



MIHA Data Snapshot, Santa Barbara County by Education, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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		5,700	27.1	23.3 - 30.9	1,500	19.8	16.3 - 23.3	1,100	27.7	23.5 - 32.0	1,600	25.3	21.2 - 29.5	1,400
Health Status before Pregnancy															
In good to excellent health	89.0	86.3 - 91.6	5,000	74.3	67.5 - 81.2	1,100	86.8	80.1 - 93.4	1,000	96.3 *	93.2 - 99.4	1,500	--		
Chronic conditions															
Diabetes†	3.0	1.3 - 4.7	200	3.8 *	0.6 - 6.9	<100	--			5.1 *	0.3 - 9.9	<100	--		
Hypertension†	1.8 *	0.6 - 3.0	100	--			--			--			--		
Asthma†	8.2	5.6 - 10.8	500	5.1 *	1.9 - 8.3	<100	12.8 *	4.7 - 20.8	100	8.2 *	3.1 - 13.4	100	8.2	3.4 - 12.9	100
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.6	28.3 - 36.9	1,800	27.1	20.0 - 34.1	400	21.9	14.0 - 29.8	200	30.0	21.9 - 38.2	500	48.6	38.9 - 58.2	700
Overweight before pregnancy	28.7	24.2 - 33.2	1,400	39.5	29.4 - 49.5	400	25.0	16.7 - 33.2	200	28.5	20.1 - 36.8	400	23.9	15.0 - 32.8	300
Obese before pregnancy	21.5	17.5 - 25.4	1,100	27.2	18.4 - 35.9	300	14.2	7.6 - 20.7	100	28.1	19.4 - 36.7	400	14.5	8.3 - 20.7	200
Inadequate weight gain during pregnancy	17.0	13.3 - 20.6	700	31.9	21.6 - 42.1	300	19.5	11.9 - 27.1	200	12.1	6.1 - 18.2	200	11.0	4.8 - 17.1	100
Excessive weight gain during pregnancy	40.5	35.4 - 45.6	1,700	32.8	22.4 - 43.1	300	39.5	28.4 - 50.6	300	46.8	36.9 - 56.6	600	39.7	30.1 - 49.2	500
Food insecurity during pregnancy	20.6	16.9 - 24.3	1,200	29.3	22.4 - 36.2	400	29.0	19.5 - 38.4	300	22.5	14.4 - 30.6	300	--		
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	9.9	7.4 - 12.3	600	12.1	7.3 - 16.8	200	12.1	6.0 - 18.2	100	12.2	7.0 - 17.4	200	--		
Prenatal depressive symptoms	17.3	13.9 - 20.7	1,000	20.2	14.2 - 26.3	300	18.0	10.2 - 25.8	200	17.1	9.8 - 24.4	300	12.3	6.2 - 18.4	200
Postpartum depressive symptoms	15.2	11.9 - 18.5	900	14.5	9.4 - 19.6	200	15.9	8.7 - 23.1	200	17.3	10.1 - 24.4	300	11.2	4.8 - 17.7	200
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	26.5	22.4 - 30.5	1,400	32.5	25.0 - 40.1	400	26.1	17.5 - 34.7	300	32.8	23.9 - 41.7	500	12.8	7.1 - 18.5	200
Homeless or did not have a regular place to sleep	3.6	2.0 - 5.2	200	9.2	4.6 - 13.8	100	--			--			--		
Moved due to problems paying rent or mortgage	5.5	3.2 - 7.7	300	5.8 *	2.2 - 9.4	<100	6.4 *	2.3 - 10.5	<100	8.1 *	1.7 - 14.5	100	--		
Woman or partner lost job	13.5	10.3 - 16.7	800	15.1	9.5 - 20.6	200	22.8	14.1 - 31.5	300	14.5	7.4 - 21.5	200	--		
Woman or partner had pay or hours cut back	12.9	9.7 - 16.1	700	10.9	6.3 - 15.5	200	13.9	5.9 - 22.0	200	17.9	10.4 - 25.4	300	8.1	3.4 - 12.9	100
Became separated or divorced	7.6	5.3 - 9.9	400	8.1	3.8 - 12.4	100	13.0	6.0 - 20.0	100	8.3	3.8 - 12.8	100	--		
Had no practical or emotional support	6.1	4.1 - 8.2	300	8.8	4.4 - 13.2	100	7.9 *	2.9 - 12.8	<100	4.0 *	1.2 - 6.9	<100	--		
Substance Use															
Any smoking, 3 months before pregnancy	9.4	6.6 - 12.1	500	8.1	3.7 - 12.6	100	6.2 *	1.1 - 11.3	<100	17.1	9.7 - 24.5	300	4.5 *	1.0 - 8.0	<100
Any smoking, 3rd trimester†	3.0 *	1.0 - 5.0	200	--			--			6.6 *	0.5 - 12.7	100	--		
Any smoking, postpartum	4.1	2.1 - 6.1	200	--			3.5 *	0.3 - 6.7	<100	9.1 *	3.0 - 15.2	100	--		
Any binge drinking, 3 months before pregnancy	13.5	10.2 - 16.7	800	5.4 *	1.7 - 9.1	<100	13.3	5.6 - 20.9	100	21.2	13.4 - 28.9	300	12.6	6.6 - 18.7	200
Any alcohol use, 3rd trimester†	8.8	6.0 - 11.7	500	--			5.9 *	0.8 - 11.0	<100	8.3	3.5 - 13.2	100	20.6	12.1 - 29.0	300
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	30.8	26.7 - 35.0	1,700	34.6	27.2 - 42.0	500	38.5	29.0 - 48.1	400	36.3	27.3 - 45.2	600	14.4	8.3 - 20.6	200
Unsure of pregnancy intentions	14.1	10.9 - 17.4	800	11.7	6.5 - 16.8	200	22.3	13.5 - 31.2	200	16.8	10.0 - 23.6	300	7.2 *	2.1 - 12.3	100
Postpartum birth control use†	85.1	81.9 - 88.3	4,700	87.7	82.6 - 92.8	1,300	85.7	78.8 - 92.5	900	88.6	82.8 - 94.3	1,300	79.0	71.3 - 86.6	1,100
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.1	76.4 - 83.8	4,500	76.8	69.6 - 84.0	1,100	80.5	72.5 - 88.6	900	80.8	73.5 - 88.2	1,200	82.7	75.8 - 89.6	1,200
Infant always or often shared bed	44.1	39.6 - 48.6	2,400	65.1	57.6 - 72.6	1,000	49.7	39.9 - 59.6	500	31.7	23.6 - 39.7	500	30.3	21.7 - 38.9	400
Intended to breastfeed, before birth	95.3	93.5 - 97.1	5,300	92.1	87.7 - 96.6	1,400	92.6 *	87.5 - 97.8	1,000	95.9 *	92.5 - 99.2	1,400	--		
Intended to breastfeed exclusively, before birth	67.6	63.4 - 71.7	3,800	51.7	43.8 - 59.6	800	58.0	48.4 - 67.6	600	68.8	60.2 - 77.4	1,000	90.6	85.4 - 95.8	1,300
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	89.6	87.0 - 92.2	4,900	90.6	86.0 - 95.2	1,300	79.5	71.7 - 87.4	900	90.1	85.3 - 95.0	1,300	95.5 *	91.7 - 99.3	1,400
Exclusive breastfeeding, 1 month after delivery	45.9	41.3 - 50.5	2,500	39.4	31.6 - 47.3	600	43.8	33.7 - 54.0	500	44.4	35.4 - 53.5	600	56.3	46.3 - 66.2	800
Any breastfeeding, 3 months after delivery	77.5	73.2 - 81.8	3,500	82.7	76.2 - 89.3	1,000	65.8	55.0 - 76.7	600	67.0	57.5 - 76.6	800	94.5 *	90.0 - 99.1	1,000
Exclusive breastfeeding, 3 months after delivery	33.5	28.7 - 38.4	1,500	21.4	13.9 - 28.9	300	28.6	18.7 - 38.5	300	34.7	25.0 - 44.4	400	51.8	40.3 - 63.2	500

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.



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Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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	65.8	61.6 - 70.0	3,700	59.6	52.0 - 67.2	900	50.6	40.8 - 60.3	600	66.5	57.9 - 75.0	1,000	83.9	77.7 - 90.1	1,200
Initiated prenatal care in 1st trimester	85.0	81.6 - 88.3	4,700	82.6	76.7 - 88.6	1,200	73.9	64.7 - 83.1	800	85.8	78.8 - 92.8	1,300	95.4 *	91.5 - 99.4	1,300
Mom or infant needed but couldn't afford care postpartum	13.6	10.4 - 16.7	700	19.5	13.2 - 25.8	300	15.7	7.7 - 23.7	200	11.8	6.1 - 17.5	200	6.9 *	1.6 - 12.2	<100
Participated in WIC during pregnancy†	60.3	55.7 - 64.9	3,400	93.1 *	88.7 - 97.6	1,400	85.7	78.8 - 92.5	900	53.3	44.0 - 62.5	800	11.0	5.6 - 16.3	200
Received CalFresh (food stamps) during pregnancy	25.0	21.1 - 28.9	1,400	44.6	36.6 - 52.5	700	30.6	21.4 - 39.8	300	23.0	15.1 - 30.8	400	--		
Pre-pregnancy insurance															
Medi-Cal	24.3	20.6 - 28.1	1,400	39.1	31.4 - 46.8	600	33.4	24.2 - 42.6	400	19.3	12.2 - 26.4	300	5.4 *	1.4 - 9.3	<100
Uninsured	30.1	26.0 - 34.2	1,700	46.9	38.8 - 54.9	700	45.7	35.9 - 55.5	500	26.3	18.4 - 34.2	400	5.1 *	1.2 - 9.0	<100
Private	39.3	34.7 - 43.8	2,200	10.6	5.3 - 15.9	200	18.7	11.4 - 26.0	200	42.9	33.9 - 52.0	700	82.4	75.5 - 89.3	1,200
Prenatal insurance															
Medi-Cal	59.1	54.5 - 63.7	3,300	89.2	83.1 - 95.3	1,300	81.3	74.0 - 88.5	900	57.2	48.1 - 66.3	900	10.7	5.4 - 16.0	200
Uninsured	2.3 *	0.8 - 3.8	100	--			--			--			--		
Private	32.8	28.4 - 37.2	1,900	5.7 *	1.4 - 10.0	<100	12.7	6.6 - 18.9	100	29.9	21.7 - 38.0	500	81.9	75.1 - 88.7	1,200
Maternal postpartum insurance															
Medi-Cal	40.7	36.3 - 45.1	2,300	49.2	41.3 - 57.1	700	58.9	49.2 - 68.5	700	45.5	36.2 - 54.7	700	10.3	5.0 - 15.6	100
Uninsured	22.2	18.5 - 25.9	1,300	41.9	34.1 - 49.8	600	27.6	18.7 - 36.5	300	11.4	6.2 - 16.7	200	9.1 *	2.6 - 15.5	100
Private	32.8	28.4 - 37.1	1,800	6.6 *	2.3 - 10.9	<100	11.7	5.7 - 17.8	100	34.5	25.9 - 43.1	500	76.5	68.2 - 84.7	1,100
Infant health insurance															
Medi-Cal	64.2	59.7 - 68.7	3,500	96.2 *	92.8 - 99.7	1,400	85.7	79.1 - 92.3	900	62.3	53.5 - 71.1	900	15.1	9.0 - 21.2	200
Uninsured	2.2 *	0.5 - 4.0	100	--			--			--			--		
Private	29.4	25.2 - 33.7	1,600	--			9.1 *	3.6 - 14.6	<100	29.7	21.4 - 37.9	400	75.2	66.9 - 83.5	1,100
Maternal Demographics															
Unmarried	47.0	42.5 - 51.6	2,600	63.6	56.0 - 71.2	1,000	67.3	58.4 - 76.1	700	43.6	34.7 - 52.6	700	16.3	9.3 - 23.3	200
Race/Ethnicity															
White	29.0	24.6 - 33.4	1,600	2.4 *	0.3 - 4.5	<100	19.9	10.6 - 29.1	200	29.2	20.4 - 37.9	500	66.3	57.3 - 75.2	900
Hispanic	65.4	60.9 - 69.9	3,700	95.4 *	92.3 - 98.6	1,400	78.2	68.8 - 87.6	900	64.8	55.9 - 73.8	1,000	21.8	14.1 - 29.5	300
Asian/Pacific Islander	4.1	2.3 - 5.9	200	--			--			3.2 *	0.1 - 6.3	<100	11.7	5.8 - 17.5	200
Black	1.0	0.7 - 1.3	<100	--			--			--			--		
Born outside the U.S.	43.8	39.4 - 48.2	2,500	80.2	73.9 - 86.5	1,200	48.2	38.6 - 57.9	500	18.5	12.1 - 24.9	300	27.9	19.6 - 36.3	400
Speaks non-English language at home	38.0	33.7 - 42.2	2,100	77.7	71.1 - 84.3	1,200	47.0	37.3 - 56.7	500	14.9	8.7 - 21.0	200	13.4	7.0 - 19.9	200
Lives in a high poverty neighborhood	39.3	34.8 - 43.7	2,000	70.0	61.9 - 78.0	900	53.9	43.7 - 64.1	500	28.6	20.6 - 36.6	400	8.5	3.6 - 13.4	100
Income as a percent of the Federal Poverty Guideline															
0-100%	46.5	41.8 - 51.2	2,400	74.7	67.1 - 82.2	1,000	63.1	53.7 - 72.5	600	45.1	35.7 - 54.4	700	6.7 *	2.2 - 11.2	<100
101-200%	23.8	19.9 - 27.7	1,300	22.4	15.2 - 29.7	300	29.1	20.3 - 37.9	300	30.5	21.8 - 39.1	400	14.2	8.1 - 20.3	200
> 200%	29.7	25.3 - 34.1	1,600	2.9 *	0.3 - 5.5	<100	7.8 *	3.2 - 12.5	<100	24.5	16.7 - 32.3	400	79.1	71.8 - 86.4	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 Santa Barbara County was 588. 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, Santa Barbara County by Geographical Area, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County			Urban			Rural/Frontier		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		5,700	72.2	67.9 - 76.4	3,800	27.8	23.6 - 32.1	1,500
Health Status before Pregnancy									
In good to excellent health	89.0	86.3 - 91.6	5,000	88.7	85.5 - 91.9	3,300	93.2 *	88.4 - 97.9	1,300
Chronic conditions									
Diabetes†	3.0	1.3 - 4.7	200	3.6 *	1.2 - 6.0	100	--		
Hypertension†	1.8 *	0.6 - 3.0	100	2.3 *	0.6 - 4.0	<100	--		
Asthma†	8.2	5.6 - 10.8	500	7.0	4.1 - 9.9	300	12.2	5.8 - 18.6	200
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.6	28.3 - 36.9	1,800	32.8	27.6 - 38.0	1,200	34.8	25.9 - 43.8	500
Overweight before pregnancy	28.7	24.2 - 33.2	1,400	29.8	24.3 - 35.3	1,000	25.8	17.1 - 34.5	400
Obese before pregnancy	21.5	17.5 - 25.4	1,100	23.0	18.0 - 28.0	700	19.6	12.2 - 26.9	300
Inadequate weight gain during pregnancy	17.0	13.3 - 20.6	700	18.2	13.6 - 22.9	500	15.9	8.9 - 22.9	200
Excessive weight gain during pregnancy	40.5	35.4 - 45.6	1,700	42.6	36.3 - 48.9	1,200	37.6	28.0 - 47.2	400
Food insecurity during pregnancy	20.6	16.9 - 24.3	1,200	19.7	15.6 - 23.8	700	19.3	11.9 - 26.8	300
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	9.9	7.4 - 12.3	600	9.2	6.5 - 11.9	300	9.3	4.1 - 14.5	100
Prenatal depressive symptoms	17.3	13.9 - 20.7	1,000	20.6	16.3 - 24.9	800	7.9	3.5 - 12.3	100
Postpartum depressive symptoms	15.2	11.9 - 18.5	900	16.9	12.8 - 20.9	600	8.1	3.8 - 12.3	100
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	26.5	22.4 - 30.5	1,400	26.7	22.0 - 31.4	1,000	25.2	17.3 - 33.2	400
Homeless or did not have a regular place to sleep	3.6	2.0 - 5.2	200	4.2	2.2 - 6.2	200	--		
Moved due to problems paying rent or mortgage	5.5	3.2 - 7.7	300	5.2	2.9 - 7.4	200	--		
Woman or partner lost job	13.5	10.3 - 16.7	800	11.4	8.2 - 14.5	400	13.6	7.0 - 20.3	200
Woman or partner had pay or hours cut back	12.9	9.7 - 16.1	700	10.1	6.7 - 13.5	400	20.0	12.1 - 27.9	300
Became separated or divorced	7.6	5.3 - 9.9	400	7.8	4.9 - 10.6	300	9.3	4.2 - 14.3	100
Had no practical or emotional support	6.1	4.1 - 8.2	300	7.1	4.4 - 9.8	300	--		
Substance Use									
Any smoking, 3 months before pregnancy	9.4	6.6 - 12.1	500	9.0	6.0 - 12.0	300	8.7	3.7 - 13.7	100
Any smoking, 3rd trimester†	3.0 *	1.0 - 5.0	200	2.5 *	0.7 - 4.3	<100	--		
Any smoking, postpartum	4.1	2.1 - 6.1	200	3.2	1.5 - 4.9	100	4.7 *	1.3 - 8.1	<100
Any binge drinking, 3 months before pregnancy	13.5	10.2 - 16.7	800	12.6	9.0 - 16.2	500	13.3	7.0 - 19.5	200
Any alcohol use, 3rd trimester†	8.8	6.0 - 11.7	500	7.2	4.2 - 10.2	300	14.1	6.6 - 21.6	200
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	30.8	26.7 - 35.0	1,700	29.4	24.6 - 34.2	1,100	30.5	22.2 - 38.7	400
Unsure of pregnancy intentions	14.1	10.9 - 17.4	800	14.0	10.0 - 18.0	500	14.5	8.2 - 20.9	200
Postpartum birth control use†	85.1	81.9 - 88.3	4,700	83.3	79.2 - 87.3	3,100	88.3	82.5 - 94.2	1,300
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.1	76.4 - 83.8	4,500	78.9	74.2 - 83.5	2,900	81.9	74.8 - 88.9	1,200
Infant always or often shared bed	44.1	39.6 - 48.6	2,400	48.0	42.4 - 53.5	1,800	28.6	20.7 - 36.5	400
Intended to breastfeed, before birth	95.3	93.5 - 97.1	5,300	96.5	94.7 - 98.4	3,600	93.1 *	88.6 - 97.6	1,400
Intended to breastfeed exclusively, before birth	67.6	63.4 - 71.7	3,800	69.7	64.7 - 74.6	2,600	66.6	58.2 - 75.0	1,000
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	89.6	87.0 - 92.2	4,900	91.3	88.4 - 94.3	3,300	84.9	78.8 - 91.0	1,200
Exclusive breastfeeding, 1 month after delivery	45.9	41.3 - 50.5	2,500	44.5	38.9 - 50.1	1,600	51.8	42.4 - 61.1	700
Any breastfeeding, 3 months after delivery	77.5	73.2 - 81.8	3,500	81.2	76.3 - 86.0	2,400	65.2	55.1 - 75.3	700
Exclusive breastfeeding, 3 months after delivery	33.5	28.7 - 38.4	1,500	33.8	27.9 - 39.8	1,000	35.2	25.3 - 45.1	400



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	Santa Barbara 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	65.8	61.6	- 70.0	3,700	63.7	58.6	- 68.9	2,400	69.1	60.6	- 77.7	1,000
Initiated prenatal care in 1st trimester	85.0	81.6	- 88.3	4,700	84.5	80.6	- 88.5	3,100	90.2	85.0	- 95.5	1,300
Mom or infant needed but couldn't afford care postpartum	13.6	10.4	- 16.7	700	13.2	9.6	- 16.9	500	10.9 *	4.4	- 17.4	200
Participated in WIC during pregnancy†	60.3	55.7	- 64.9	3,400	61.9	56.4	- 67.4	2,300	52.7	43.5	- 61.9	800
Received CalFresh (food stamps) during pregnancy	25.0	21.1	- 28.9	1,400	26.5	21.6	- 31.3	1,000	20.5	13.1	- 27.9	300
Pre-pregnancy insurance												
Medi-Cal	24.3	20.6	- 28.1	1,400	25.2	20.7	- 29.8	900	21.2	14.0	- 28.4	300
Uninsured	30.1	26.0	- 34.2	1,700	30.8	25.8	- 35.9	1,100	25.6	17.5	- 33.7	400
Private	39.3	34.7	- 43.8	2,200	40.8	35.3	- 46.3	1,500	40.4	31.4	- 49.5	600
Prenatal insurance												
Medi-Cal	59.1	54.5	- 63.7	3,300	60.5	55.0	- 66.0	2,300	50.2	41.1	- 59.4	700
Uninsured	2.3 *	0.8	- 3.8	100	3.1 *	1.0	- 5.2	100	--			
Private	32.8	28.4	- 37.2	1,900	34.0	28.6	- 39.4	1,300	36.0	27.0	- 44.9	500
Maternal postpartum insurance												
Medi-Cal	40.7	36.3	- 45.1	2,300	41.9	36.5	- 47.2	1,600	32.9	24.6	- 41.2	500
Uninsured	22.2	18.5	- 25.9	1,300	21.3	17.1	- 25.5	800	24.1	15.5	- 32.7	400
Private	32.8	28.4	- 37.1	1,800	35.5	30.1	- 40.9	1,300	32.6	24.2	- 41.0	500
Infant health insurance												
Medi-Cal	64.2	59.7	- 68.7	3,500	66.0	60.6	- 71.5	2,400	53.8	44.6	- 63.0	800
Uninsured	2.2 *	0.5	- 4.0	100	1.6 *	0.3	- 2.9	<100	--			
Private	29.4	25.2	- 33.7	1,600	31.2	25.8	- 36.5	1,100	29.8	21.6	- 38.0	400
Maternal Demographics												
Age												
15-19	6.9	4.8	- 9.0	400	7.9	5.2	- 10.6	300	3.6 *	0.7	- 6.5	<100
20-34	75.8	72.0	- 79.7	4,300	75.2	70.5	- 80.0	2,800	77.4	70.1	- 84.8	1,100
35+	17.3	13.8	- 20.7	1,000	16.8	12.6	- 21.1	600	18.9	12.0	- 25.8	300
Did not complete high school (or GED)	27.1	23.3	- 30.9	1,500	30.2	25.4	- 35.0	1,100	14.8	9.0	- 20.5	200
Unmarried	47.0	42.5	- 51.6	2,600	49.4	43.9	- 54.9	1,800	37.5	28.7	- 46.3	500
Race/Ethnicity												
White	29.0	24.6	- 33.4	1,600	25.3	20.2	- 30.3	1,000	43.3	33.9	- 52.6	600
Hispanic	65.4	60.9	- 69.9	3,700	68.4	63.1	- 73.7	2,600	52.5	43.2	- 61.8	800
Asian/Pacific Islander	4.1	2.3	- 5.9	200	5.0	2.5	- 7.6	200	2.0 *	0.2	- 3.8	<100
Black	1.0	0.7	- 1.3	<100	0.9	0.5	- 1.3	<100	--			
Born outside the U.S.	43.8	39.4	- 48.2	2,500	48.6	43.1	- 54.0	1,800	27.2	19.9	- 34.5	400
Speaks non-English language at home	38.0	33.7	- 42.2	2,100	42.5	37.2	- 47.8	1,600	20.0	13.4	- 26.7	300
Lives in a high poverty neighborhood	39.3	34.8	- 43.7	2,000	42.6	37.3	- 47.9	1,600	30.6	22.5	- 38.7	400
Income as a percent of the Federal Poverty Guideline												
0-100%	46.5	41.8	- 51.2	2,400	47.1	41.6	- 52.7	1,600	41.5	32.2	- 50.7	600
101-200%	23.8	19.9	- 27.7	1,300	24.4	19.6	- 29.2	800	19.7	12.5	- 26.9	300
> 200%	29.7	25.3	- 34.1	1,600	28.5	23.2	- 33.8	1,000	38.9	29.4	- 48.3	500

-- 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 Santa Barbara County was 588. 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, Santa Barbara County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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		5,700	46.5	41.8 - 51.2	2,400	23.8	19.9 - 27.7	1,300	29.7	25.3 - 34.1	1,600
Health Status before Pregnancy												
In good to excellent health	89.0	86.3 - 91.6	5,000	82.1	77.2 - 87.1	2,000	89.1	83.5 - 94.8	1,100	--		
Chronic conditions												
Diabetes†	3.0	1.3 - 4.7	200	3.8*	1.3 - 6.3	<100	--			--		
Hypertension†	1.8*	0.6 - 3.0	100	--			--			--		
Asthma†	8.2	5.6 - 10.8	500	10.6	5.8 - 15.4	200	6.1*	2.1 - 10.2	<100	7.1*	2.9 - 11.2	100
Nutrition and Weight												
Daily folic acid use, month before pregnancy	32.6	28.3 - 36.9	1,800	20.9	15.7 - 26.1	500	31.5	22.9 - 40.0	400	52.2	43.1 - 61.2	800
Overweight before pregnancy	28.7	24.2 - 33.2	1,400	28.9	22.1 - 35.8	600	28.2	19.5 - 36.9	300	32.0	23.1 - 41.0	500
Obese before pregnancy	21.5	17.5 - 25.4	1,100	23.7	17.5 - 29.8	500	31.2	21.7 - 40.7	300	10.2	5.5 - 14.9	200
Inadequate weight gain during pregnancy	17.0	13.3 - 20.6	700	21.2	14.8 - 27.6	400	18.4	11.0 - 25.8	200	10.3	4.8 - 15.8	100
Excessive weight gain during pregnancy	40.5	35.4 - 45.6	1,700	40.8	32.6 - 49.0	700	40.7	30.5 - 50.9	400	42.6	33.6 - 51.7	600
Food insecurity during pregnancy	20.6	16.9 - 24.3	1,200	34.8	28.3 - 41.4	800	15.8	8.6 - 23.0	200	3.5*	0.6 - 6.5	<100
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	9.9	7.4 - 12.3	600	15.2	10.8 - 19.6	400	4.7*	1.4 - 8.0	<100	5.9*	2.0 - 9.8	<100
Prenatal depressive symptoms	17.3	13.9 - 20.7	1,000	26.3	20.3 - 32.3	600	14.2	7.7 - 20.7	200	6.1*	2.4 - 9.8	<100
Postpartum depressive symptoms	15.2	11.9 - 18.5	900	19.9	14.3 - 25.4	500	6.9*	2.7 - 11.2	<100	14.4	8.1 - 20.6	200
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	26.5	22.4 - 30.5	1,400	39.0	32.2 - 45.7	900	22.1	14.2 - 30.0	300	12.6	7.2 - 18.1	200
Homeless or did not have a regular place to sleep	3.6	2.0 - 5.2	200	6.7	3.3 - 10.1	200	--			--		
Moved due to problems paying rent or mortgage	5.5	3.2 - 7.7	300	9.2	4.7 - 13.7	200	5.3*	1.0 - 9.6	<100	--		
Woman or partner lost job	13.5	10.3 - 16.7	800	19.1	13.3 - 25.0	500	12.3	6.5 - 18.0	200	--		
Woman or partner had pay or hours cut back	12.9	9.7 - 16.1	700	15.2	10.2 - 20.3	400	8.6*	3.1 - 14.0	100	10.0	4.3 - 15.8	200
Became separated or divorced	7.6	5.3 - 9.9	400	13.3	8.7 - 17.9	300	4.2*	1.1 - 7.4	<100	--		
Had no practical or emotional support	6.1	4.1 - 8.2	300	8.1	4.8 - 11.3	200	7.1*	2.6 - 11.7	<100	--		
Substance Use												
Any smoking, 3 months before pregnancy	9.4	6.6 - 12.1	500	14.3	9.0 - 19.7	300	9.8	4.5 - 15.1	100	3.7*	0.6 - 6.8	<100
Any smoking, 3rd trimester†	3.0*	1.0 - 5.0	200	6.1*	1.6 - 10.5	100	--			--		
Any smoking, postpartum	4.1	2.1 - 6.1	200	7.1*	2.9 - 11.3	200	--			--		
Any binge drinking, 3 months before pregnancy	13.5	10.2 - 16.7	800	14.5	8.9 - 20.2	400	11.3	5.9 - 16.7	100	15.7	9.5 - 21.9	200
Any alcohol use, 3rd trimester†	8.8	6.0 - 11.7	500	2.6*	0.3 - 4.9	<100	4.7*	0.9 - 8.5	<100	21.3	13.3 - 29.3	300
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	30.8	26.7 - 35.0	1,700	38.9	32.3 - 45.5	900	31.5	23.2 - 39.9	400	14.2	8.4 - 20.0	200
Unsure of pregnancy intentions	14.1	10.9 - 17.4	800	17.8	12.5 - 23.0	400	15.4	8.1 - 22.7	200	8.8	3.8 - 13.8	100
Postpartum birth control use†	85.1	81.9 - 88.3	4,700	86.7	82.1 - 91.2	2,100	90.7	85.5 - 95.9	1,100	78.6	71.3 - 86.0	1,200
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.1	76.4 - 83.8	4,500	80.2	74.6 - 85.8	1,900	76.6	68.0 - 85.1	900	84.5	78.7 - 90.3	1,300
Infant always or often shared bed	44.1	39.6 - 48.6	2,400	53.0	46.3 - 59.6	1,300	42.8	33.5 - 52.0	500	28.3	20.5 - 36.2	400
Intended to breastfeed, before birth	95.3	93.5 - 97.1	5,300	94.4	91.3 - 97.5	2,200	93.7*	89.3 - 98.1	1,200	--		
Intended to breastfeed exclusively, before birth	67.6	63.4 - 71.7	3,800	59.7	53.2 - 66.1	1,400	62.6	53.6 - 71.6	800	85.4	79.1 - 91.7	1,300
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	89.6	87.0 - 92.2	4,900	86.3	81.9 - 90.8	2,000	86.3	80.0 - 92.6	1,000	95.7*	92.2 - 99.2	1,500
Exclusive breastfeeding, 1 month after delivery	45.9	41.3 - 50.5	2,500	40.2	33.4 - 46.9	900	40.2	30.7 - 49.7	500	56.5	47.3 - 65.8	900
Any breastfeeding, 3 months after delivery	77.5	73.2 - 81.8	3,500	72.5	65.4 - 79.6	1,400	73.9	65.3 - 82.4	800	90.4*	84.1 - 96.6	1,000
Exclusive breastfeeding, 3 months after delivery	33.5	28.7 - 38.4	1,500	27.0	20.1 - 33.9	500	28.2	18.7 - 37.7	300	50.8	40.2 - 61.5	600



MIHA Data Snapshot, Santa Barbara County by Income, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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	65.8	61.6	- 70.0	3,700	55.9	49.3	- 62.6	1,400	59.6	50.7	- 68.5	700	86.0	80.1	- 91.9	1,300
Initiated prenatal care in 1st trimester	85.0	81.6	- 88.3	4,700	78.3	72.2	- 84.4	1,900	86.2	80.2	- 92.1	1,100	96.3 *	93.0	- 99.5	1,500
Mom or infant needed but couldn't afford care postpartum	13.6	10.4	- 16.7	700	19.6	14.2	- 25.1	500	12.0	5.8	- 18.3	100	4.8 *	0.2	- 9.4	<100
Participated in WIC during pregnancy†	60.3	55.7	- 64.9	3,400	87.9	82.7	- 93.1	2,100	68.9	59.9	- 77.9	900	3.4 *	0.8	- 6.0	<100
Received CalFresh (food stamps) during pregnancy	25.0	21.1	- 28.9	1,400	44.9	38.2	- 51.6	1,100	10.0	4.8	- 15.3	100	--			
Pre-pregnancy insurance																
Medi-Cal	24.3	20.6	- 28.1	1,400	38.4	31.9	- 44.9	900	23.6	15.7	- 31.6	300	--			
Uninsured	30.1	26.0	- 34.2	1,700	46.9	40.1	- 53.7	1,100	30.5	22.1	- 38.9	400	--			
Private	39.3	34.7	- 43.8	2,200	9.4	5.7	- 13.0	200	38.1	28.9	- 47.4	500	88.3	82.8	- 93.8	1,400
Prenatal insurance																
Medi-Cal	59.1	54.5	- 63.7	3,300	88.8	83.7	- 94.0	2,200	64.9	55.8	- 74.0	800	3.3 *	0.7	- 5.9	<100
Uninsured	2.3 *	0.8	- 3.8	100	4.1 *	0.9	- 7.2	<100	--				--			
Private	32.8	28.4	- 37.2	1,900	3.5 *	1.1	- 5.8	<100	26.8	18.1	- 35.4	300	86.7	80.9	- 92.5	1,400
Maternal postpartum insurance																
Medi-Cal	40.7	36.3	- 45.1	2,300	59.8	53.1	- 66.5	1,400	47.6	38.3	- 57.0	600	--			
Uninsured	22.2	18.5	- 25.9	1,300	33.5	27.2	- 39.8	800	18.1	11.2	- 25.1	200	6.8 *	1.3	- 12.3	100
Private	32.8	28.4	- 37.1	1,800	2.9 *	0.8	- 5.0	<100	30.0	21.2	- 38.8	400	84.7	77.6	- 91.7	1,300
Infant health insurance																
Medi-Cal	64.2	59.7	- 68.7	3,500	93.7	90.4	- 96.9	2,200	74.6	66.0	- 83.2	900	7.5	3.6	- 11.5	100
Uninsured	2.2 *	0.5	- 4.0	100	2.7 *	0.6	- 4.9	<100	--				--			
Private	29.4	25.2	- 33.7	1,600	2.4 *	0.3	- 4.5	<100	18.7	10.9	- 26.5	200	81.5	74.1	- 88.8	1,300
Maternal Demographics																
Did not complete high school (or GED)	27.1	23.3	- 30.9	1,500	42.1	35.5	- 48.6	1,000	24.5	16.5	- 32.5	300	2.5 *	0.2	- 4.8	<100
Unmarried	47.0	42.5	- 51.6	2,600	67.4	61.0	- 73.9	1,600	46.8	37.5	- 56.0	600	12.5	6.6	- 18.4	200
Race/Ethnicity																
White	29.0	24.6	- 33.4	1,600	13.0	7.2	- 18.7	300	19.5	11.8	- 27.3	200	65.9	57.5	- 74.3	1,000
Hispanic	65.4	60.9	- 69.9	3,700	84.3	78.3	- 90.2	2,100	72.6	64.3	- 81.0	900	25.4	17.9	- 33.0	400
Asian/Pacific Islander	4.1	2.3	- 5.9	200	--				5.5 *	1.5	- 9.5	<100	8.3	3.4	- 13.2	100
Black	1.0	0.7	- 1.3	<100	1.2 *	0.3	- 2.1	<100	--				--			
Born outside the U.S.	43.8	39.4	- 48.2	2,500	53.0	46.3	- 59.8	1,300	50.5	41.2	- 59.8	600	19.3	12.4	- 26.2	300
Speaks non-English language at home	38.0	33.7	- 42.2	2,100	50.2	43.5	- 56.9	1,200	43.0	33.9	- 52.2	500	8.1 *	3.1	- 13.2	100
Lives in a high poverty neighborhood	39.3	34.8	- 43.7	2,000	56.3	49.4	- 63.3	1,200	45.3	35.5	- 55.0	500	9.7	4.8	- 14.6	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.

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† 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 Santa Barbara County was 588.

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, Santa Barbara County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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		5,700	6.9	4.8 - 9.0	400	75.8	72.0 - 79.7	4,300	17.3	13.8 - 20.7	1,000
Health Status before Pregnancy												
In good to excellent health	89.0	86.3 - 91.6	5,000	82.6*	71.6 - 93.5	300	89.0	85.9 - 92.1	3,800	91.3*	86.0 - 96.7	900
Chronic conditions												
Diabetes†	3.0	1.3 - 4.7	200	--			2.3*	0.6 - 3.9	<100	7.3*	0.7 - 14.0	<100
Hypertension†	1.8*	0.6 - 3.0	100	--			2.0*	0.5 - 3.5	<100	--		
Asthma†	8.2	5.6 - 10.8	500	9.5*	1.1 - 17.9	<100	8.5	5.4 - 11.7	400	6.1*	1.4 - 10.9	<100
Nutrition and Weight												
Daily folic acid use, month before pregnancy	32.6	28.3 - 36.9	1,800	23.4*	9.0 - 37.8	<100	30.4	25.5 - 35.2	1,300	46.2	35.0 - 57.3	400
Overweight before pregnancy	28.7	24.2 - 33.2	1,400	21.2	9.2 - 33.2	<100	27.2	22.1 - 32.3	1,000	38.0	26.1 - 49.9	300
Obese before pregnancy	21.5	17.5 - 25.4	1,100	16.7*	4.1 - 29.2	<100	21.4	16.8 - 26.0	800	23.3	13.6 - 33.0	200
Inadequate weight gain during pregnancy	17.0	13.3 - 20.6	700	29.6	13.6 - 45.6	<100	16.9	12.6 - 21.1	500	12.3*	4.4 - 20.1	<100
Excessive weight gain during pregnancy	40.5	35.4 - 45.6	1,700	25.0	11.2 - 38.9	<100	41.4	35.4 - 47.4	1,300	43.1	30.9 - 55.2	300
Food insecurity during pregnancy	20.6	16.9 - 24.3	1,200	33.4	18.8 - 48.0	100	21.6	17.2 - 26.0	900	11.2	4.9 - 17.5	100
Intimate Partner Violence (IPV) and Depressive Symptoms												
Physical or psychological IPV during pregnancy	9.9	7.4 - 12.3	600	35.0	20.6 - 49.3	100	8.4	5.7 - 11.0	400	7.0*	2.1 - 12.0	<100
Prenatal depressive symptoms	17.3	13.9 - 20.7	1,000	31.5	17.3 - 45.8	100	16.9	13.0 - 20.9	700	13.2	6.4 - 19.9	100
Postpartum depressive symptoms	15.2	11.9 - 18.5	900	23.9	10.5 - 37.3	<100	14.2	10.4 - 18.0	600	16.5	9.1 - 23.9	200
Hardships and Support during Pregnancy												
Experienced two or more hardships during childhood	26.5	22.4 - 30.5	1,400	31.2	17.5 - 45.0	100	25.5	20.8 - 30.2	1,100	28.8	19.1 - 38.5	300
Homeless or did not have a regular place to sleep	3.6	2.0 - 5.2	200	11.8*	2.0 - 21.6	<100	2.8*	1.1 - 4.5	100	--		
Moved due to problems paying rent or mortgage	5.5	3.2 - 7.7	300	11.4*	2.0 - 20.9	<100	5.0	2.3 - 7.6	200	5.4*	1.1 - 9.7	<100
Woman or partner lost job	13.5	10.3 - 16.7	800	25.1	11.3 - 38.9	<100	13.9	10.1 - 17.7	600	7.1*	1.9 - 12.3	<100
Woman or partner had pay or hours cut back	12.9	9.7 - 16.1	700	11.6*	1.5 - 21.6	<100	12.5	8.8 - 16.2	500	15.3	7.1 - 23.5	100
Became separated or divorced	7.6	5.3 - 9.9	400	9.4*	0.7 - 18.2	<100	7.7	5.0 - 10.5	300	6.5*	1.9 - 11.0	<100
Had no practical or emotional support	6.1	4.1 - 8.2	300	--			5.6	3.4 - 7.8	200	6.0*	1.0 - 10.9	<100
Substance Use												
Any smoking, 3 months before pregnancy	9.4	6.6 - 12.1	500	11.3*	1.8 - 20.7	<100	10.9	7.4 - 14.3	500	--		
Any smoking, 3rd trimester†	3.0*	1.0 - 5.0	200	--			3.5*	0.9 - 6.0	100	--		
Any smoking, postpartum	4.1	2.1 - 6.1	200	--			4.3	1.8 - 6.7	200	--		
Any binge drinking, 3 months before pregnancy	13.5	10.2 - 16.7	800	--			14.7	10.8 - 18.7	600	9.9*	3.7 - 16.1	<100
Any alcohol use, 3rd trimester†	8.8	6.0 - 11.7	500	--			8.4	5.2 - 11.6	400	14.4	6.0 - 22.8	100
Pregnancy Intention and Family Planning												
Mistimed or unwanted pregnancy	30.8	26.7 - 35.0	1,700	60.1	44.8 - 75.3	200	32.1	27.2 - 36.9	1,400	13.7	6.8 - 20.7	100
Unsure of pregnancy intentions	14.1	10.9 - 17.4	800	24.7	10.2 - 39.1	<100	14.4	10.6 - 18.2	600	8.5*	3.0 - 14.1	<100
Postpartum birth control use†	85.1	81.9 - 88.3	4,700	82.5*	71.9 - 93.2	300	88.3	85.0 - 91.6	3,700	71.5	61.5 - 81.5	700
Infant Sleep and Breastfeeding												
Placed infant on back to sleep	80.1	76.4 - 83.8	4,500	76.8	64.8 - 88.9	300	82.3	78.2 - 86.3	3,500	72.0	61.5 - 82.6	700
Infant always or often shared bed	44.1	39.6 - 48.6	2,400	52.2	36.6 - 67.9	200	43.5	38.4 - 48.6	1,800	43.5	32.4 - 54.6	400
Intended to breastfeed, before birth	95.3	93.5 - 97.1	5,300	84.9*	74.1 - 95.7	300	95.5	93.4 - 97.6	4,000	--		
Intended to breastfeed exclusively, before birth	67.6	63.4 - 71.7	3,800	50.7	35.2 - 66.1	200	66.7	61.9 - 71.6	2,800	77.7	68.7 - 86.8	800
Breastfeeding practices												
Any breastfeeding, 1 month after delivery	89.6	87.0 - 92.2	4,900	78.2	65.9 - 90.5	300	89.6	86.5 - 92.7	3,700	94.3*	90.0 - 98.6	900
Exclusive breastfeeding, 1 month after delivery	45.9	41.3 - 50.5	2,500	64.3	49.6 - 79.0	200	44.9	39.6 - 50.1	1,800	43.3	32.1 - 54.6	400
Any breastfeeding, 3 months after delivery	77.5	73.2 - 81.8	3,500	71.3	55.5 - 87.2	200	78.2	73.2 - 83.2	2,700	76.8	66.4 - 87.2	600
Exclusive breastfeeding, 3 months after delivery	33.5	28.7 - 38.4	1,500	47.7	30.0 - 65.3	100	33.9	28.4 - 39.5	1,100	26.0	14.5 - 37.6	200



MIHA Data Snapshot, Santa Barbara County by Maternal Age, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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	65.8	61.6 - 70.0		3,700	54.2	38.7 - 69.7	200	64.8	60.0 - 69.7	2,800	74.9	65.7 - 84.1	700
Initiated prenatal care in 1st trimester	85.0	81.6 - 88.3		4,700	68.4	53.1 - 83.6	200	84.9	80.9 - 88.8	3,600	91.6*	86.0 - 97.1	900
Mom or infant needed but couldn't afford care postpartum	13.6	10.4 - 16.7		700	11.8*	2.6 - 21.0	<100	13.6	9.9 - 17.3	600	14.0	6.6 - 21.4	100
Participated in WIC during pregnancy†	60.3	55.7 - 64.9		3,400	89.5*	80.7 - 98.4	300	61.5	56.2 - 66.8	2,600	43.6	32.3 - 54.8	400
Received CalFresh (food stamps) during pregnancy	25.0	21.1 - 28.9		1,400	42.1	26.6 - 57.7	200	25.4	20.9 - 29.9	1,100	16.7	7.9 - 25.5	200
Pre-pregnancy insurance													
Medi-Cal	24.3	20.6 - 28.1		1,400	53.2	37.7 - 68.7	200	24.6	20.2 - 28.9	1,000	11.3*	4.6 - 18.0	100
Uninsured	30.1	26.0 - 34.2		1,700	35.2	20.1 - 50.3	100	32.2	27.4 - 36.9	1,400	18.9	9.7 - 28.1	200
Private	39.3	34.7 - 43.8		2,200	--			36.0	30.9 - 41.2	1,500	66.0	55.2 - 76.8	600
Prenatal insurance													
Medi-Cal	59.1	54.5 - 63.7		3,300	82.7*	71.0 - 94.4	300	62.2	56.9 - 67.4	2,700	36.3	25.8 - 46.8	400
Uninsured	2.3*	0.8 - 3.8		100	--			1.7*	0.6 - 2.9	<100	--		
Private	32.8	28.4 - 37.2		1,900	12.1*	2.1 - 22.1	<100	29.7	24.7 - 34.7	1,300	54.6	43.5 - 65.8	500
Maternal postpartum insurance													
Medi-Cal	40.7	36.3 - 45.1		2,300	66.0	51.5 - 80.4	300	41.7	36.6 - 46.8	1,800	26.1	16.4 - 35.7	300
Uninsured	22.2	18.5 - 25.9		1,300	17.1*	6.1 - 28.1	<100	23.6	19.3 - 27.9	1,000	18.1	9.1 - 27.1	200
Private	32.8	28.4 - 37.1		1,800	12.1*	2.1 - 22.1	<100	29.9	25.0 - 34.9	1,300	53.4	42.3 - 64.5	500
Infant health insurance													
Medi-Cal	64.2	59.7 - 68.7		3,500	--			65.7	60.5 - 70.8	2,700	45.3	34.0 - 56.5	400
Uninsured	2.2*	0.5 - 4.0		100	--			2.5*	0.3 - 4.6	100	--		
Private	29.4	25.2 - 33.7		1,600	--			27.5	22.6 - 32.4	1,100	49.0	37.7 - 60.2	500
Maternal Demographics													
Did not complete high school (or GED)	27.1	23.3 - 30.9		1,500	33.2	19.1 - 47.3	100	26.2	22.0 - 30.5	1,100	28.4	18.0 - 38.9	300
Unmarried	47.0	42.5 - 51.6		2,600	76.6	63.1 - 90.2	300	47.9	42.7 - 53.1	2,100	31.7	21.3 - 42.1	300
Race/Ethnicity													
White	29.0	24.6 - 33.4		1,600	--			28.2	23.0 - 33.4	1,200	42.5	31.4 - 53.5	400
Hispanic	65.4	60.9 - 69.9		3,700	90.9*	83.3 - 98.5	400	66.3	61.1 - 71.6	2,800	51.1	39.9 - 62.3	500
Asian/Pacific Islander	4.1	2.3 - 5.9		200	--			4.3	2.1 - 6.5	200	4.8*	0.9 - 8.7	<100
Black	1.0	0.7 - 1.3		<100	--			0.7	0.5 - 1.0	<100	--		
Born outside the U.S.	43.8	39.4 - 48.2		2,500	38.0	22.8 - 53.2	100	43.6	38.6 - 48.7	1,900	46.7	35.6 - 57.7	500
Speaks non-English language at home	38.0	33.7 - 42.2		2,100	39.0	23.7 - 54.4	100	37.2	32.4 - 42.0	1,600	40.8	29.7 - 51.9	400
Lives in a high poverty neighborhood	39.3	34.8 - 43.7		2,000	61.7	45.9 - 77.6	200	40.3	35.1 - 45.4	1,600	26.3	16.6 - 35.9	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 Santa Barbara County was 588. 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, Santa Barbara County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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		5,700	4.5	2.4 - 6.6	200	34.1	29.4 - 38.7	1,800	22.2	18.3 - 26.0	1,200	39.3	34.8 - 43.7	2,000
Health Status before Pregnancy															
In good to excellent health	89.0	86.3 - 91.6	5,000	--			97.2 *	95.0 - 99.3	1,700	92.1 *	86.8 - 97.5	1,100	81.7	76.4 - 87.1	1,700
Chronic conditions															
Diabetes†	3.0	1.3 - 4.7	200	--			--			--			3.2 *	0.7 - 5.6	<100
Hypertension†	1.8 *	0.6 - 3.0	100	--			--			--			--		
Asthma†	8.2	5.6 - 10.8	500	--			6.8 *	2.2 - 11.5	100	9.5	4.0 - 15.0	100	9.4	4.8 - 14.1	200
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.6	28.3 - 36.9	1,800	57.1	34.1 - 80.2	100	36.2	27.9 - 44.5	600	33.9	24.4 - 43.4	400	27.9	21.7 - 34.1	600
Overweight before pregnancy	28.7	24.2 - 33.2	1,400	45.5	19.8 - 71.3	100	28.2	19.9 - 36.4	500	22.4	13.9 - 30.9	200	30.8	23.7 - 37.9	500
Obese before pregnancy	21.5	17.5 - 25.4	1,100	--			17.1	10.3 - 23.9	300	21.8	13.5 - 30.0	200	30.6	23.3 - 37.9	500
Inadequate weight gain during pregnancy	17.0	13.3 - 20.6	700	--			9.5	4.6 - 14.4	100	17.9	9.7 - 26.1	200	24.7	17.6 - 31.8	300
Excessive weight gain during pregnancy	40.5	35.4 - 45.6	1,700	--			42.3	33.3 - 51.4	700	41.8	31.0 - 52.6	400	42.2	33.7 - 50.7	600
Food insecurity during pregnancy	20.6	16.9 - 24.3	1,200	--			7.1	3.3 - 10.8	100	19.8	12.2 - 27.3	200	32.4	25.8 - 39.1	700
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	9.9	7.4 - 12.3	600	--			6.4	2.7 - 10.1	100	10.4	4.6 - 16.3	100	11.0	7.1 - 15.0	200
Prenatal depressive symptoms	17.3	13.9 - 20.7	1,000	30.2 *	9.6 - 50.8	<100	12.3	7.1 - 17.5	200	15.9	8.6 - 23.1	200	20.4	14.9 - 25.8	400
Postpartum depressive symptoms	15.2	11.9 - 18.5	900	--			15.5	9.2 - 21.8	300	9.8	4.3 - 15.4	100	16.1	11.3 - 20.8	300
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	26.5	22.4 - 30.5	1,400	23.6 *	6.5 - 40.7	<100	21.8	14.9 - 28.7	400	30.6	21.4 - 39.8	300	28.2	22.0 - 34.4	500
Homeless or did not have a regular place to sleep	3.6	2.0 - 5.2	200	--			--			--			4.8 *	1.7 - 8.0	<100
Moved due to problems paying rent or mortgage	5.5	3.2 - 7.7	300	--			3.3 *	0.7 - 5.9	<100	--			6.3	2.9 - 9.7	100
Woman or partner lost job	13.5	10.3 - 16.7	800	--			4.9 *	1.8 - 8.1	<100	15.3	8.1 - 22.6	200	17.3	11.9 - 22.7	400
Woman or partner had pay or hours cut back	12.9	9.7 - 16.1	700	--			12.0	5.8 - 18.2	200	18.4	10.4 - 26.4	200	11.4	6.8 - 16.0	200
Became separated or divorced	7.6	5.3 - 9.9	400	--			4.0 *	0.7 - 7.2	<100	9.8 *	3.1 - 16.5	100	11.1	7.0 - 15.2	200
Had no practical or emotional support	6.1	4.1 - 8.2	300	--			4.0 *	0.7 - 7.3	<100	--			10.5	6.3 - 14.6	200
Substance Use															
Any smoking, 3 months before pregnancy	9.4	6.6 - 12.1	500	--			4.6 *	1.8 - 7.4	<100	9.3	4.1 - 14.5	100	12.1	7.2 - 17.1	200
Any smoking, 3rd trimester†	3.0 *	1.0 - 5.0	200	--			--			--			4.5 *	1.2 - 7.9	<100
Any smoking, postpartum	4.1	2.1 - 6.1	200	--			3.3 *	0.9 - 5.8	<100	3.1 *	0.3 - 5.9	<100	3.7 *	1.2 - 6.3	<100
Any binge drinking, 3 months before pregnancy	13.5	10.2 - 16.7	800	--			15.2	9.5 - 20.8	300	13.9	7.0 - 20.9	200	10.1	5.4 - 14.8	200
Any alcohol use, 3rd trimester†	8.8	6.0 - 11.7	500	35.3 *	8.7 - 61.9	<100	9.9	4.8 - 15.0	200	16.2	8.1 - 24.3	200	1.5 *	0.2 - 2.8	<100
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	30.8	26.7 - 35.0	1,700	--			20.5	13.8 - 27.2	400	36.7	27.3 - 46.1	400	35.8	29.3 - 42.4	700
Unsure of pregnancy intentions	14.1	10.9 - 17.4	800	--			14.1	8.1 - 20.2	300	10.8	4.6 - 16.9	100	16.7	11.1 - 22.3	300
Postpartum birth control use†	85.1	81.9 - 88.3	4,700	75.6 *	57.1 - 94.1	200	82.6	76.0 - 89.2	1,400	86.9	79.8 - 94.0	1,000	86.2	81.7 - 90.7	1,700
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.1	76.4 - 83.8	4,500	71.0 *	50.7 - 91.2	200	80.1	72.7 - 87.5	1,400	75.8	67.7 - 84.0	900	82.6	77.2 - 88.0	1,700
Infant always or often shared bed	44.1	39.6 - 48.6	2,400	36.1 *	14.7 - 57.5	<100	29.9	21.9 - 38.0	500	41.4	31.8 - 51.0	500	55.0	48.1 - 62.0	1,100
Intended to breastfeed, before birth	95.3	93.5 - 97.1	5,300	--			94.3 *	90.3 - 98.3	1,700	--			95.1	92.3 - 98.0	1,900
Intended to breastfeed exclusively, before birth	67.6	63.4 - 71.7	3,800	--			77.6	70.2 - 85.1	1,400	74.9	66.7 - 83.0	900	55.7	48.8 - 62.5	1,100
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	89.6	87.0 - 92.2	4,900	--			91.4	86.7 - 96.2	1,600	88.2	82.4 - 93.9	1,000	88.0	83.5 - 92.5	1,700
Exclusive breastfeeding, 1 month after delivery	45.9	41.3 - 50.5	2,500	50.0	24.0 - 75.9	100	45.0	36.3 - 53.8	800	54.9	45.1 - 64.8	600	42.8	35.7 - 49.8	800
Any breastfeeding, 3 months after delivery	77.5	73.2 - 81.8	3,500	--			77.8	69.4 - 86.3	1,100	75.4	66.3 - 84.5	700	74.6	67.3 - 81.9	1,200
Exclusive breastfeeding, 3 months after delivery	33.5	28.7 - 38.4	1,500	43.7 *	16.5 - 71.0	<100	39.2	29.4 - 49.1	500	40.2	29.8 - 50.6	400	24.9	17.9 - 32.0	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, Santa Barbara County by Neighborhood Poverty, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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	65.8	61.6 - 70.0	3,700	77.1*	60.3 - 93.8	200	75.5	68.2 - 82.8	1,300	67.7	58.5 - 76.8	800	53.7	46.9 - 60.6	1,100
Initiated prenatal care in 1st trimester	85.0	81.6 - 88.3	4,700	--			93.4*	89.2 - 97.5	1,700	84.5	77.2 - 91.9	1,000	79.7	74.0 - 85.4	1,600
Mom or infant needed but couldn't afford care postpartum	13.6	10.4 - 16.7	700	--			7.1*	2.4 - 11.8	100	12.4	6.0 - 18.9	100	17.9	12.2 - 23.6	400
Participated in WIC during pregnancy†	60.3	55.7 - 64.9	3,400	16.4*	2.1 - 30.8	<100	33.4	25.1 - 41.8	600	57.0	47.2 - 66.8	700	87.2	82.4 - 92.0	1,800
Received CalFresh (food stamps) during pregnancy	25.0	21.1 - 28.9	1,400	--			13.0	6.5 - 19.5	200	21.5	13.6 - 29.3	200	39.7	32.8 - 46.5	800
Pre-pregnancy insurance															
Medi-Cal	24.3	20.6 - 28.1	1,400	--			11.5	6.3 - 16.7	200	25.3	17.0 - 33.7	300	37.2	30.5 - 43.9	700
Uninsured	30.1	26.0 - 34.2	1,700	--			18.3	11.1 - 25.4	300	28.7	19.8 - 37.6	300	41.3	34.5 - 48.2	800
Private	39.3	34.7 - 43.8	2,200	80.2*	63.0 - 97.3	200	61.5	52.9 - 70.1	1,100	40.6	30.8 - 50.3	500	18.0	12.5 - 23.4	400
Prenatal insurance															
Medi-Cal	59.1	54.5 - 63.7	3,300	22.4*	4.6 - 40.2	<100	32.4	24.2 - 40.6	600	58.1	48.4 - 67.8	700	83.5	78.2 - 88.8	1,700
Uninsured	2.3*	0.8 - 3.8	100	--			--			--			3.1*	0.9 - 5.3	<100
Private	32.8	28.4 - 37.2	1,900	77.6*	59.8 - 95.4	200	55.9	47.2 - 64.7	1,000	34.9	25.3 - 44.5	400	10.8	6.3 - 15.4	200
Maternal postpartum insurance															
Medi-Cal	40.7	36.3 - 45.1	2,300	22.4*	4.6 - 40.2	<100	26.3	18.4 - 34.1	500	38.1	28.6 - 47.6	400	53.4	46.5 - 60.3	1,100
Uninsured	22.2	18.5 - 25.9	1,300	--			11.3	5.7 - 16.9	200	21.8	14.0 - 29.5	200	32.2	25.8 - 38.6	700
Private	32.8	28.4 - 37.1	1,800	60.5*	34.5 - 86.4	100	55.4	46.6 - 64.1	1,000	35.8	26.3 - 45.4	400	13.0	8.1 - 17.9	300
Infant health insurance															
Medi-Cal	64.2	59.7 - 68.7	3,500	22.4*	4.6 - 40.2	<100	37.9	29.3 - 46.4	700	64.2	54.7 - 73.8	700	88.4	83.6 - 93.1	1,800
Uninsured	2.2*	0.5 - 4.0	100	--			--			--			--		
Private	29.4	25.2 - 33.7	1,600	60.5*	34.5 - 86.4	100	51.4	42.6 - 60.2	900	30.6	21.2 - 40.0	300	9.0	4.7 - 13.4	200
Maternal Demographics															
Age															
15-19	6.9	4.8 - 9.0	400	--			3.9*	1.0 - 6.8	<100	4.9*	1.2 - 8.7	<100	10.6	6.4 - 14.7	200
20-34	75.8	72.0 - 79.7	4,300	68.7*	48.4 - 89.0	200	71.3	63.5 - 79.2	1,300	80.8	72.9 - 88.7	900	77.8	72.0 - 83.5	1,600
35+	17.3	13.8 - 20.7	1,000	27.9*	8.4 - 47.4	<100	24.7	17.2 - 32.3	400	14.2	7.0 - 21.5	200	11.7	7.2 - 16.1	200
Did not complete high school (or GED)	27.1	23.3 - 30.9	1,500	--			8.9	3.7 - 14.2	200	19.6	12.5 - 26.8	200	46.6	39.7 - 53.5	900
Unmarried	47.0	42.5 - 51.6	2,600	26.4*	7.4 - 45.4	<100	30.6	22.6 - 38.7	500	45.7	36.0 - 55.4	500	62.1	55.4 - 68.8	1,300
Race/Ethnicity															
White	29.0	24.6 - 33.4	1,600	46.6	21.6 - 71.5	100	50.6	41.8 - 59.4	900	34.4	24.6 - 44.1	400	8.5	3.8 - 13.2	200
Hispanic	65.4	60.9 - 69.9	3,700	33.7*	12.8 - 54.7	<100	41.5	32.8 - 50.1	700	62.5	52.7 - 72.3	700	87.7	82.7 - 92.7	1,800
Asian/Pacific Islander	4.1	2.3 - 5.9	200	--			6.8*	2.2 - 11.4	100	--			2.3*	0.3 - 4.2	<100
Black	1.0	0.7 - 1.3	<100	--			--			--			--		
Born outside the U.S.	43.8	39.4 - 48.2	2,500	30.4*	9.9 - 50.9	<100	29.1	21.2 - 37.0	500	37.6	28.4 - 46.7	400	58.6	51.7 - 65.5	1,200
Speaks non-English language at home	38.0	33.7 - 42.2	2,100	--			19.6	12.3 - 26.8	300	32.9	24.0 - 41.7	400	54.1	47.3 - 61.0	1,100
Income as a percent of the Federal Poverty Guideline															
0-100%	46.5	41.8 - 51.2	2,400	--			24.8	17.0 - 32.6	400	48.4	38.3 - 58.5	500	65.6	58.8 - 72.3	1,200
101-200%	23.8	19.9 - 27.7	1,300	22.4*	3.5 - 41.2	<100	19.2	12.1 - 26.2	300	22.9	14.6 - 31.2	200	26.6	20.3 - 33.0	500
> 200%	29.7	25.3 - 34.1	1,600	59.7*	35.7 - 83.7	100	56.1	47.2 - 64.9	900	28.7	19.2 - 38.2	300	7.8	3.9 - 11.7	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 Santa Barbara County was 588. 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. 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, Santa Barbara County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County			Medi-Cal			Private		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		5,700	59.1	54.5 - 63.7	3,300	32.8	28.4 - 37.2	1,900
Health Status before Pregnancy									
In good to excellent health	89.0	86.3 - 91.6	5,000	84.7	80.7 - 88.6	2,800	97.1 *	94.5 - 99.6	1,800
Chronic conditions									
Diabetes†	3.0	1.3 - 4.7	200	2.6 *	0.5 - 4.8	<100	3.4 *	0.1 - 6.7	<100
Hypertension†	1.8 *	0.6 - 3.0	100	--			--		
Asthma†	8.2	5.6 - 10.8	500	8.8	5.1 - 12.5	300	8.4	4.1 - 12.8	200
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.6	28.3 - 36.9	1,800	25.0	20.2 - 29.7	800	47.7	39.4 - 56.1	900
Overweight before pregnancy	28.7	24.2 - 33.2	1,400	27.7	22.1 - 33.3	700	27.5	19.7 - 35.4	500
Obese before pregnancy	21.5	17.5 - 25.4	1,100	26.7	20.9 - 32.5	700	14.7	9.2 - 20.2	300
Inadequate weight gain during pregnancy	17.0	13.3 - 20.6	700	20.9	15.5 - 26.3	500	12.6	7.1 - 18.2	200
Excessive weight gain during pregnancy	40.5	35.4 - 45.6	1,700	41.7	34.8 - 48.6	900	40.4	31.9 - 48.8	600
Food insecurity during pregnancy	20.6	16.9 - 24.3	1,200	27.5	22.5 - 32.5	900	6.4 *	2.4 - 10.5	100
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	9.9	7.4 - 12.3	600	12.5	9.2 - 15.9	400	6.0 *	2.4 - 9.7	100
Prenatal depressive symptoms	17.3	13.9 - 20.7	1,000	20.3	16.0 - 24.6	700	11.6	6.3 - 17.0	200
Postpartum depressive symptoms	15.2	11.9 - 18.5	900	15.3	11.4 - 19.1	500	13.6	7.8 - 19.4	300
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	26.5	22.4 - 30.5	1,400	32.5	27.1 - 37.8	1,000	14.1	8.6 - 19.6	300
Homeless or did not have a regular place to sleep	3.6	2.0 - 5.2	200	5.5	2.9 - 8.1	200	--		
Moved due to problems paying rent or mortgage	5.5	3.2 - 7.7	300	5.3	3.0 - 7.7	200	--		
Woman or partner lost job	13.5	10.3 - 16.7	800	17.9	13.5 - 22.3	600	4.2 *	1.3 - 7.2	<100
Woman or partner had pay or hours cut back	12.9	9.7 - 16.1	700	14.6	10.3 - 18.8	500	10.0	4.6 - 15.3	200
Became separated or divorced	7.6	5.3 - 9.9	400	11.9	8.2 - 15.5	400	--		
Had no practical or emotional support	6.1	4.1 - 8.2	300	8.6	5.5 - 11.6	300	--		
Substance Use									
Any smoking, 3 months before pregnancy	9.4	6.6 - 12.1	500	10.0	6.7 - 13.4	300	6.9	3.0 - 10.8	100
Any smoking, 3rd trimester†	3.0 *	1.0 - 5.0	200	3.1 *	0.9 - 5.2	100	--		
Any smoking, postpartum	4.1	2.1 - 6.1	200	4.2	2.2 - 6.2	100	--		
Any binge drinking, 3 months before pregnancy	13.5	10.2 - 16.7	800	10.8	7.1 - 14.6	400	15.9	10.2 - 21.6	300
Any alcohol use, 3rd trimester†	8.8	6.0 - 11.7	500	2.4 *	0.5 - 4.4	<100	22.0	14.6 - 29.3	400
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	30.8	26.7 - 35.0	1,700	37.0	31.5 - 42.4	1,200	16.7	11.0 - 22.4	300
Unsure of pregnancy intentions	14.1	10.9 - 17.4	800	16.4	12.0 - 20.8	500	11.5	6.2 - 16.8	200
Postpartum birth control use†	85.1	81.9 - 88.3	4,700	86.7	82.8 - 90.5	2,800	80.7	74.2 - 87.2	1,500
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.1	76.4 - 83.8	4,500	79.6	74.9 - 84.4	2,600	83.2	77.3 - 89.2	1,500
Infant always or often shared bed	44.1	39.6 - 48.6	2,400	52.9	47.2 - 58.6	1,700	31.3	23.7 - 38.9	600
Intended to breastfeed, before birth	95.3	93.5 - 97.1	5,300	94.4	91.8 - 96.9	3,100	96.8 *	94.0 - 99.6	1,800
Intended to breastfeed exclusively, before birth	67.6	63.4 - 71.7	3,800	60.6	55.2 - 66.1	2,000	81.5	75.2 - 87.9	1,500
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	89.6	87.0 - 92.2	4,900	88.2	84.7 - 91.7	2,800	94.1 *	90.4 - 97.8	1,700
Exclusive breastfeeding, 1 month after delivery	45.9	41.3 - 50.5	2,500	43.9	38.1 - 49.6	1,400	50.2	41.7 - 58.8	900
Any breastfeeding, 3 months after delivery	77.5	73.2 - 81.8	3,500	72.9	67.1 - 78.7	2,000	87.7	81.8 - 93.6	1,200
Exclusive breastfeeding, 3 months after delivery	33.5	28.7 - 38.4	1,500	28.7	22.9 - 34.4	800	42.1	32.6 - 51.5	600



MIHA Data Snapshot, Santa Barbara County by Prenatal Health Insurance, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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	65.8	61.6 - 70.0		3,700	53.7	48.1 - 59.3		1,800	87.9	83.2 - 92.7		1,600
Initiated prenatal care in 1st trimester	85.0	81.6 - 88.3		4,700	79.5	74.9 - 84.1		2,600	95.2 *	91.8 - 98.5		1,700
Mom or infant needed but couldn't afford care postpartum	13.6	10.4 - 16.7		700	17.2	12.9 - 21.6		600	6.7 *	1.8 - 11.6		100
Participated in WIC during pregnancy†	60.3	55.7 - 64.9		3,400	87.9	84.1 - 91.8		2,900	11.7	6.8 - 16.6		200
Received CalFresh (food stamps) during pregnancy	25.0	21.1 - 28.9		1,400	38.6	33.1 - 44.2		1,300	--			
Pre-pregnancy insurance												
Medi-Cal	24.3	20.6 - 28.1		1,400	39.7	34.2 - 45.2		1,300	--			
Uninsured	30.1	26.0 - 34.2		1,700	46.8	41.2 - 52.5		1,500	--			
Private	39.3	34.7 - 43.8		2,200	11.4	7.7 - 15.2		400	--			
Maternal postpartum insurance												
Medi-Cal	40.7	36.3 - 45.1		2,300	64.6	59.4 - 69.9		2,100	3.3 *	0.6 - 6.0		<100
Uninsured	22.2	18.5 - 25.9		1,300	32.0	26.9 - 37.2		1,100	--			
Private	32.8	28.4 - 37.1		1,800	2.6 *	0.9 - 4.2		<100	92.6 *	87.6 - 97.7		1,700
Infant health insurance												
Medi-Cal	64.2	59.7 - 68.7		3,500	97.5 *	95.8 - 99.2		3,200	10.6	6.0 - 15.2		200
Uninsured	2.2 *	0.5 - 4.0		100	--				--			
Private	29.4	25.2 - 33.7		1,600	--				85.5	79.5 - 91.6		1,600
Maternal Demographics												
Age												
15-19	6.9	4.8 - 9.0		400	9.7	6.5 - 12.9		300	2.6 *	0.3 - 4.8		<100
20-34	75.8	72.0 - 79.7		4,300	79.7	75.2 - 84.1		2,700	68.6	61.1 - 76.1		1,300
35+	17.3	13.8 - 20.7		1,000	10.6	7.1 - 14.2		400	28.8	21.5 - 36.2		500
Did not complete high school (or GED)	27.1	23.3 - 30.9		1,500	40.7	35.3 - 46.1		1,300	4.6 *	1.1 - 8.1		<100
Unmarried	47.0	42.5 - 51.6		2,600	63.2	57.8 - 68.6		2,100	21.3	14.6 - 27.9		400
Race/Ethnicity												
White	29.0	24.6 - 33.4		1,600	10.5	6.5 - 14.5		300	60.4	52.3 - 68.5		1,100
Hispanic	65.4	60.9 - 69.9		3,700	87.2	82.9 - 91.4		2,900	28.8	21.4 - 36.2		500
Asian/Pacific Islander	4.1	2.3 - 5.9		200	--				9.5	4.8 - 14.2		200
Black	1.0	0.7 - 1.3		<100	--				--			
Born outside the U.S.	43.8	39.4 - 48.2		2,500	58.7	53.1 - 64.4		2,000	19.7	13.1 - 26.2		400
Speaks non-English language at home	38.0	33.7 - 42.2		2,100	55.2	49.5 - 60.8		1,800	9.6	4.6 - 14.6		200
Lives in a high poverty neighborhood	39.3	34.8 - 43.7		2,000	56.8	50.8 - 62.7		1,700	12.3	7.0 - 17.5		200
Income as a percent of the Federal Poverty Guideline												
0-100%	46.5	41.8 - 51.2		2,400	71.4	66.1 - 76.6		2,200	4.7 *	1.5 - 8.0		<100
101-200%	23.8	19.9 - 27.7		1,300	26.9	21.7 - 32.1		800	18.9	12.3 - 25.5		300
> 200%	29.7	25.3 - 34.1		1,600	1.7 *	0.4 - 3.0		<100	76.3	69.3 - 83.4		1,400

-- 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 Santa Barbara County was 588.

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, Santa Barbara County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County			Hispanic			Black			White			Asian/Pacific Islander		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		5,700	65.4	60.9 - 69.9	3,700	1.0	0.7 - 1.3	<100	29.0	24.6 - 33.4	1,600	4.1	2.3 - 5.9	200
Health Status before Pregnancy															
In good to excellent health	89.0	86.3 - 91.6	5,000	84.6	81.0 - 88.3	3,100	--			--			--		
Chronic conditions															
Diabetes†	3.0	1.3 - 4.7	200	3.5*	1.3 - 5.6	100	--			--			--		
Hypertension†	1.8*	0.6 - 3.0	100	0.9*	0.1 - 1.7	<100	--			3.8*	0.2 - 7.5	<100	--		
Asthma†	8.2	5.6 - 10.8	500	5.3	2.8 - 7.8	200	--			13.2	6.9 - 19.5	200	--		
Nutrition and Weight															
Daily folic acid use, month before pregnancy	32.6	28.3 - 36.9	1,800	27.5	22.8 - 32.2	1,000	--			46.0	36.5 - 55.4	800	16.0*	2.6 - 29.4	<100
Overweight before pregnancy	28.7	24.2 - 33.2	1,400	32.5	26.8 - 38.2	1,000	--			20.9	12.9 - 28.9	300	41.2	18.9 - 63.6	<100
Obese before pregnancy	21.5	17.5 - 25.4	1,100	28.6	23.0 - 34.2	800	56.4*	16.9 - 96.0	<100	9.8	5.0 - 14.5	200	--		
Inadequate weight gain during pregnancy	17.0	13.3 - 20.6	700	21.6	16.5 - 26.6	500	--			8.4*	3.1 - 13.8	100	19.1*	2.5 - 35.8	<100
Excessive weight gain during pregnancy	40.5	35.4 - 45.6	1,700	37.9	31.6 - 44.2	1,000	--			48.1	38.3 - 57.9	700	29.0*	9.1 - 49.0	<100
Food insecurity during pregnancy	20.6	16.9 - 24.3	1,200	25.6	21.1 - 30.1	900	--			11.7*	4.3 - 19.2	200	--		
Intimate Partner Violence (IPV) and Depressive Symptoms															
Physical or psychological IPV during pregnancy	9.9	7.4 - 12.3	600	11.4	8.3 - 14.4	400	--			5.8*	1.6 - 10.0	<100	--		
Prenatal depressive symptoms	17.3	13.9 - 20.7	1,000	18.9	14.9 - 22.8	700	--			15.1	7.6 - 22.6	200	--		
Postpartum depressive symptoms	15.2	11.9 - 18.5	900	14.7	11.2 - 18.2	500	--			14.4	7.1 - 21.7	200	--		
Hardships and Support during Pregnancy															
Experienced two or more hardships during childhood	26.5	22.4 - 30.5	1,400	30.5	25.6 - 35.5	1,100	--			20.1	12.1 - 28.0	300	--		
Homeless or did not have a regular place to sleep	3.6	2.0 - 5.2	200	4.5	2.4 - 6.7	200	--			--			--		
Moved due to problems paying rent or mortgage	5.5	3.2 - 7.7	300	6.4	3.9 - 8.8	200	--			--			--		
Woman or partner lost job	13.5	10.3 - 16.7	800	14.8	11.1 - 18.4	500	--			11.7*	4.4 - 18.9	200	--		
Woman or partner had pay or hours cut back	12.9	9.7 - 16.1	700	12.7	9.0 - 16.4	500	--			14.5	7.3 - 21.6	200	--		
Became separated or divorced	7.6	5.3 - 9.9	400	8.4	5.6 - 11.3	300	--			6.8*	2.2 - 11.4	100	--		
Had no practical or emotional support	6.1	4.1 - 8.2	300	7.9	5.2 - 10.7	300	--			--			--		
Substance Use															
Any smoking, 3 months before pregnancy	9.4	6.6 - 12.1	500	6.5	3.9 - 9.1	200	--			14.7	7.6 - 21.8	200	--		
Any smoking, 3rd trimester†	3.0*	1.0 - 5.0	200	1.6*	0.3 - 2.8	<100	--			6.3*	0.1 - 12.4	100	--		
Any smoking, postpartum	4.1	2.1 - 6.1	200	2.9	1.2 - 4.5	100	--			6.6*	0.9 - 12.2	100	--		
Any binge drinking, 3 months before pregnancy	13.5	10.2 - 16.7	800	10.4	7.3 - 13.6	400	--			22.1	13.9 - 30.3	400	--		
Any alcohol use, 3rd trimester†	8.8	6.0 - 11.7	500	3.1*	1.2 - 4.9	100	--			22.1	13.9 - 30.2	400	--		
Pregnancy Intention and Family Planning															
Mistimed or unwanted pregnancy	30.8	26.7 - 35.0	1,700	35.8	30.8 - 40.9	1,300	--			20.2	12.1 - 28.3	300	15.4*	0.5 - 30.3	<100
Unsure of pregnancy intentions	14.1	10.9 - 17.4	800	14.6	10.6 - 18.5	500	--			13.5	7.3 - 19.7	200	--		
Postpartum birth control use†	85.1	81.9 - 88.3	4,700	87.6	84.2 - 91.0	3,100	--			81.3	74.2 - 88.5	1,300	70.2*	49.9 - 90.5	200
Infant Sleep and Breastfeeding															
Placed infant on back to sleep	80.1	76.4 - 83.8	4,500	81.3	77.0 - 85.6	3,000	66.9*	38.2 - 95.6	<100	80.1	72.6 - 87.7	1,300	66.7*	45.4 - 88.0	200
Infant always or often shared bed	44.1	39.6 - 48.6	2,400	48.8	43.5 - 54.2	1,800	--			34.0	25.2 - 42.8	500	41.4	19.5 - 63.3	<100
Intended to breastfeed, before birth	95.3	93.5 - 97.1	5,300	94.3	91.9 - 96.8	3,400	66.9*	38.2 - 95.6	<100	--			--		
Intended to breastfeed exclusively, before birth	67.6	63.4 - 71.7	3,800	59.0	53.8 - 64.2	2,100	66.9*	38.2 - 95.6	<100	87.0	80.6 - 93.3	1,400	68.6*	49.2 - 87.9	200
Breastfeeding practices															
Any breastfeeding, 1 month after delivery	89.6	87.0 - 92.2	4,900	88.4	85.1 - 91.8	3,100	60.1	41.6 - 78.6	<100	93.0*	88.7 - 97.4	1,500	--		
Exclusive breastfeeding, 1 month after delivery	45.9	41.3 - 50.5	2,500	42.0	36.7 - 47.3	1,500	--			57.7	48.2 - 67.2	900	24.6*	4.9 - 44.3	<100
Any breastfeeding, 3 months after delivery	77.5	73.2 - 81.8	3,500	75.8	70.6 - 81.0	2,300	--			79.3	70.4 - 88.3	1,000	--		
Exclusive breastfeeding, 3 months after delivery	33.5	28.7 - 38.4	1,500	28.0	22.7 - 33.3	800	--			48.0	37.2 - 58.8	600	27.5*	3.8 - 51.2	<100

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, Santa Barbara County by Race/Ethnicity, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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	65.8	61.6 - 70.0	3,700	59.1	53.9 - 64.2	2,200	61.2	41.4 - 80.9	<100	81.9	74.4 - 89.4	1,300	56.6	35.1 - 78.2	100
Initiated prenatal care in 1st trimester	85.0	81.6 - 88.3	4,700	84.0	80.3 - 87.8	3,000	--	--	--	87.0	79.6 - 94.4	1,400	--	--	--
Mom or infant needed but couldn't afford care postpartum	13.6	10.4 - 16.7	700	16.4	12.6 - 20.3	600	--	--	--	6.6*	1.3 - 11.8	100	--	--	--
Participated in WIC during pregnancy†	60.3	55.7 - 64.9	3,400	81.7	77.4 - 85.9	3,000	--	--	--	17.0	9.8 - 24.1	300	16.9*	3.6 - 30.3	<100
Received CalFresh (food stamps) during pregnancy	25.0	21.1 - 28.9	1,400	34.4	29.3 - 39.6	1,200	--	--	--	8.2*	3.3 - 13.2	100	--	--	--
Pre-pregnancy insurance															
Medi-Cal	24.3	20.6 - 28.1	1,400	31.3	26.4 - 36.2	1,100	--	--	--	10.2	4.9 - 15.4	200	--	--	--
Uninsured	30.1	26.0 - 34.2	1,700	41.6	36.4 - 46.9	1,500	--	--	--	10.0*	3.7 - 16.3	200	--	--	--
Private	39.3	34.7 - 43.8	2,200	23.1	18.3 - 27.8	800	--	--	--	69.3	60.1 - 78.4	1,100	79.4*	60.9 - 97.8	200
Prenatal insurance															
Medi-Cal	59.1	54.5 - 63.7	3,300	79.1	74.6 - 83.7	2,900	--	--	--	21.3	13.6 - 29.1	300	20.1*	1.5 - 38.7	<100
Uninsured	2.3*	0.8 - 3.8	100	3.1*	1.0 - 5.3	100	--	--	--	--	--	--	--	--	--
Private	32.8	28.4 - 37.2	1,900	14.4	10.5 - 18.4	500	--	--	--	67.8	58.7 - 76.9	1,100	75.2*	56.2 - 94.3	200
Maternal postpartum insurance															
Medi-Cal	40.7	36.3 - 45.1	2,300	51.3	46.0 - 56.6	1,900	--	--	--	20.2	12.8 - 27.5	300	--	--	--
Uninsured	22.2	18.5 - 25.9	1,300	31.0	26.2 - 35.8	1,100	--	--	--	6.4*	0.2 - 12.6	100	--	--	--
Private	32.8	28.4 - 37.1	1,800	15.3	11.3 - 19.4	600	--	--	--	65.8	56.3 - 75.2	1,100	72.4*	52.7 - 92.1	200
Infant health insurance															
Medi-Cal	64.2	59.7 - 68.7	3,500	83.9	79.7 - 88.0	3,000	58.0*	24.7 - 91.4	<100	26.6	18.4 - 34.9	400	24.8*	5.4 - 44.1	<100
Uninsured	2.2*	0.5 - 4.0	100	1.9*	0.4 - 3.4	<100	--	--	--	--	--	--	--	--	--
Private	29.4	25.2 - 33.7	1,600	11.7	8.0 - 15.4	400	--	--	--	62.8	53.6 - 72.0	1,000	70.5*	50.7 - 90.3	200
Maternal Demographics															
Age															
15-19	6.9	4.8 - 9.0	400	9.6	6.6 - 12.7	400	--	--	--	--	--	--	--	--	--
20-34	75.8	72.0 - 79.7	4,300	77.0	72.4 - 81.6	2,800	57.5	37.5 - 77.5	<100	73.8	66.0 - 81.7	1,200	79.8*	64.3 - 95.4	200
35+	17.3	13.8 - 20.7	1,000	13.4	9.5 - 17.3	500	--	--	--	25.1	17.4 - 32.8	400	20.2*	4.6 - 35.7	<100
Did not complete high school (or GED)															
Unmarried	27.1	23.3 - 30.9	1,500	39.9	34.7 - 45.0	1,400	--	--	--	2.2*	0.3 - 4.1	<100	--	--	--
Born outside the U.S.	47.0	42.5 - 51.6	2,600	60.2	55.0 - 65.4	2,200	--	--	--	25.2	17.2 - 33.1	400	--	--	--
Speaks non-English language at home															
Lives in a high poverty neighborhood	43.8	39.4 - 48.2	2,500	57.8	52.5 - 63.2	2,100	--	--	--	9.1*	3.6 - 14.5	100	81.3*	66.0 - 96.6	200
Income as a percent of the Federal Poverty Guideline	38.0	33.7 - 42.2	2,100	53.6	48.2 - 58.9	2,000	--	--	--	--	--	--	52.1	29.4 - 74.8	100
0-100%	39.3	34.8 - 43.7	2,000	53.9	48.3 - 59.5	1,800	--	--	--	11.1	5.0 - 17.1	200	21.3*	4.1 - 38.5	<100
101-200%	46.5	41.8 - 51.2	2,400	61.2	55.8 - 66.7	2,100	51.8*	22.8 - 80.9	<100	20.1	11.5 - 28.6	300	--	--	--
> 200%	23.8	19.9 - 27.7	1,300	27.1	22.1 - 32.1	900	--	--	--	15.5	9.0 - 22.0	200	30.6*	10.7 - 50.5	<100
	29.7	25.3 - 34.1	1,600	11.7	8.1 - 15.3	400	--	--	--	64.5	55.0 - 73.9	1,000	56.9	34.3 - 79.4	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.

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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 Santa Barbara County was 588. 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, Santa Barbara County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara County			First Live Birth			Second Live Birth or More		
	%	95% CI	N	%	95% CI	N	%	95% CI	N
Total	100		5,700	36.8	32.4 - 41.2	2,100	63.2	58.8 - 67.6	3,600
Health Status before Pregnancy									
In good to excellent health	89.0	86.3 - 91.6	5,000	91.1	87.3 - 95.0	1,900	87.7	84.2 - 91.3	3,100
Chronic conditions									
Diabetes†	3.0	1.3 - 4.7	200	--			3.2 *	1.1 - 5.4	100
Hypertension†	1.8 *	0.6 - 3.0	100	--			2.1 *	0.4 - 3.9	<100
Asthma†	8.2	5.6 - 10.8	500	9.2	4.8 - 13.6	200	7.6	4.4 - 10.8	300
Nutrition and Weight									
Daily folic acid use, month before pregnancy	32.6	28.3 - 36.9	1,800	35.0	27.6 - 42.4	700	31.2	26.0 - 36.5	1,100
Overweight before pregnancy	28.7	24.2 - 33.2	1,400	23.3	16.6 - 30.1	500	32.3	26.3 - 38.3	900
Obese before pregnancy	21.5	17.5 - 25.4	1,100	19.3	13.3 - 25.3	400	22.9	17.6 - 28.1	700
Inadequate weight gain during pregnancy	17.0	13.3 - 20.6	700	15.0	9.8 - 20.1	300	18.3	13.2 - 23.4	500
Excessive weight gain during pregnancy	40.5	35.4 - 45.6	1,700	43.4	35.4 - 51.4	700	38.6	32.0 - 45.2	1,000
Food insecurity during pregnancy	20.6	16.9 - 24.3	1,200	15.3	10.0 - 20.6	300	23.7	18.8 - 28.6	800
Intimate Partner Violence (IPV) and Depressive Symptoms									
Physical or psychological IPV during pregnancy	9.9	7.4 - 12.3	600	11.7	7.5 - 15.9	200	8.8	5.8 - 11.8	300
Prenatal depressive symptoms	17.3	13.9 - 20.7	1,000	14.1	9.6 - 18.7	300	19.2	14.5 - 23.9	700
Postpartum depressive symptoms	15.2	11.9 - 18.5	900	14.2	9.1 - 19.2	300	15.8	11.5 - 20.1	600
Hardships and Support during Pregnancy									
Experienced two or more hardships during childhood	26.5	22.4 - 30.5	1,400	22.6	16.8 - 28.3	500	28.8	23.5 - 34.2	1,000
Homeless or did not have a regular place to sleep	3.6	2.0 - 5.2	200	2.4 *	0.6 - 4.2	<100	4.2	1.9 - 6.5	200
Moved due to problems paying rent or mortgage	5.5	3.2 - 7.7	300	5.8	2.7 - 8.8	100	5.3	2.2 - 8.4	200
Woman or partner lost job	13.5	10.3 - 16.7	800	12.9	7.9 - 17.9	300	13.9	9.8 - 18.1	500
Woman or partner had pay or hours cut back	12.9	9.7 - 16.1	700	16.7	10.7 - 22.8	300	10.7	7.1 - 14.3	400
Became separated or divorced	7.6	5.3 - 9.9	400	5.1	2.5 - 7.8	100	9.1	5.8 - 12.4	300
Had no practical or emotional support	6.1	4.1 - 8.2	300	4.8	2.0 - 7.7	100	6.9	4.1 - 9.7	200
Substance Use									
Any smoking, 3 months before pregnancy	9.4	6.6 - 12.1	500	10.6	6.2 - 14.9	200	8.7	5.1 - 12.2	300
Any smoking, 3rd trimester†	3.0 *	1.0 - 5.0	200	--			3.6 *	0.7 - 6.5	100
Any smoking, postpartum	4.1	2.1 - 6.1	200	2.0 *	0.2 - 3.8	<100	5.3	2.3 - 8.3	200
Any binge drinking, 3 months before pregnancy	13.5	10.2 - 16.7	800	18.2	12.3 - 24.1	400	10.7	6.9 - 14.6	400
Any alcohol use, 3rd trimester†	8.8	6.0 - 11.7	500	13.2	7.5 - 18.9	300	6.3	3.3 - 9.2	200
Pregnancy Intention and Family Planning									
Mistimed or unwanted pregnancy	30.8	26.7 - 35.0	1,700	35.2	28.1 - 42.3	700	28.3	23.2 - 33.3	1,000
Unsure of pregnancy intentions	14.1	10.9 - 17.4	800	12.3	7.4 - 17.1	300	15.2	10.9 - 19.4	500
Postpartum birth control use†	85.1	81.9 - 88.3	4,700	81.9	76.3 - 87.4	1,700	87.0	83.1 - 90.9	3,000
Infant Sleep and Breastfeeding									
Placed infant on back to sleep	80.1	76.4 - 83.8	4,500	86.4	81.5 - 91.4	1,800	76.4	71.4 - 81.4	2,700
Infant always or often shared bed	44.1	39.6 - 48.6	2,400	32.6	25.8 - 39.4	700	50.9	45.2 - 56.6	1,800
Intended to breastfeed, before birth	95.3	93.5 - 97.1	5,300	95.7 *	92.9 - 98.4	2,000	95.1	92.7 - 97.5	3,300
Intended to breastfeed exclusively, before birth	67.6	63.4 - 71.7	3,800	76.3	70.1 - 82.5	1,600	62.4	57.0 - 67.8	2,200
Breastfeeding practices									
Any breastfeeding, 1 month after delivery	89.6	87.0 - 92.2	4,900	89.2	85.1 - 93.4	1,800	89.9	86.5 - 93.3	3,100
Exclusive breastfeeding, 1 month after delivery	45.9	41.3 - 50.5	2,500	44.9	37.3 - 52.5	900	46.6	40.8 - 52.3	1,600
Any breastfeeding, 3 months after delivery	77.5	73.2 - 81.8	3,500	72.4	64.7 - 80.0	1,200	80.5	75.3 - 85.6	2,300
Exclusive breastfeeding, 3 months after delivery	33.5	28.7 - 38.4	1,500	29.5	22.0 - 37.1	500	35.9	29.7 - 42.1	1,000



MIHA Data Snapshot, Santa Barbara County by Total Live Births, 2013-2015

Maternal and Infant Health Assessment (MIHA) Survey

	Santa Barbara 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	65.8	61.6 - 70.0		3,700	63.1	56.1 - 70.1		1,300	67.4	62.2 - 72.7		2,400
Initiated prenatal care in 1st trimester	85.0	81.6 - 88.3		4,700	87.7	83.1 - 92.4		1,800	83.4	78.9 - 87.9		2,900
Mom or infant needed but couldn't afford care postpartum	13.6	10.4 - 16.7		700	13.9	8.3 - 19.5		300	13.4	9.6 - 17.1		500
Participated in WIC during pregnancy†	60.3	55.7 - 64.9		3,400	50.6	43.0 - 58.1		1,000	65.9	60.3 - 71.6		2,300
Received CalFresh (food stamps) during pregnancy	25.0	21.1 - 28.9		1,400	15.8	10.3 - 21.3		300	30.4	25.2 - 35.6		1,100
Pre-pregnancy insurance												
Medi-Cal	24.3	20.6 - 28.1		1,400	12.8	8.2 - 17.4		300	31.1	25.9 - 36.2		1,100
Uninsured	30.1	26.0 - 34.2		1,700	30.8	24.2 - 37.5		600	29.7	24.5 - 34.9		1,000
Private	39.3	34.7 - 43.8		2,200	53.2	45.8 - 60.6		1,100	31.1	25.8 - 36.5		1,100
Prenatal insurance												
Medi-Cal	59.1	54.5 - 63.7		3,300	50.8	43.3 - 58.3		1,100	64.0	58.3 - 69.7		2,300
Uninsured	2.3 *	0.8 - 3.8		100	2.6 *	0.7 - 4.5		<100	2.1 *	0.1 - 4.2		<100
Private	32.8	28.4 - 37.2		1,900	43.4	35.8 - 51.0		900	26.6	21.5 - 31.7		900
Maternal postpartum insurance												
Medi-Cal	40.7	36.3 - 45.1		2,300	35.9	28.9 - 42.9		700	43.5	37.8 - 49.1		1,600
Uninsured	22.2	18.5 - 25.9		1,300	21.3	14.9 - 27.7		400	22.7	18.2 - 27.3		800
Private	32.8	28.4 - 37.1		1,800	41.4	33.9 - 48.9		900	27.8	22.6 - 32.9		1,000
Infant health insurance												
Medi-Cal	64.2	59.7 - 68.7		3,500	58.6	51.0 - 66.3		1,200	67.4	62.0 - 72.9		2,300
Uninsured	2.2 *	0.5 - 4.0		100	--				2.1 *	0.5 - 3.6		<100
Private	29.4	25.2 - 33.7		1,600	37.4	29.9 - 44.9		800	24.7	19.6 - 29.8		900
Maternal Demographics												
Age												
15-19	6.9	4.8 - 9.0		400	13.9	9.4 - 18.3		300	2.8 *	0.8 - 4.9		100
20-34	75.8	72.0 - 79.7		4,300	74.5	68.6 - 80.5		1,600	76.6	71.6 - 81.6		2,700
35+	17.3	13.8 - 20.7		1,000	11.6	7.2 - 16.0		200	20.6	15.8 - 25.3		700
Did not complete high school (or GED)	27.1	23.3 - 30.9		1,500	12.3	8.2 - 16.4		300	35.6	30.4 - 40.9		1,300
Unmarried	47.0	42.5 - 51.6		2,600	54.2	46.6 - 61.7		1,100	42.9	37.3 - 48.5		1,500
Race/Ethnicity												
White	29.0	24.6 - 33.4		1,600	34.3	26.8 - 41.9		700	25.9	20.5 - 31.3		900
Hispanic	65.4	60.9 - 69.9		3,700	58.9	51.3 - 66.5		1,200	69.3	63.7 - 74.8		2,500
Asian/Pacific Islander	4.1	2.3 - 5.9		200	5.6 *	2.1 - 9.1		100	3.3 *	1.3 - 5.2		100
Black	1.0	0.7 - 1.3		<100	--				1.1 *	0.3 - 1.9		<100
Born outside the U.S.	43.8	39.4 - 48.2		2,500	31.1	24.6 - 37.6		600	51.1	45.5 - 56.8		1,800
Speaks non-English language at home	38.0	33.7 - 42.2		2,100	27.3	21.1 - 33.4		600	44.2	38.6 - 49.8		1,600
Lives in a high poverty neighborhood	39.3	34.8 - 43.7		2,000	34.7	27.5 - 41.8		700	42.0	36.4 - 47.6		1,400
Income as a percent of the Federal Poverty Guideline												
0-100%	46.5	41.8 - 51.2		2,400	38.9	31.5 - 46.3		700	50.8	44.9 - 56.7		1,700
101-200%	23.8	19.9 - 27.7		1,300	21.4	15.7 - 27.1		400	25.2	20.0 - 30.4		800
> 200%	29.7	25.3 - 34.1		1,600	39.7	31.8 - 47.6		800	24.0	19.0 - 29.0		800

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