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Maternal and perinatal outcomes among adolescent primiparas in developing countries: a multi-country analysis

発展途上国の若年初産婦における周産期転帰に関する研究

-多国間調査分析-

Background: Adolescent pregnancy is a significant public issue around the world, mainly in developing countries. It has been associated with an increased risk of adverse maternal and perinatal outcomes. However, the role of young maternal in adverse outcomes is not well established.

Objective: To investigate the risks of adverse pregnancy outcomes and cesarean section among adolescents in developing countries.

Method: Data from the 2004–2008 WHO Global Survey on Maternal and Perinatal Health and the Mongolian Maternal and Newborn Health Study were analyzed. To estimate the effects of young maternal age on the risks of adverse pregnancy outcomes, multilevel logistic regression models were employed, adjusting for the structure of the probability samples and known covariates.

Results: Data from 80,143 primiparous mothers aged under 25 years and their singleton infants were analyzed. Adolescent mothers were more likely to have lower body mass index, shorter stature, fewer antenatal visits, and to be single. The risk of maternal death was significantly higher among younger mothers in Africa compared with older mothers. Adolescents aged 16–19 years had significantly lower risks of cesarean section (adjusted OR: 0.74; 95% CI: 0.71–0.77) than mothers aged 20–24 years. Younger age (<19 years) was associated with higher risk of cesarean section for presumed cephalopelvic disproportion, low birth weight, preterm birth and perinatal death.

Conclusion: Adolescent girls in developing countries have increased risks of adverse pregnancy outcomes independent of sociodemographic characteristics. A key strategy needs to be preventing early pregnancy and delaying pregnancy in married girls.