.0*	33.1 - 88.9	<100
Food insecurity during pregnancy	15.5	12.2 - 18.7	400	24.4	17.1 - 31.6	200	--			10.8	7.4 - 14.1	200	--		
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	6.1	3.9 - 8.3	200	6.4	3.1 - 9.8	<100	--			4.0	2.0 - 6.0	<100	45.0*	13.6 - 76.4	<100
Prenatal depressive symptoms	10.5	7.7 - 13.4	300	14.5	8.0 - 21.0	100	--			9.0	6.1 - 11.9	100	--		
Postpartum depressive symptoms	10.7	7.9 - 13.6	300	12.3	6.6 - 18.1	100	--			10.8	7.4 - 14.2	200	--		
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	28.6	24.5 - 32.7	700	33.5	25.2 - 41.7	300	--			25.4	20.7 - 30.0	400	--		
Homeless or did not have a regular place to sleep	2.8	1.4 - 4.2	<100	3.5*	0.9 - 6.0	<100	--			2.2*	0.6 - 3.8	<100	--		
Moved due to problems paying rent or mortgage	5.8	3.7 - 7.8	100	9.6	4.8 - 14.4	<100	--			3.8	1.8 - 5.7	<100	--		
Woman or partner lost job	14.1	10.9 - 17.3	400	20.0	13.1 - 27.0	200	--			11.3	7.8 - 14.8	200	--		
Woman or partner had pay or hours cut back	13.0	10.0 - 16.0	300	14.5	8.4 - 20.6	100	--			12.7	9.2 - 16.2	200	--		
Became separated or divorced	5.0	3.0 - 7.0	100	5.2*	1.5 - 9.0	<100	--			4.6	2.2 - 7.0	<100	--		
Had no practical or emotional support	3.5	2.0 - 5.0	<100	7.1	3.4 - 10.7	<100	--			1.4*	0.2 - 2.6	<100	--		
Substance Use															
Any smoking, 3 months before pregnancy	13.2	10.1 - 16.3	300	8.8*	3.3 - 14.2	<100	--			16.1	12.0 - 20.2	300	--		
Any smoking, 3rd trimester†	1.7*	0.7 - 2.8	<100	--			--			2.0*	0.7 - 3.3	<100	--		
Any smoking, postpartum	5.5	3.2 - 7.7	100	--			--			6.7	3.7 - 9.6	100	--		
Any binge drinking, 3 months before pregnancy	22.3	18.6 - 26.0	600	18.3	11.6 - 25.1	200	--			24.1	19.5 - 28.8	400	--		
Any alcohol use, 3rd trimester†	8.5	6.1 - 10.8	200	5.1*	1.6 - 8.6	<100	--			11.1	7.8 - 14.4	200	--		
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	24.3	20.4 - 28.2	600	29.2	21.4 - 37.1	200	--			22.4	17.9 - 27.0	400	--		
Unsure of pregnancy intentions	13.6	10.3 - 16.8	300	17.0	10.1 - 23.9	100	--			12.1	8.6 - 15.6	200	--		
Postpartum birth control use†	87.8	84.9 - 90.8	2,200	89.5	84.4 - 94.6	700	--			87.9	84.4 - 91.3	1,400	--		
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.0	76.3 - 83.8	2,000	74.2	66.7 - 81.8	600	--			82.7	78.4 - 86.9	1,300	--		
Infant always or often shared bed	37.3	32.9 - 41.6	900	44.0	35.4 - 52.6	400	--			32.6	27.6 - 37.6	500	62.3*	35.4 - 89.1	<100
Intended to breastfeed, before birth	97.2	95.6 - 98.8	2,500	95.6*	91.5 - 99.7	800	--			98.1*	96.8 - 99.3	1,500	--		
Intended to breastfeed exclusively, before birth	83.4	79.8 - 87.0	2,100	70.3	62.0 - 78.7	600	--			90.1	87.0 - 93.3	1,400	--		
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	93.0	90.7 - 95.3	2,300	94.2*	89.7 - 98.6	800	--			92.3	89.4 - 95.3	1,400	--		
Exclusive breastfeeding, 1 month after delivery	63.4	58.9 - 67.8	1,600	53.4	44.4 - 62.4	400	--			67.8	62.8 - 72.7	1,000	66.9*	37.4 - 96.4	<100
Any breastfeeding, 3 months after delivery	78.5	74.0 - 83.1	1,400	70.7	61.1 - 80.3	400	--			82.3	77.4 - 87.2	900	--		
Exclusive breastfeeding, 3 months after delivery	50.2	44.7 - 55.6	900	33.1	23.4 - 42.8	200	--			58.9	52.6 - 65.3	600	57.3*	19.7 - 94.8	<100



MIHA Data Snapshot, San Luis Obispo County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			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	68.2	64.0 - 72.4	1,800	61.0	52.7 - 69.4	500	--	--	--	71.0	66.1 - 75.9	1,100	--	--	--
Initiated prenatal care in 1st trimester	94.2	92.3 - 96.1	2,400	89.5	84.8 - 94.3	800	--	--	--	96.6	94.8 - 98.4	1,500	--	--	--
Mom or infant needed but couldn't afford care postpartum	11.9	8.9 - 14.9	300	15.5	8.9 - 22.1	100	--	--	--	10.1	6.9 - 13.3	200	--	--	--
Participated in WIC during pregnancy†	36.8	32.3 - 41.3	900	71.4	63.6 - 79.3	600	--	--	--	18.9	14.6 - 23.3	300	--	--	--
Received CalFresh (food stamps) during pregnancy	19.6	15.8 - 23.4	500	36.7	28.2 - 45.1	300	--	--	--	11.6	8.0 - 15.3	200	--	--	--
Pre-pregnancy insurance															
Medi-Cal	19.7	16.1 - 23.4	500	32.6	24.7 - 40.5	300	--	--	--	13.1	9.3 - 16.9	200	--	--	--
Uninsured	21.3	17.3 - 25.2	500	36.6	28.0 - 45.2	300	--	--	--	14.2	10.4 - 18.0	200	--	--	--
Private	57.3	52.8 - 61.8	1,500	27.3	20.0 - 34.6	200	--	--	--	71.8	66.8 - 76.7	1,100	--	--	--
Prenatal insurance															
Medi-Cal	45.3	40.7 - 49.8	1,200	79.1	72.5 - 85.6	700	--	--	--	28.3	23.4 - 33.2	400	--	--	--
Uninsured	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Private	50.1	45.6 - 54.6	1,300	18.5	12.5 - 24.4	200	--	--	--	65.8	60.7 - 71.0	1,000	76.6 *	54.4 - 98.8	<100
Maternal postpartum insurance															
Medi-Cal	35.2	30.8 - 39.6	900	58.5	50.0 - 67.0	500	--	--	--	24.5	19.8 - 29.3	400	--	--	--
Uninsured	12.6	9.4 - 15.9	300	23.9	16.1 - 31.6	200	--	--	--	6.8	4.1 - 9.6	100	--	--	--
Private	50.4	45.9 - 54.9	1,300	14.4	9.2 - 19.6	100	--	--	--	67.4	62.3 - 72.5	1,100	76.6 *	54.4 - 98.8	<100
Infant health insurance															
Medi-Cal	47.1	42.5 - 51.7	1,200	81.3	74.8 - 87.9	700	--	--	--	30.8	25.7 - 35.8	500	--	--	--
Uninsured	2.5 *	1.0 - 4.1	<100	4.9 *	1.0 - 8.8	<100	--	--	--	1.5 *	0.2 - 2.8	<100	--	--	--
Private	47.9	43.3 - 52.4	1,200	11.6	6.7 - 16.5	<100	--	--	--	65.1	59.9 - 70.3	1,000	75.9 *	53.0 - 98.9	<100
Maternal Demographics															
Age															
15-19	4.6	2.7 - 6.5	100	8.8	4.2 - 13.3	<100	--	--	--	2.7 *	0.9 - 4.5	<100	--	--	--
20-34	77.3	73.6 - 81.0	2,000	77.3	70.2 - 84.4	700	--	--	--	79.3	75.1 - 83.5	1,300	67.4 *	42.6 - 92.2	<100
35+	18.1	14.7 - 21.5	500	13.9	8.0 - 19.9	100	--	--	--	18.0	14.0 - 21.9	300	32.6 *	7.8 - 57.4	<100
Did not complete high school (or GED)	9.7	6.8 - 12.5	200	27.1	19.5 - 34.7	200	--	--	--	--	--	--	--	--	--
Unmarried	33.7	29.4 - 37.9	900	52.3	43.7 - 61.0	400	--	--	--	24.4	19.7 - 29.0	400	23.1 *	0.7 - 45.5	<100
Born outside the U.S.	19.8	16.0 - 23.6	500	47.4	38.8 - 56.0	400	--	--	--	3.3	1.5 - 5.1	<100	62.9 *	36.0 - 89.8	<100
Speaks non-English language at home	17.5	13.8 - 21.3	500	46.3	37.7 - 54.9	400	--	--	--	1.1 *	0.2 - 1.9	<100	42.4 *	9.3 - 75.6	<100
Lives in a high poverty neighborhood	16.6	13.2 - 20.0	400	19.2	12.2 - 26.1	200	--	--	--	15.5	11.7 - 19.4	200	--	--	--
Income as a percent of the Federal Poverty Guideline															
0-100%	28.9	24.6 - 33.2	700	54.4	45.4 - 63.4	400	--	--	--	17.4	13.0 - 21.7	300	--	--	--
101-200%	21.7	17.8 - 25.5	500	29.1	20.8 - 37.4	200	--	--	--	18.8	14.6 - 23.0	300	--	--	--
> 200%	49.4	44.8 - 54.0	1,200	16.5	10.0 - 23.0	100	--	--	--	63.8	58.5 - 69.1	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 San Luis Obispo County was 563. 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 2013-2015. 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, San Luis Obispo County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		2,600	42.9	38.4 - 47.3	1,100	57.1	52.7 - 61.6	1,500
Health Status before Pregnancy									
In good to excellent health	92.7	90.0 - 95.4	2,400	94.5 *	91.2 - 97.8	1,000	91.4	87.5 - 95.3	1,300
Chronic conditions									
Diabetes†	2.7 *	0.9 - 4.4	<100	--			3.7 *	1.1 - 6.4	<100
Hypertension†	1.2 *	0.3 - 2.1	<100	--			1.6 *	0.2 - 2.9	<100
Asthma†	5.3	3.4 - 7.1	100	5.8	2.9 - 8.7	<100	4.8	2.4 - 7.2	<100
Nutrition and Weight									
Daily folic acid use, month before pregnancy	35.1	30.8 - 39.4	900	37.0	30.5 - 43.5	400	33.7	28.0 - 39.4	500
Overweight before pregnancy	20.9	17.1 - 24.7	500	21.5	15.9 - 27.1	200	20.5	15.4 - 25.6	300
Obese before pregnancy	16.8	13.4 - 20.2	400	13.6	9.0 - 18.2	100	19.3	14.4 - 24.1	300
Inadequate weight gain during pregnancy	15.5	11.9 - 19.0	300	15.0	9.7 - 20.3	100	15.8	11.0 - 20.6	200
Excessive weight gain during pregnancy	44.9	40.2 - 49.6	1,000	50.4	43.4 - 57.4	500	40.6	34.2 - 46.9	500
Food insecurity during pregnancy	15.5	12.2 - 18.7	400	13.5	8.8 - 18.1	100	16.9	12.4 - 21.5	200
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	6.1	3.9 - 8.3	200	6.0 *	2.3 - 9.8	<100	6.2	3.6 - 8.7	<100
Prenatal depressive symptoms	10.5	7.7 - 13.4	300	8.4	5.1 - 11.7	<100	12.2	7.8 - 16.5	200
Postpartum depressive symptoms	10.7	7.9 - 13.6	300	13.9	9.4 - 18.4	200	8.4	4.7 - 12.0	100
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	28.6	24.5 - 32.7	700	25.7	19.7 - 31.7	300	30.8	25.3 - 36.4	400
Homeless or did not have a regular place to sleep	2.8	1.4 - 4.2	<100	2.5 *	0.6 - 4.5	<100	3.0 *	1.1 - 4.9	<100
Moved due to problems paying rent or mortgage	5.8	3.7 - 7.8	100	7.2	3.6 - 10.7	<100	4.7	2.3 - 7.2	<100
Woman or partner lost job	14.1	10.9 - 17.3	400	15.2	10.3 - 20.2	200	13.2	9.0 - 17.5	200
Woman or partner had pay or hours cut back	13.0	10.0 - 16.0	300	11.7	7.6 - 15.9	100	13.9	9.7 - 18.1	200
Became separated or divorced	5.0	3.0 - 7.0	100	5.8 *	2.3 - 9.3	<100	4.4	2.0 - 6.8	<100
Had no practical or emotional support	3.5	2.0 - 5.0	<100	--			4.6	2.4 - 6.9	<100
Substance Use									
Any smoking, 3 months before pregnancy	13.2	10.1 - 16.3	300	15.8	11.1 - 20.5	200	11.3	7.2 - 15.4	200
Any smoking, 3rd trimester†	1.7 *	0.7 - 2.8	<100	--			2.4 *	0.7 - 4.2	<100
Any smoking, postpartum	5.5	3.2 - 7.7	100	6.8	3.2 - 10.5	<100	4.4 *	1.6 - 7.3	<100
Any binge drinking, 3 months before pregnancy	22.3	18.6 - 26.0	600	30.1	23.9 - 36.3	300	16.6	12.1 - 21.0	200
Any alcohol use, 3rd trimester†	8.5	6.1 - 10.8	200	8.0	4.6 - 11.3	<100	8.9	5.6 - 12.1	100
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	24.3	20.4 - 28.2	600	28.2	22.1 - 34.4	300	21.3	16.3 - 26.3	300
Unsure of pregnancy intentions	13.6	10.3 - 16.8	300	13.1	8.6 - 17.6	100	13.9	9.4 - 18.5	200
Postpartum birth control use†	87.8	84.9 - 90.8	2,200	85.4	80.5 - 90.3	900	89.7	86.2 - 93.2	1,300
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.0	76.3 - 83.8	2,000	82.6	77.2 - 87.9	900	78.2	73.1 - 83.2	1,100
Infant always or often shared bed	37.3	32.9 - 41.6	900	33.2	26.8 - 39.6	400	40.3	34.4 - 46.2	600
Intended to breastfeed, before birth	97.2	95.6 - 98.8	2,500	97.6 *	95.8 - 99.3	1,100	96.9 *	94.5 - 99.4	1,400
Intended to breastfeed exclusively, before birth	83.4	79.8 - 87.0	2,100	85.1	80.1 - 90.2	900	82.1	77.1 - 87.1	1,200
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	93.0	90.7 - 95.3	2,300	92.3	88.7 - 95.9	1,000	93.5	90.3 - 96.6	1,400
Exclusive breastfeeding, 1 month after delivery	63.4	58.9 - 67.8	1,600	55.6	48.8 - 62.5	600	69.0	63.1 - 75.0	1,000
Any breastfeeding, 3 months after delivery	78.5	74.0 - 83.1	1,400	79.9	73.7 - 86.2	600	77.5	71.1 - 83.9	800
Exclusive breastfeeding, 3 months after delivery	50.2	44.7 - 55.6	900	45.5	37.3 - 53.8	300	53.5	46.2 - 60.7	600



MIHA Data Snapshot, San Luis Obispo County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	San Luis Obispo County				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	68.2	64.0	- 72.4	1,800	66.3	60.0	- 72.7	700	69.6	64.1	- 75.2	1,000
Initiated prenatal care in 1st trimester	94.2	92.3	- 96.1	2,400	94.9	92.3	- 97.4	1,000	93.7	90.9	- 96.5	1,400
Mom or infant needed but couldn't afford care postpartum	11.9	8.9	- 14.9	300	11.9	7.4	- 16.4	100	12.0	7.9	- 16.0	200
Participated in WIC during pregnancy†	36.8	32.3	- 41.3	900	34.4	27.9	- 41.0	400	38.5	32.5	- 44.6	600
Received CalFresh (food stamps) during pregnancy	19.6	15.8	- 23.4	500	11.0	6.3	- 15.7	100	26.1	20.6	- 31.6	400
Pre-pregnancy insurance												
Medi-Cal	19.7	16.1	- 23.4	500	10.3	6.2	- 14.3	100	26.9	21.4	- 32.3	400
Uninsured	21.3	17.3	- 25.2	500	23.7	17.8	- 29.6	300	19.4	14.1	- 24.6	300
Private	57.3	52.8	- 61.8	1,500	65.5	59.1	- 71.9	700	51.1	45.0	- 57.2	800
Prenatal insurance												
Medi-Cal	45.3	40.7	- 49.8	1,200	41.1	34.3	- 47.8	500	48.4	42.4	- 54.5	700
Uninsured	--	--			--	--			--	--		
Private	50.1	45.6	- 54.6	1,300	56.0	49.2	- 62.8	600	45.7	39.8	- 51.7	700
Maternal postpartum insurance												
Medi-Cal	35.2	30.8	- 39.6	900	35.3	28.7	- 41.8	400	35.1	29.3	- 41.0	500
Uninsured	12.6	9.4	- 15.9	300	10.5	6.4	- 14.6	100	14.2	9.5	- 18.9	200
Private	50.4	45.9	- 54.9	1,300	53.2	46.4	- 59.9	600	48.3	42.3	- 54.3	700
Infant health insurance												
Medi-Cal	47.1	42.5	- 51.7	1,200	46.3	39.6	- 53.1	500	47.7	41.6	- 53.8	700
Uninsured	2.5 *	1.0	- 4.1	<100	2.2 *	0.4	- 3.9	<100	2.8 *	0.5	- 5.2	<100
Private	47.9	43.3	- 52.4	1,200	50.8	44.0	- 57.5	500	45.7	39.7	- 51.7	700
Maternal Demographics												
Age												
15-19	4.6	2.7	- 6.5	100	9.7	5.6	- 13.8	100	--	--		
20-34	77.3	73.6	- 81.0	2,000	77.1	71.6	- 82.7	900	77.4	72.5	- 82.4	1,100
35+	18.1	14.7	- 21.5	500	13.1	8.8	- 17.5	100	21.8	16.9	- 26.6	300
Did not complete high school (or GED)	9.7	6.8	- 12.5	200	5.1 *	1.9	- 8.3	<100	13.1	8.8	- 17.4	200
Unmarried	33.7	29.4	- 37.9	900	42.3	35.7	- 49.0	500	27.2	21.7	- 32.6	400
Race/Ethnicity												
White	62.2	57.6	- 66.7	1,600	65.1	58.2	- 72.0	700	60.0	53.9	- 66.1	900
Hispanic	33.5	29.0	- 38.1	900	29.6	23.0	- 36.2	300	36.5	30.4	- 42.6	500
Asian/Pacific Islander	2.9 *	1.2	- 4.7	<100	5.2 *	1.5	- 9.0	<100	1.2 *	0.2	- 2.3	<100
Black	0.8 *	0.3	- 1.4	<100	--	--			--	--		
Born outside the U.S.	19.8	16.0	- 23.6	500	13.6	8.4	- 18.8	200	24.5	19.1	- 29.9	400
Speaks non-English language at home	17.5	13.8	- 21.3	500	13.8	8.6	- 19.0	200	20.3	15.1	- 25.5	300
Lives in a high poverty neighborhood	16.6	13.2	- 20.0	400	15.4	11.0	- 19.8	200	17.5	12.6	- 22.4	200
Income as a percent of the Federal Poverty Guideline												
0-100%	28.9	24.6	- 33.2	700	26.6	20.4	- 32.9	300	30.5	24.6	- 36.5	400
101-200%	21.7	17.8	- 25.5	500	17.9	12.7	- 23.2	200	24.4	19.0	- 29.8	300
> 200%	49.4	44.8	- 54.0	1,200	55.4	48.5	- 62.3	600	45.1	38.9	- 51.2	600

-- 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 San Luis Obispo County was 563. 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 2013-2015. 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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