Using Family Planning to Address Drivers of Mortality: Reaching Women Who Experience High Parity and Advanced Maternal Age Pregnancies

Maureen Norton, Ph.D. and Jane Ebot, Ph.D.
United States Agency for International Development
Global Maternal Newborn Health Conference
Mexico City, Mexico
Oct 18-21, 2015
FAMILY PLANNING SAVES LIVES

- In one year, family planning prevented more than 272,000 maternal deaths, a 44% reduction

- If all needs for family planning were met, an addition 104,000 maternal deaths could be prevented annually

HEALTHY TIMES FOR A PREGNANCY OVER THE REPRODUCTIVE LIFE COURSE

• For best maternal outcomes, healthiest times for a pregnancy are:
  
  • Age: After 18 and before 34
  
  • Parity: Four or less than four children

Family planning can ensure that pregnancies occur at the healthiest times of a woman’s life.

Photo credit is: © 2006 Marina Grayson, Courtesy of Photoshare
Distribution of Births by Risk Factor by Total Fertility Rate

Over 50%

- BI<24 & BO>3
- Age>34 & BI<24 & BO>3
- Age>34 & BO>3
- Age>34 & BO>3
- Age<18 & BI<24
- Age<18
- Age>34
- First birth
- No Risk Factor

Total Fertility Rate (Number of Surveys)

- <2 (N=6)
- 2-3 (N=28)
- 3-4 (N=32)
- 4-5 (N=38)
- 5-6 (N=38)
- 6-7 (N=32)
- 7+ (N=6)

BI = birth interval
BO = birth order
Age = Mother’s age at time of birth
High Parity: Percent birth order 4+ pregnancies - all women 15-49 years - USAID 24 priority countries

Source: DHS Surveys
Note: No available data for Afghanistan, South Sudan, India.
Advanced Maternal Age: Percent Advanced Maternal Age Pregnancies > age 34 – USAID 24 Priority Countries

Source: DHS Surveys    Note: No available data for Afghanistan, South Sudan, India
HIGH PARITY PREGNANCIES AND MATERNAL MORTALITY

- Maternal mortality is lower among women who have fewer than 4 children

![Graph showing maternal mortality ratio by children per woman.](source:J. Stover and J. Ross, 2010)
ADVANCED MATERNAL AGE AND MATERNAL MORTALITY

- Maternal mortality is lower among women who become pregnant before age 34

Source: A. Blanc, W. Winfrey and J. Ross, 2012 Forthcoming
ADVANCED MATERNAL AGE AND NEWBORN OUTCOMES

- Advanced maternal age is associated with approximately 30% increased risk of preterm birth

Association between maternal age and preterm delivery (OR, 95% CI)*

Note: * Reference category is 20-24 years; Adjusted for sex, SES factors, maternal height, breastfeeding duration and parity

TRENDS IN PERCENT OF MARRIED WOMEN 35-49 USING IMPLANTS OR IUD

Use of implants or IUD by advanced maternal aged women is very low in most countries.
TRENDS IN PERCENT OF MARRIED WOMEN 35-49 USING IMPLANTS OR IUD, CONTINUED

Use of implants or IUD by advanced maternal aged women is very low in most countries.
NEW USAID MATERIALS FOR HIGH PARITY AND ADVANCED MATERNAL AGE WOMEN

1. Counseling and assessment guide
2. Program managers guide
3. Info-graphic
4. Guide for research
5. Guide for radio journalists
6. Poster
7. Client brochure
KEY RECOMMENDATIONS

• Counsel women and families on complications and risks associated with AMA and HP pregnancies and prevention role of FP
• Use HTSP I-Kit Materials -- will be ready in early 2016
  • Obtain from HC3 and test and adapt them in country
• Advocate with public health officials to train providers
• Mobilize women’s groups, community groups, district health teams, religious leaders
• Train journalists
• Share brochures with couples
• Review availability of modern contraceptives at health posts and work to increase availability i.e. no stock outs
Thank you!