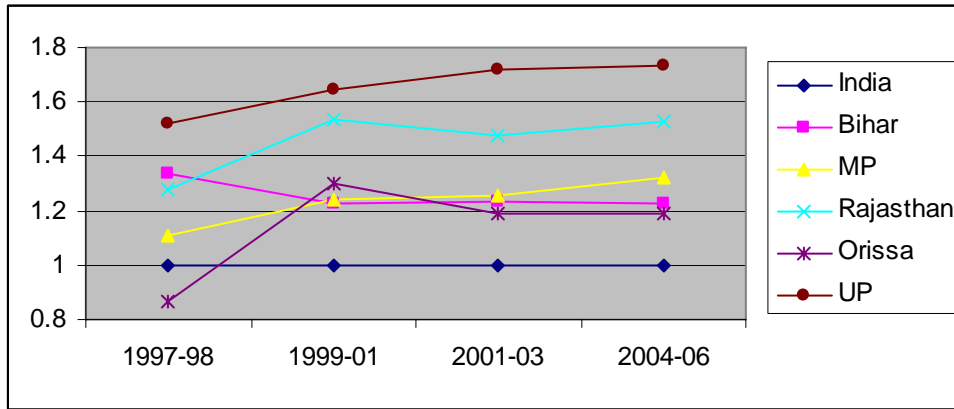


## Maternal Health in Uttar Pradesh: A Report Card

Uttar Pradesh is the largest state in India in terms of its population which was 166 million during the census of 2001, however considering the annual growth rate the same population stands at nearly 200 million. While this growing population is a cause of concern in many quarters, it hides some important facts about the state o health care services, particularly with regards to maternal and child health which continue to be ignored in the state.

**Maternal Mortality Ratio** – This indicates the number of women who can be expected to die due to reasons associated with pregnancy and childbirth. In Uttar Pradesh according to the latest figures released by the Registrar General of India (based on births between 2004 – 06) 440 women die out of every 1 lakh who give birth. In the period 2001 -03 this was 517 and earlier in 1995 this was 707. So over the years while the proportion of women dying in UP is reducing, the gap with the national average is growing as shown in the graph below.

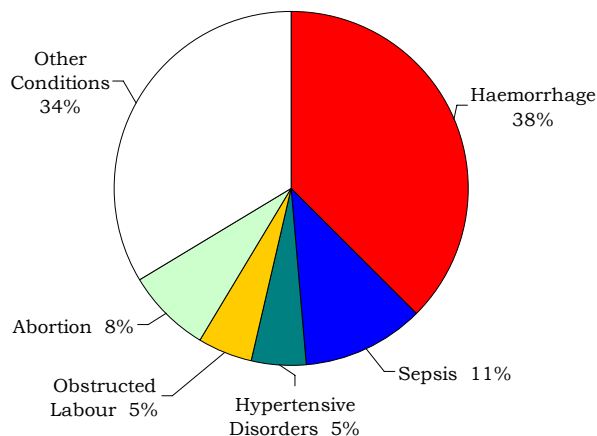


The graph shows that while the MMR in UP was 1.52 times that of the national figure in 1997 – 98 ( 398 : 606) the same has increased to 1.73 times in 2004 -06 ( 254: 440). The graph also shows the situation for some of the other so called poor performing states, and UP continues to keep its position at the top. Even at this reduced MMR there are over 28 thousand maternal deaths in the state every year and over five and half lakh women face live threatening situations.

### Why do women die during pregnancy and Childbirth?

The main reasons for maternal death are summarized in the chart below:

**Chart 3: Causes of Maternal Death in India**



Services necessary for reducing maternal mortality

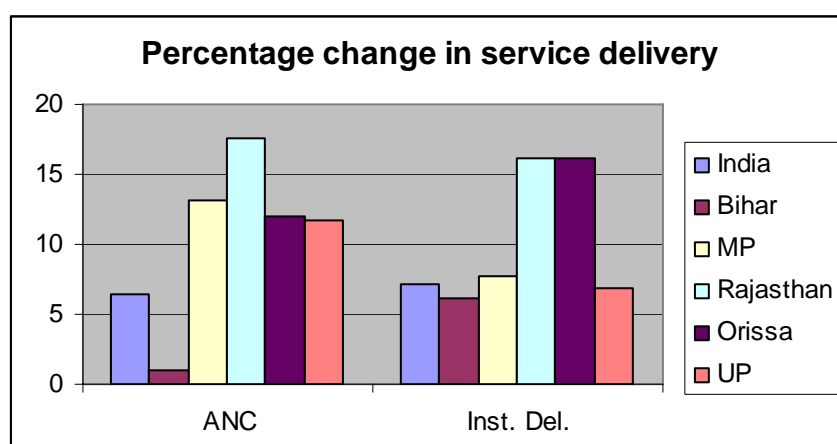
- Nutritional supplementation
- Contraceptive services
- Safe abortion services
- Full Ante natal care and early detection of complications
- Safe delivery with quick referral services
- Emergency obstetric care services available within 2 hours.
- These include services for control of convulsions, caesarian operation, blood transfusion and resuscitation of the new born.

**Changes in factors that cause maternal ill-health** – It is well known that early marriage; repeated pregnancies, short intervals between pregnancies, maternal anaemia are some of the factors which contribute to maternal ill health. If we see the changes over the years, the figures from National Family Health Survey over the years shows that the change in UP has been much more than the changes overall for India.

Thus if the reduction in number of girls married before the age of 18 years between 1998-99 and 2005-06 reduced overall for India from 50% to 44.5% ( or 11% of the figure in 1998-99), the same for UP was from 64% to 53% (or 17% of the figure in 1998 -99). We see the same for change in age at first pregnancies from .1 year (19.3 to 19.4 years for India) to .6 year in UP (18.8 to 19.4 years). Similarly for pregnant women who are anaemic for India as a whole the proportion had gone up by 8.2% while for UP the same was a little less at 5.8% during these two surveys.

If the community level factors seem to be changing in UP at a slightly better rate than that of India overall, there must be some reason why the maternal mortality rate is not reducing at a quicker rate. The reason for this is perhaps because the delivery/availability of services related to maternal health have not improved in India at a concomitant level.

The graph below shows that the improvement in the number of women receiving 3 antenatal care visits and those who have institutional delivery in the same states. The figures show that the changes in service delivery in UP have been less than for all states other than for Bihar in the period 1998-99 and 2005-06.



According to the National Family Health Survey of 2005 -06 women who received various maternal health services in UP compared to the all India figures is given below:

Indicator	India	UP	Percentage diff
ANC visit in first trimester	43.9	25.7	70.8
Weighed	63.2	20.9	202.4
BP measured	63.8	25.6	149.2
Urine sample taken	58.1	24.7	135.2
Blood sample taken	59.5	22.1	169.2
Abdomen examined	72	43.1	67.1
Told where to go for complications	41.1	18.9	117.5

It is clear that women in UP received much less services compared to the country as a whole.

### **Box: Nutritional Profile –Uttar Pradesh**

- ▶ Every sixth malnourished child in India lives in UP.
- ▶ UP ranks second with respect to prevalence of malnutrition amongst children under 3 years of age in India.
- ▶ About 56% children born to illiterate mothers are under – weight.
- ▶ Every second adolescent girl is anaemic.
- ▶ About 64% girls get married by the age of 18 years.
- ▶ Almost 30% women suffer from chronic energy deficiency (CED) and 5% women are severely malnourished.
- ▶ About 49% women are below 45 kgs.
- ▶ 57% children born to malnourished mothers are underweight.
- ▶ Less than 3% mothers receive the minimum full dosage of Iron Folic Acid tablets (100 tablets).
- ▶ Only one in 20 new born is put to the breast within the first hour of birth.
- ▶ Only 1 in 16 children receive one dose of vitamin A supplement.
- ▶ By the age of 6 – 9 months, only 1 in 5 children receive both breast milk and solid foods.
- ▶ By the age of 12 – 23 months, only 1 in 5 children are fully vaccinated.
- ▶ Only about 47% households have access to iodised salt.
- ▶ Only 23% mothers undergo health check up after delivery.

**From: Note on Health sector in UP Dec. 2005, Dept. of Planning GoUP**

### **Maternal health services in Uttar Pradesh since the NRHM**

An opinion about the maternal health services in UP since the NRHM started can be obtained by reviewing the reports of the NRHM and the District Level Household Survey – 2008. The figure that emerges is as follows:

- Janani Suraksha Yojana is becoming popular according to records with over 16 lakh women having availed of the scheme in 2007-08 and 08-09. However according to DLHS3 only 4.7% of women received their cash assistance under the scheme
- Home delivery is common and 74.5% of all deliveries recorded by DLHS 3 were at home.
- Of the 3660 PHCs in the state 615 PHCs are considered 24 by 7 and 325 PHCs have 3 nurses. Of the 24 by 7 PHCs the DLHS 3 found only 45.5% functioning on a 24 by 7 basis. However only 11% had neonatal care services and 17% had referral services. Less than 20% PHCs had conducted 10 deliveries a month.
- In UP only 55 CHCs ( ie.less than one for each district) functions on a 24 by 7 basis and 23 function as First Referral Units where Emergency Obstetric Care services are available.
- Only 5.7% of CHCs designated as FRUs were found to be provided Caesarian operation facilities and only 1.3% of these had blood storage facilities.

These figures show that while institutional deliveries may have increased in Uttar Pradesh, most PHCs are not equipped to deal with complications and are not conducting adequate number of deliveries. Similarly very few CHC's have the facilities to provide emergency obstetric care services with caesarian operation and blood storage facilities which are essential for dealing maternal complications more or less missing in these facilities.

### **Districts of UP ranked according to socio-economic and Demographic indicators**

The Indian Institute of Population Studies has conducted a ranking exercise of all the districts of the country on a set of thirteen indicators based on the Census 2001 and the DLHS survey of the first and second rounds. Included in these indicators were the following related to maternal health

- Birth order 3 and above
- Births below age 20
- Women receiving ANC during pregnancy
- Women receiving at least 2 TT injections
- Contraceptive prevalence rate

According to the composite ranking based on these indicators 38 out of the 70 districts of UP rank among the least developed districts of the country. Out of the 591 districts ranked in this exercise the highest and lowest 10 ranks for UP districts are as follows:

District	India rank	UP rank	District	India rank	UP rank
Kanpur Nagar	212	1	Badaun	546	61
Lucknow	229	2	Hardoi	550	62
Gautam Budh nagar	253	3	Lalitpur	556	63
Ghaziabad	266	4	Chitrakoot	564	64
Meerut	283	5	Bahraich	567	65
Varanasi	313	6	Mahoba	568	66
Baghpat	325	7	Sitapur	569	67
Bijnor	327	8	Kaushambi	576	68
Saharanpur	328	9	Shrawasti	578	69
Gorakhpur	334	10	Balarampur	579	70