

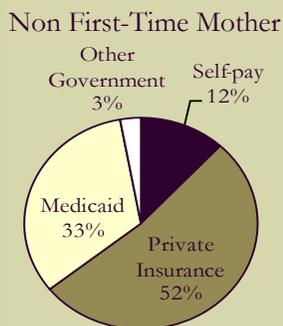
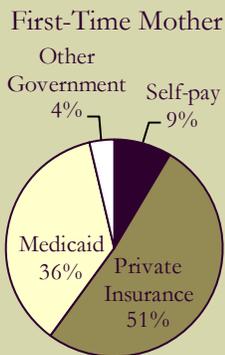
# FIRST-TIME IDAHO MOTHERS 2007-2009

## POINTS OF INTEREST

Each day 66 babies are born to Idaho resident mothers. Of these, 24 are born to first-time mothers.

First-time mothers account for 36 percent of the annual births in Idaho.

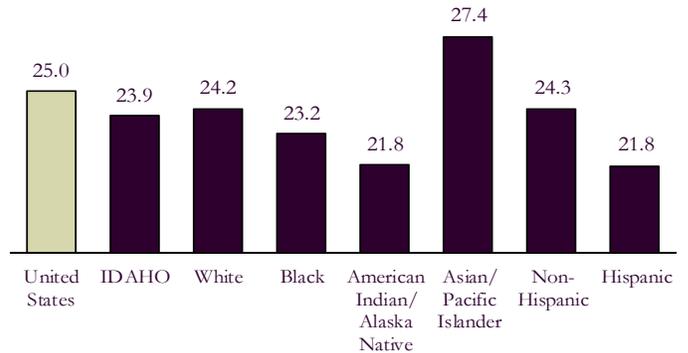
## METHOD OF PAYMENT



## Mother's Age

The average age of a first-time mother in the United States in 2006 was 25.0. From 2007-2009 the average age of an Idaho first-time mother was 23.9. The average age of an Idaho first-time mothers varies with race and ethnicity. American Indian and Alaskan Natives were the youngest, and Asian and Pacific Islanders were the oldest first-time mothers. Non-Hispanic females are older when delivering their first child compared to Hispanic first-time mothers.

Average Age (years) of First-Time Mother  
United States: 2006<sup>1</sup>, Idaho 2007-2009

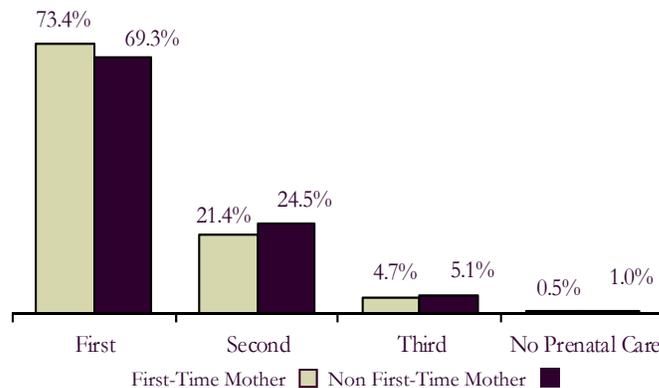


**Quick Fact:** In 2006, Massachusetts mothers had the highest average age at first birth (27.7 years) while Mississippi had the lowest average age at first birth (22.6 years).<sup>1</sup>

## Prenatal Care

Prenatal care is recommended because of its potential to improve the health of mothers and infants. Inadequate use of prenatal care has been associated with increased risk for low infant birth weight, premature births, neonatal mortality, infant mortality, and maternal mortality. Compared to non first-time mothers, first-time mothers began prenatal care earlier during pregnancy and had a higher incidence of prenatal care utilization.

Trimester of First Prenatal Care Visit



1. Delayed Childbearing: More Women Are Having Their First Child Later in Life.  
<http://www.cdc.gov/nchs/data/databriefs/db21.pdf>

**QUICK FACT:**

Since 1980, obesity has doubled in the United States among adults and tripled among children.<sup>1</sup>

**QUICK FACT:**

Idaho ranks 3<sup>rd</sup> in the U.S. for percentage of all deliveries at places other than hospitals. Only Alaska(1) and Montana(2) rank higher.<sup>2</sup>

**FIRST-TIME MOM:  
MEAN AGE BY  
COUNTY**

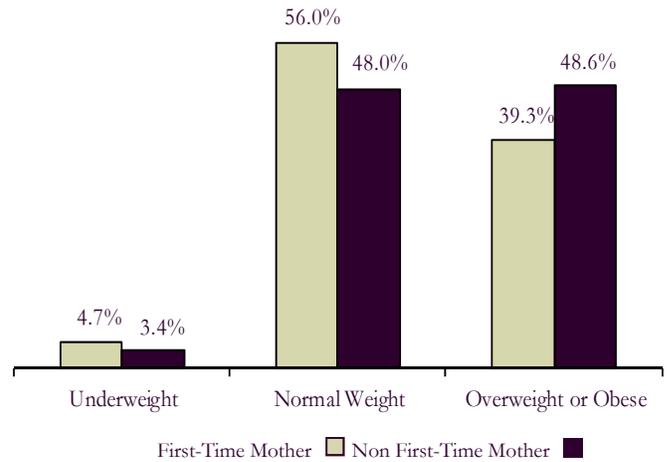
Oldest	Age*
1. Teton	27.9
2. Blaine	27.0
3. Valley	26.8
4. Ada	25.8
5. Custer	25.4
Youngest	Age*
1. Cassia	21.4
2. Power	21.4
3. Minidoka	21.5
4. Lincoln	21.7
5. Bear Lake	21.7

\*Ages are ranked prior to rounding

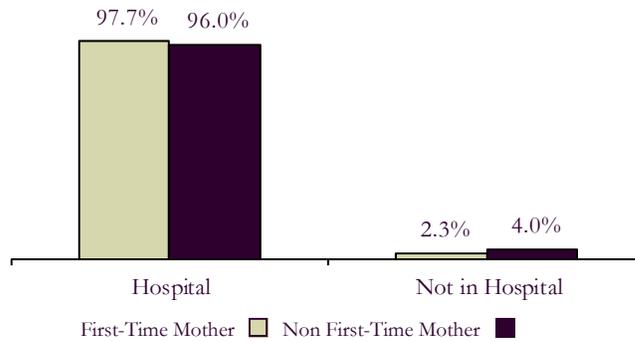
## Body Mass Index

Pre-pregnancy Body Mass Index (BMI) is a measure of weight and height before the woman became pregnant. Women who are underweight prior to pregnancy are at a higher risk for having a low birth weight infant, fetal growth problems, and other pregnancy complications. Being overweight or obese prior to pregnancy is a risk factor for postpartum weight retention or prenatal weight gain. Obese women are at greater risk of developing gestational diabetes.

### Body Mass Index by Live Birth Order



### Place of Birth by Live Birth Order



## Place of Birth

A total of 97.7 percent of first-time mothers delivered their babies at a hospital. Less than one percent of babies were born en-route to a facility. Additionally, less than one percent of first-time mothers delivered their children at home, compared to 2.0 percent of non first-time mothers who delivered their child at home.

## Abnormal Conditions of Newborn

Babies born to first-time mothers were more likely to have abnormal conditions compared to babies born to mothers who were non first-time mothers.

ABNORMAL CONDITIONS OF NEWBORN	First-Time Mother	Non First-Time Mother
Assisted ventilation immediately following delivery	7.6%	5.4%
NICU admission	9.6%	7.3%
Newborn received antibiotics for suspected neonatal sepsis	4.2%	2.7%

- Centers for Disease Control. Obesity at a Glance 2011.
- Trends and Characteristics of Home and Other Out-of-Hospital Births in the United States, 1990–2006. National Vital Statistics Reports. Vol. 58 Number 11.