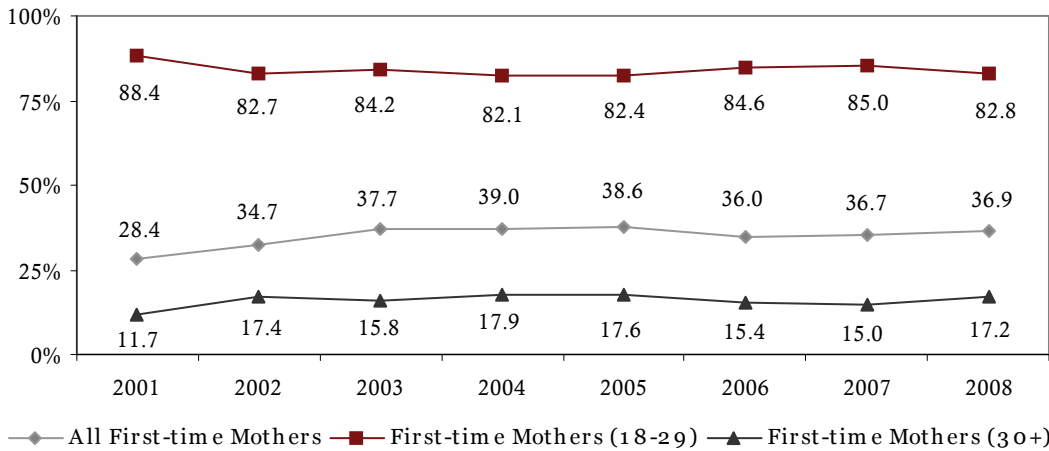


First-Time Idaho Mothers PRATS, 2006-2008 Aggregate



Many women today are waiting until later in life to have children. In the United States, birth rates for women in their thirties are at their highest in four decades.¹ Increase in age at first birth, which can affect the number of children a woman will have during her childbearing years, has important ramifications for family size and overall population change.² It can also have serious consequences to a woman's and her baby's health. For this report, younger women are those aged 18 to 29 years old and older women are aged 30 and over. According to research, older women have a significantly higher risk of low birth weight, preterm delivery, and cesarean section than younger women. Hypertension and diabetes are also more common among older women. However, older women have been shown to be less likely to live in poverty, more likely to have a higher education, and more likely to receive early and satisfactory prenatal care.³

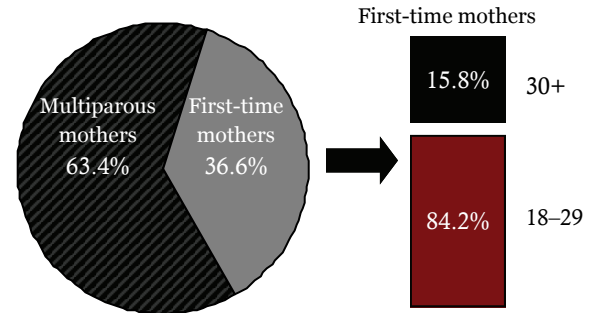
Percentage of First-Time Mothers Overall and Younger and Older First-Time Mothers, PRATS 2001-2008



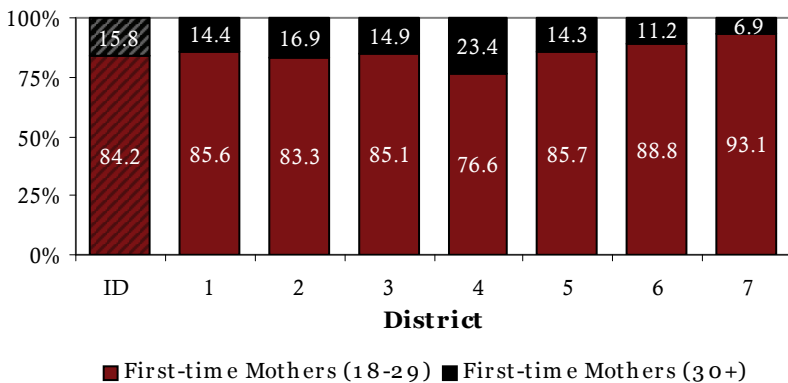
From 2001 to 2002 there was a sharp initial increase in the percentage of all first-time mothers (28.4 percent to 34.7 percent), first-time mothers aged 30 and over (11.7 percent to 17.4 percent), and a sharp decrease in first-time mothers aged 18 to 29 years old (88.4 percent to 82.7 percent). However from 2002 to 2008, the prevalence of all first-time mothers, first-time younger, and older first-time mothers remained relatively stable. There were no significant differences between years (2001 to 2008) for all first-time mothers or for younger or older first-time mothers.

The data reported in this fact sheet were aggregated to include first-time mothers who gave birth in Idaho from 2006 to 2008. This report will compare and contrast older first-time mothers with younger first-time mothers. The term *mother* refers to Idaho resident adult mothers (18 years of age or older) who gave birth in Idaho. Approximately sixty-three percent (63.4 percent) of Idaho mothers were multiparous (women who have had more than one live birth) and 36.6 percent were first-time mothers. Of the first-time mothers, 84.2 percent were younger mothers, and 15.8 percent were older mothers.

Parity Among All Idaho Mothers and Age Breakouts Among First-Time Mothers PRATS, 2006-2008 Aggregate



Maternal Age Among First-Time Mothers by District PRATS, 2006-2008 Aggregate



Idaho is comprised of seven public health districts. There were significant differences among older and younger first-time mothers by district. District 4 had significantly more older first-time mothers (23.4 percent) than any other health district in Idaho. District 2 had significantly more older first-time mothers (16.9 percent) than District 6 and District 7 (11.2 percent and 6.9 percent, respectively). District 7 had significantly more younger first-time mothers (93.1 percent) than Districts 1 through 5 (see graph).

First-Time Idaho Mothers, 2006-2008 Aggregate

The differences between older and younger first-time mothers in Idaho were evident when analyzing maternal demographics. Older mothers were significantly more likely than younger mothers to have been non-Hispanic (92.9 percent), married (80.2 percent), a college graduate (60.3 percent), and have an annual income of \$50,000 or more (61.8 percent).

In general, older first-time mothers were significantly more likely than younger first-time mothers to have healthy behaviors that have been shown to benefit themselves, as well as their babies, such as:

- Initiated breastfeeding (97.0 percent).
- First trimester prenatal care (94.9 percent).
- Regular multivitamin use during pregnancy (94.0 percent).
- Received routine dental care during pregnancy (63.7 percent).

However, older first-time mothers have been shown to be more at risk for pregnancy-related complications. Older first-time mothers were significantly more likely than younger first-time mothers to have had:

- Prepregnancy/gestational hypertension (16.8 percent).
- Premature rupture of membranes (PROM) (13.3 percent).
- Prepregnancy/gestational diabetes (7.5 percent).
- Vaginal bleeding during pregnancy (4.4 percent).

Maternal Demographics by Age Among First-Time Mothers PRATS, 2006-2008 Aggregate

TOTAL	ID TOTAL	First-Time	
		18-29	30+
ETHNICITY			
Non-Hispanic	87.5	88.4	92.9
Hispanic	12.5	11.6	7.1
MARITAL STATUS			
Not Married	23.7	36.0	19.8
Married	76.3	64.0	80.2
EDUCATION			
K-11th Grade	10.5	9.3	3.1
High School or GED	23.6	28.8	8.6
Some College	39.3	41.8	28.0
College Graduate +	26.6	20.1	60.3
INCOME			
Less than \$15,000	23.6	35.0	9.2
\$15,000 - \$24,999	15.9	18.4	7.4
\$25,000 - \$34,999	15.2	14.4	9.6
\$35,000 - \$49,999	14.4	11.9	12.0
\$50,000 +	31.0	20.3	61.8

Items in **bold** show statistical significance between younger and older mothers.

Maternal Health Characteristics by Age Among First-Time Mothers PRATS, 2006-2008 Aggregate

Maternal Health Characteristics	ID TOTAL	First-Time		Maternal Health Characteristics	ID TOTAL	First-Time	
		18-29	30+			18-29	30+
Ever breastfed	91.0	92.3	97.0	Overweight prior to pregnancy	39.8	33.3	42.6
Breastfed for at least six months	53.0	45.3	63.6	Unintended pregnancy	35.3	40.5	16.3
First trimester prenatal care	87.1	87.8	94.9	Cesarean delivery	22.5	21.3	43.4
Folic acid awareness	85.8	77.9	95.0	Prepregnancy/gestational hypertension	7.0	9.1	16.8
Received prenatal care as early as desired	84.3	79.4	90.4	Prepregnancy/gestational diabetes	4.9	3.4	7.5
Regular multivitamin use before pregnancy	40.7	36.6	67.4	PROM [†]	4.4	7.6	13.3
Regular multivitamin use during pregnancy	80.5	82.4	94.0	Physically abused during pregnancy	4.3	5.4	0.2
Insured*	56.7	49.4	82.4	Drank alcohol during pregnancy	3.2	1.7	7.7
Medicaid [†]	38.5	46.3	13.6	Vaginal bleeding	1.7	1.5	4.4
Received routine dental care during pregnancy	46.4	40.2	63.7	Multiple birth [§]	1.7	1.4	5.6
Mom working/in school after delivery	45.8	56.4	69.4	Infertility treatments**	1.2	0.9	6.4

Note: The maternal health characteristics listed in the above tables are statistically significant between younger and older mothers.

* Insurance coverage just before or at any point during pregnancy and/or delivery, excluding those with Medicaid coverage.

† Medicaid coverage just before or at any point during pregnancy and/or delivery.

‡ Premature rupture of membranes-water broke more than three weeks before baby was due.

§ Twins, triplets, or higher order pregnancy.

** Pregnancy was a result of infertility treatments.

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1. "Births: Final Data for 2007," *National Vital Statistics Reports*, National Center for Health Statistics, Vol. 58, No. 24, August, 2010.
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3. PRAMS GRAM. Oklahoma PRAMS. Vol. 8 No. 1. Maternal and Child Health Service. Oklahoma State Department of Health.

Source: 2006-2008 Pregnancy Risk Assessment Tracking System (PRATS), Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, November 2010.

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For more details on the PRATS project or any of the survey results, contact the PRATS director at (208) 332-7366.

This and other health statistics publications can be found online at www.healthstatistics.dhw.idaho.gov