



MIHA Data Snapshot, San Bernardino County, 2013-2014

Maternal and Infant Health Assessment (MIHA) Survey

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

		San Bernardino County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Status Before Pregnancy							
In good to excellent health	♦	90.4	86.3 - 94.5	27,400	92.4	91.5 - 93.3	452,800
Chronic conditions							
Diabetes†	♦	1.7 *	0.3 - 3.1	500	2.3	1.8 - 2.8	10,900
Hypertension†	♦	2.4 *	0.8 - 3.9	700	2.5	2.0 - 2.9	11,900
Asthma†	♦	9.1	5.9 - 12.3	2,700	7.8	7.0 - 8.6	37,500
Nutrition and Weight							
Daily folic acid use, month before pregnancy	♦	27.7	22.1 - 33.4	8,300	32.7	31.1 - 34.3	159,900
Overweight before pregnancy	♦	28.7	22.5 - 34.9	8,500	24.7	23.2 - 26.2	114,900
Obese before pregnancy	♦	22.7	17.2 - 28.2	6,700	20.3	18.9 - 21.7	94,400
Inadequate weight gain during pregnancy	♦	15.3	10.3 - 20.3	3,900	17.7	16.2 - 19.2	72,900
Excessive weight gain during pregnancy	✗	49.1	42.1 - 56.0	12,600	41.4	39.5 - 43.2	170,100
Food insecurity during pregnancy	♦	18.0	13.0 - 23.0	5,400	16.6	15.4 - 17.9	80,500
Intimate Partner Violence (IPV) and Depressive Symptoms							
Physical or psychological IPV during pregnancy	♦	9.7	5.4 - 14.0	2,900	7.1	6.2 - 7.9	34,500
Prenatal depressive symptoms	♦	15.3	10.9 - 19.7	4,600	14.1	12.9 - 15.3	68,900
Postpartum depressive symptoms	♦	11.0	7.3 - 14.7	3,300	13.0	11.8 - 14.1	63,200
Hardships and Support during Pregnancy							
Experienced two or more hardships during childhood	♦	26.0	20.6 - 31.5	7,700	25.3	23.8 - 26.7	121,600
Homeless or did not have a regular place to sleep	♦	2.6 *	0.9 - 4.3	800	2.9	2.4 - 3.4	14,000
Moved due to problems paying rent or mortgage	♦	8.7	5.0 - 12.4	2,600	6.9	6.0 - 7.7	33,600
Woman or partner lost job	♦	15.5	11.0 - 20.1	4,700	14.6	13.4 - 15.8	71,000
Woman or partner had pay or hours cut back	♦	12.6	8.4 - 16.7	3,800	11.8	10.7 - 12.8	57,100
Became separated or divorced	♦	9.0	5.5 - 12.4	2,700	7.6	6.7 - 8.5	37,000
Had no practical or emotional support	♦	5.8	2.9 - 8.7	1,800	4.4	3.7 - 5.2	21,700
Substance Use							
Any smoking, 3 months before pregnancy	♦	12.5	8.3 - 16.6	3,800	11.6	10.5 - 12.7	56,500
Any smoking, 3rd trimester†	♦	2.8 *	0.7 - 4.8	800	2.9	2.3 - 3.4	13,900
Any smoking, postpartum	♦	8.4	4.9 - 11.8	2,500	5.6	4.8 - 6.3	27,300
Any binge drinking, 3 months before pregnancy	♦	15.6	10.6 - 20.6	4,700	15.1	13.8 - 16.3	72,900
Any alcohol use, 3rd trimester†	♦	4.6 *	1.8 - 7.5	1,400	7.6	6.6 - 8.6	37,000
Pregnancy Intention and Family Planning							
Mistimed or unwanted pregnancy	✗	37.6	31.3 - 43.9	11,300	31.2	29.6 - 32.8	151,800
Unsure of pregnancy intentions	♦	14.5	9.8 - 19.1	4,400	12.9	11.8 - 14.0	62,700
Postpartum birth control use†	♦	77.4	71.7 - 83.0	22,800	81.6	80.3 - 83.0	390,200
Infant Sleep and Breastfeeding							
Placed infant on back to sleep	♦	80.2	75.4 - 84.9	24,200	79.7	78.3 - 81.1	383,200
Infant always or often shared bed	♦	35.5	29.2 - 41.9	10,700	34.1	32.5 - 35.7	163,700
Intended to breastfeed, before birth	♦	89.8	85.9 - 93.7	27,100	92.4	91.5 - 93.4	444,100
Intended to breastfeed exclusively, before birth	♦	62.6	56.2 - 68.9	18,900	64.2	62.6 - 65.9	308,500
Breastfeeding practices							
Any breastfeeding, 1 month after delivery	♦	79.9	74.8 - 85.0	23,800	83.5	82.3 - 84.8	398,500
Exclusive breastfeeding, 1 month after delivery	✗	34.7	28.4 - 40.9	10,300	42.7	41.0 - 44.4	200,700
Any breastfeeding, 3 months after delivery	♦	60.0	53.1 - 67.0	14,100	66.2	64.3 - 68.2	244,200
Exclusive breastfeeding, 3 months after delivery	♦	22.6	16.5 - 28.7	5,200	27.4	25.7 - 29.1	99,800



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		San Bernardino County			California		
		%	95% CI	Population Estimate	%	95% CI	Population Estimate
Health Care Utilization and Public Program Participation							
Had a usual source of pre-pregnancy care	♦	68.3	62.4 - 74.1	20,700	70.4	68.8 - 71.9	344,100
Initiated prenatal care in 1st trimester	♦	86.4	81.8 - 90.9	25,900	89.7	88.7 - 90.6	433,500
Had a postpartum medical visit	♦	84.0	79.1 - 88.8	25,200	87.5	86.4 - 88.7	427,500
Mom or infant needed but couldn't afford care postpartum	♦	13.4	9.3 - 17.6	4,000	12.6	11.4 - 13.7	59,700
Participated in WIC during pregnancy†	↑	60.9	56.5 - 65.3	18,400	54.1	52.9 - 55.4	259,300
Received CalFresh (food stamps) during pregnancy	↑	35.4	29.7 - 41.0	10,700	24.9	23.6 - 26.3	121,000
Health Insurance Coverage							
Pre-pregnancy insurance							
Medi-Cal	♦	27.9	22.5 - 33.3	8,400	24.5	23.1 - 25.8	119,600
Uninsured	♦	26.6	21.1 - 32.1	8,000	24.0	22.6 - 25.4	117,500
Private	↓	40.9	35.4 - 46.4	12,400	47.5	46.2 - 48.9	232,500
Prenatal insurance							
Medi-Cal	↑	57.1	51.9 - 62.2	17,200	49.7	48.4 - 51.0	242,800
Uninsured	♦	2.7 *	0.2 - 5.2	800	1.6	1.2 - 2.0	7,900
Private	↓	35.8	30.7 - 40.8	10,800	44.5	43.1 - 45.8	217,100
Maternal postpartum insurance							
Medi-Cal	↑	45.6	39.8 - 51.4	13,800	36.2	34.7 - 37.6	175,700
Uninsured	♦	13.1	9.1 - 17.1	4,000	15.0	13.8 - 16.2	72,800
Private	↓	38.7	33.4 - 44.1	11,700	45.7	44.3 - 47.0	221,900
Infant health insurance							
Medi-Cal	↑	64.7	59.7 - 69.6	19,400	52.2	50.9 - 53.6	250,400
Uninsured	♦	2.0 *	0.1 - 4.0	600	2.9	2.2 - 3.5	13,700
Private	↓	29.9	25.2 - 34.6	9,000	41.3	40.0 - 42.6	198,000
Maternal Demographics							
Age							
15-19	♦	7.3	4.2 - 10.4	2,200	5.6	4.9 - 6.4	27,500
20-34	♦	78.6	73.8 - 83.5	23,800	74.5	73.0 - 76.0	365,300
35+	↓	14.1	10.1 - 18.0	4,300	19.9	18.5 - 21.3	97,400
Did not complete high school (or GED)	♦	15.8	11.1 - 20.5	4,800	16.5	15.2 - 17.7	79,900
Unmarried	↑	51.5	45.4 - 57.5	15,500	40.9	39.4 - 42.4	199,000
Race/Ethnicity							
Hispanic	↑	58.3	52.5 - 64.1	17,700	49.2	47.7 - 50.7	236,500
Black	↑	9.0	7.2 - 10.9	2,700	5.7	5.3 - 6.1	27,400
White	♦	24.9	19.6 - 30.3	7,500	29.3	27.9 - 30.7	140,900
Asian/Pacific Islander	↓	7.5	3.4 - 11.6	2,300	15.3	13.9 - 16.7	73,700
Nativity and Language							
Born outside the U.S.	↓	26.1	20.1 - 32.2	7,900	37.9	36.2 - 39.6	185,700
Speaks non-English language at home	↓	17.6	13.0 - 22.2	5,300	30.1	28.5 - 31.7	144,800
Lives in a high poverty neighborhood	↑	49.6	43.2 - 56.1	14,500	38.9	37.3 - 40.5	182,900
Income as a percent of the Federal Poverty Guideline							
0-100%	↑	50.4	44.5 - 56.2	14,600	41.0	39.5 - 42.4	188,800
101-200%	♦	20.7	15.4 - 25.9	6,000	20.8	19.4 - 22.2	96,000
> 200%	↓	28.9	24.0 - 33.9	8,400	38.2	36.9 - 39.6	176,200

-- Estimate not shown because the relative standard error (RSE) is greater than 50% or fewer than 5 women reported.

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

† Measure/definition changed for this indicator and is not comparable to prior years (see Technical Notes).

Notes: MIHA is an annual population-based survey of California resident women with a live birth. Data from MIHA 2013-2014 were combined, resulting in a statewide sample size of 13,963. The sample size of San Bernardino County was 394. Percent (%), 95% confidence interval (95% CI) and estimated number of women in the population with the health indicator/characteristic (i.e., numerator of the percent rounded to the nearest hundred) are weighted to represent all women with a live birth who resided in California and the county in 2013-2014. Population estimate is a two-year average. Symbols indicate whether the health indicator in the county was statistically different from the rest of the state (p-value < 0.05, chi-square test). See the Technical Notes for information on weighting, comparability to prior years and technical definitions. Visit the MIHA website at www.cdph.ca.gov/MIHA.

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