Maternal and Newborn Health Disparities

Lesotho

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Maternal and Newborn Health Disparities in Lesotho
Key Facts

Lesotho reference table

Demographic indicators		
Total population (thousands)[1]	2015	2,135
Total live births (thousands)[1]	2015	61
Total Fertility Rate (number of children per woman)[1]	2015	3
Adolescent birth rate (per 1,000 women 15-19)[10]	2013	94
Impact indicators		
Maternal mortality ratio (per 100,000 live births)[4]	2015	487
Average annual rate of MMR reduction between 1990 and 2015 (%)[5]	2015	1
Lifetime risk of maternal death: 1 in x[4]	2015	61
Stillbirth rate (per 1,000 total births)[6]	2015	20
Preterm birth rate (per 100 live births)[7]	2010	12
Under-five mortality rate (per 1,000 live births)[3]	2015	90
Under-five deaths that are newborn (%)[3]	2015	37
Neonatal mortality rate (per 1,000 live births)[3]	2015	33
Neonatal deaths (thousands)[3]	2015	2
Service Delivery		
Availability of EmONC Services (% of minimum acceptable level)[8]	2004	29
Physician density (per 1,000 population)[9]	2003	<0.1
Nurse and midwife density (per 1,000 population)[9]	2003	0.6

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In 2015, 60,000 babies were born in Lesotho, or approximately 200 every day.[1]

Among young women (aged 20-24), 14 percent gave birth by age 18.[2]

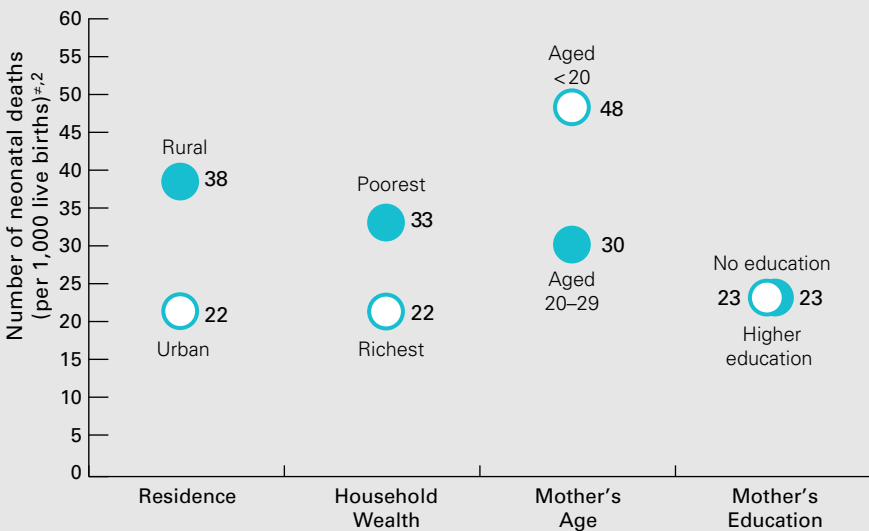Approximately 6 babies will die each day before reaching their first month[3]; 3 stillbirths occur every day.[6]

Neonatal mortality rate:

Lesotho's neonatal mortality rate (NMR)^ is 33 deaths per 1,000 live births.[3]

NMR≠ in rural areas is 38 deaths per 1,000 live births and 22 deaths per 1,000 live births in urban areas for an urban-to-rural ratio of 0.6.[2]
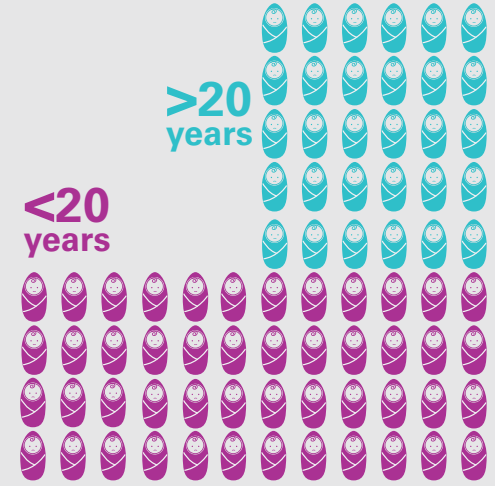
NMR≠ among the poorest households is 33 neonatal deaths per 1,000 live births, compared to 22 deaths per 1,000 live births among the richest households.[2]

Neonatal mortality rates, by background characteristics, 2014

Number of neonatal deaths (per 1,000 live births)*,[2]

Residence	Household Wealth	Mother's Age	Mother's Education
Rural 38	Poorest 33	Aged <20 48	No education 23
Urban 22	Richest 22	Aged 20–29 30	Higher education 23

Neonatal mortality rate
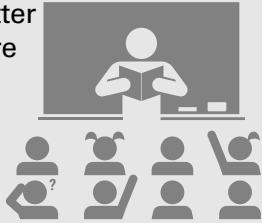for newborns with mothers:

>20 years

<20 years

The NMR for younger mothers (48 per 1,000 live births) is 1.6 times higher than for mothers aged 20-29 (30 per 1,000 live births).[2]

1 in 7 young women (aged 20-24) have given birth by age 18.[2]

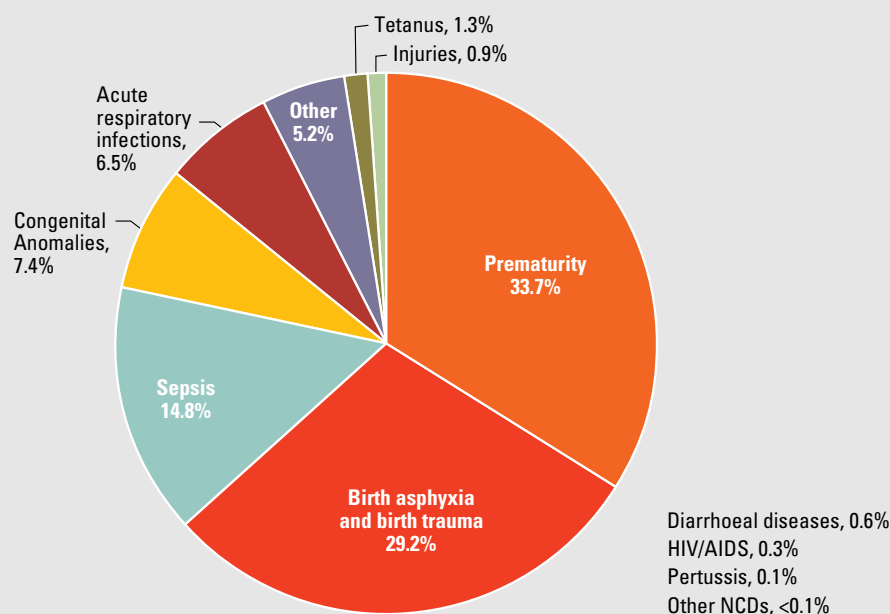**Newborns** with better educated mothers are

1:1 as likely to die during the first month of life compared to those born to mothers with no education.[2]

Lesotho — Causes of Neonatal Mortality, 2015

In Lesotho, the main causes of neonatal deaths in 2015 were prematurity (33.7 percent), birth asphyxia (29.2 percent) and sepsis (14.8 percent).[11]

Tetanus, 1.3%
Injuries, 0.9%
Acute respiratory infections, 6.5%
Other 5.2%
Congenital Anomalies, 7.4%
Prematurity 33.7%
Sepsis 14.8%
Birth asphyxia and birth trauma 29.2%
Diarrhoeal diseases, 0.6%
HIV/AIDS, 0.3%
Pertussis, 0.1%
Other NCDs, <0.1%

Disparities in key maternal and newborn health interventions, Lesotho, 2014[2]

		Coverage – care for mothers					
		Demand for family planning satisfied by modern methods (%)	Antenatal care coverage at least 4 times (%)[a]	Skilled attendant at birth (%)	Institutional delivery (%)	Delivered by caesarean section (%)	Postnatal care of mothers within 2 days (%)
Residence	Urban	82.4	82.5	89.7	88.9	12.1	69.7
	Rural	73.1	66.3	73.1	71.4	8.7	59.2
Residence ratio (urban to rural)		1.1	1.2	1.2	1.2	1.4	1.2
Household Wealth	Richest	82.7	85.3	94.0	92.9	14.5	79.9
	Poorest	66.6	58.1	60.1	56.9	5.5	45.6
Household wealth ratio (richest to poorest)		1.2	1.5	1.6	1.6	2.6	1.8
Mother's age	Less than 20		66.5	82.5	80.6	10.3	63.0
	20-34		71.7	78.1	76.7	9.0	61.9
	35-49		69.4	68.4	67.8	12.9	60.8
Mother's education	No education	54.5	67.5	(48.6)	(51.8)	(3.9)	
	Primary	71.4	63.6	66.4	64.7	7.4	51.8
	Secondary	80.0		87.1	86.0	11.0	68.2
	Higher	82.2		97.2	95.7	17.1	82.5
Mother's education ratio (highest to lowest)		1.5		2.0	1.8	4.4	

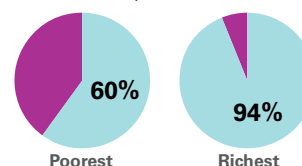## Maternal and newborn health coverage indicators

By residence:[2]

- In rural areas, 72 percent of women made at least 4 antenatal care (ANC) visits compared to 80 percent in urban areas.

- Coverage of skilled attendance at birth is 73 percent in rural areas, compared to 90 percent in urban areas.

- 19 percent of newborns in rural areas receive postnatal care (PNC) within 2 days after birth, compared to 18 percent in urban areas.

By household wealth:[2]

- Nearly all newborns in the richest households (96 percent) were weighed at birth, compared to 68 percent of newborns in the poorest households.

- Only 60 percent of deliveries in the poorest households had a skilled attendant at birth, compared to 94 percent of deliveries among the richest households.

- 20 percent of newborns in the richest households receive PNC within 2 days after birth, compared to 16 percent among the poorest households.

Only **60%** of deliveries in the poorest households had **a skilled attendant at birth,** compared to...

60% Poorest   **94%** Richest

...94% of deliveries in the richest households.

Coverage – care for newborns									Other		
Postnatal care of newborns within 2 days (%)	Newborn weighed at birth (%)	Early initiation of breast-feeding (%)	Exclusive breast-feeding (<6 months) (%)	BCG vaccine for newborn (%)	DPT 1 vaccination received (%)**	Tetanus protection for newborns (%)	Birth registration (%)	Births by age 18 (%)[a,#]			
18.0	92.4	63.7		98.6	99.3	79.1	53.9	8.7	Urban	**Residence**	
18.5	79.7	65.9		97.8	97.9	72.4	40.1	15.5	Rural		
1.0	1.2	1.0		1.0	1.0	1.1	1.3	0.6	Residence ratio (urban to rural)		
19.7	95.7	63.3		99.5	99.5	78.0	62.8	6.3	Richest	**Household Wealth**	
15.7	67.8	73.7		97.0	97.2	69.9	34.2	21.7	Poorest		
1.3	1.4	0.9		1.0	1.0	1.1	1.8	0.3	Household wealth ratio (richest to poorest)		
18.7	85.0					66.9			Less than 20	**Mother's age**	
18.3	84.1					75.9			20-34		
17.8	76.3					76.9			35-49		
	(54.3)					(61.0)		54	No education	**Mother's education**	
17.3	74.4	65.1		96.6	98.2	72.8		22.3	Primary		
19.7	90.8	65.4		99.2	98.5	75.9			Secondary		
15.8	98.5	65.0		(98.3)	(98.3)	75.3			Higher		
	1.8					1.2			Mother's education ratio (highest to lowest)		

Key for tables: ◼ 0-24 %   ◼ 25-49 %   ◼ 50-74 %   ◼ 75-100%   ◼ Data not available

Selected maternal and newborn health indicators, by region, 2014

Legend:
- Skilled attendant at birth
- Postnatal care of newborns within 2 days
- Early initiation of breastfeeding
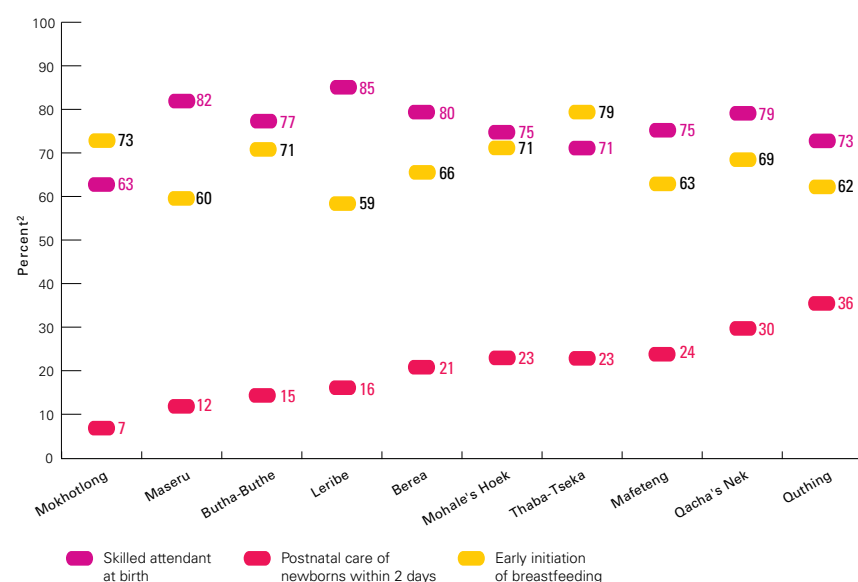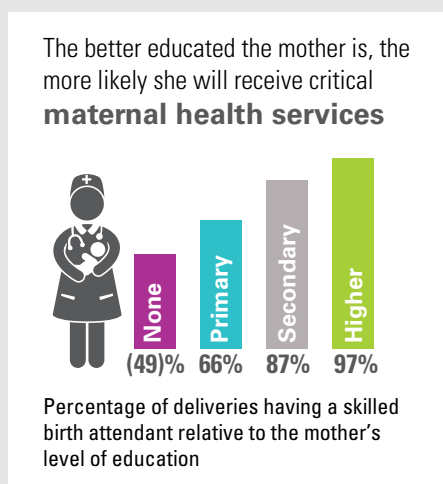
By mother's age:[2]

- 67 percent of newborns born to young mothers (aged less than 20) were protected against tetanus, compared to 76 percent of newborns born to mothers aged 20-34.

- 78 percent of deliveries among mothers aged 20-34 have a skilled attendant at birth, compared to 83 percent of deliveries among younger mothers (aged less than 20).

- Their newborns receive low levels of postnatal care: 18 percent and 19 percent, respectively.

Disparities in key maternal and newborn health interventions, Lesotho, 2014[2]

	Coverage – care for mothers					
	Demand for family planning satisfied by modern methods (%)	Antenatal care coverage at least 4 times (%)[a]	Skilled attendant at birth (%)	Institutional delivery (%)	Delivered by caesarean section (%)	Postnatal care of mothers within 2 days (%)
National estimate	76.1	70.4	77.9	76.5	9.7	62.0
Butha-Buthe	72.7	71.5	77.3	72.8	9.0	63.4
Leribe	78.4	72.6	85.0	83.7	11.7	72.2
Berea	78.7	75.7	79.5	78.0	12.5	62.6
Maseru	78.9	77.5	82.0	81.0	10.6	63.6
Mafeteng	73.3	69.3	75.1	75.3	9.2	66.1
Mohale's Hoek	70.5	62.1	74.7	74.0	6.2	61.4
Quthing	79.4	56.7	72.8	71.9	9.2	54.9
Qacha's Nek	74.9	70.7	79.3	78.9	10.9	66.2
Mokhotlong	64.8	64.7	62.8	60.8	3.8	40.9
Thaba-Tseka	75.0	58.8	71.0	68.0	8.2	53.4
Regional performance Highest value	Quthing	Maseru	Leribe	Leribe	Berea	Leribe
	79.4	77.5	85.0	83.7	12.5	72.2
Lowest value	Mokhotlong	Quthing	Mokhotlong	Mokhotlong	Mokhotlong	Mokhotlong
	64.8	56.7	62.8	60.8	3.8	40.9
Ratio (highest to lowest)	1.2	1.4	1.4	1.4	3.3	1.8

Region

By mother's education:[2]

- 75 percent of newborns born to mothers with a higher education were protected against tetanus, compared to 73 percent among newborns born to mothers with a primary education.

- 66 percent of deliveries among mothers with a primary education had a skilled attendant at birth, compared to 97 percent of deliveries among mothers with a higher education.

- Nearly all newborns born to mothers with a higher education were weighed at birth (98 percent), compared to 74 percent of newborns born to mothers with a primary education.

The better educated the mother is, the more likely she will receive critical **maternal health services**

| None | Primary | Secondary | Higher |
| (49)% | 66% | 87% | 97% |

Percentage of deliveries having a skilled birth attendant relative to the mother's level of education

By geographic regions:[2]

- Mokhotlong has the lowest coverage of newborns weighted at birth (67 percent), with the highest coverage in Qacha's Nek (95 percent).

- The region with the highest coverage of skilled birth attendance is Leribe with 85 percent; the lowest coverage is Mokhotlong with 63 percent – a difference of 1.4 times.

- Quthing has the highest coverage of PNC for newborns (within 2 days after birth) with 36 percent while Mokhotlong has the lowest coverage at 7 percent – a difference of 5.1 times.

Coverage – care for newborns								Other	
Postnatal care of newborns within 2 days (%)	Newborn weighed at birth (%)	Early initiation of breast-feeding (%)	Exclusive breast-feeding (<6 months) (%)	BCG vaccine for newborn (%)	DPT 1 vaccination received (%)**	Tetanus protection for newborns (%)	Birth registration (%)	Births by age 18 (%)[a,#]	
18.4	83.4	65.3	66.9	98.0	98.3	74.4	43.3	13.9	National estimate
14.5	90.9	70.9		97.9	97.9	78.7	33.8	16.5	Butha-Buthe
16.1	87.8	58.6		98.9	100.0	74.4	47.5	10.1	Leribe
20.8	81.4	65.8		98.5	95.3	72.6	51.6	14.2	Berea
12.2	85.0	59.6		97.3	100.0	75.4	50.5	9.3	Maseru
24.1	88.4	62.9		97.6	97.6	76.8	44.4	16.8	Mafeteng
23.0	81.5	71.2		100.0	99.1	74.8	30.1	22.0	Mohale's Hoek
35.5	80.1	62.3		98.7	97.5	66.9	32.7	19.8	Quthing
30.0	94.5	68.5		97.3	97.3	79.4	30.8	13.9	Qacha's Nek
7.0	66.2	72.9		95.9	94.5	68.9	43.3	9.1	Mokhotlong
23.1	76.5	79.4		96.6	98.0	74.7	38.1	15.9	Thaba-Tseka

Region

Quthing	Qacha's Nek	Thaba-Tseka		Mohale's Hoek	Leribe	Qacha's Nek	Berea	Mohale's Hoek	Highest value
35.5	94.5	79.4		100.0	100.0	79.4	51.6	22.0	
Mokhotlong	Mokhotlong	Leribe		Mokhotlong	Mokhotlong	Quthing	Mohale's Hoek	Mokhotlong	Lowest value
7.0	66.2	58.6		95.9	94.5	66.9	30.1	9.1	
5.1	1.4	1.4		1.0	1.1	1.2	1.7	2.4	Ratio (highest to lowest)

Regional performance

Key for tables: ■ 0-24 % ■ 25-49 % ■ 50-74 % ■ 75-100% ■ Data not available

Sources:

1 United Nations, Department of Economic and Social Affairs, Population Division (2015). World Population Prospects: The 2015 Revision.

2 Lesotho Demographic and Health Survey 2014 via the DHS Program STATcompiler. (http://www.statcompiler.com).*

3 United Nations Inter-agency Group for Child Mortality Estimation (UNICEF, WHO, United Nations Population Division and the World Bank).

4 United Nations Maternal Mortality Estimation Inter-agency Group (WHO, UNICEF, UNFPA, United Nations Population Division and the World Bank).

5 Trends in maternal mortality: 1990 to 2015: estimates by WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division.

6 Lawn JE, Blencowe H, Waiswa P, et al, for The Lancet Ending Preventable Stillbirths Series study group with The Lancet Stillbirth Epidemiology investigator group. Stillbirths: rates, risk factors, and acceleration towards 2030. Lancet 2016; published online Jan 18. http://dx.doi.org/10.1016/S0140- 6736(15)00837-5.

7 Blencowe H, Cousens S, Oestergaard M, Chou D, Moller AB, Narwal R, Adler A, Garcia CV, Rohde S, Say L, Lawn JE. National, regional and worldwide estimates of preterm birth rates in the year 2010 with time trends since 1990 for selected countries: a systematic analysis and implications. The Lancet, June 9 2012, 379(9832): 2162-72.

8 Averting Maternal Death and Disability, United Nations Children's Fund, and United Nations Population Fund special data compilation, 2015.

9 Global Health Workforce Statistics database, World Health Organization, Geneva. (http://www.who.int/hrh/statistics/hwfstats/).

10 United Nations, Department of Economic and Social Affairs, Population Division (2015). 2015 Update for the MDG Database.

11 WHO-MCEE estimates for child causes of death, 2000-2015. (http://www.who.int/healthinfo/global_burden_disease/estimates_child_cod_2015/).

Notes:

* DHS data drawn from STATcompiler which employs standard indicator definitions to allow for comparability between countries and year. As such, data herein may not reflect data included in the final report. For further information please visit http://goo.gl/jXJ5SW. MICS data reflect final report figures where available.

** DPT schedule includes the hepatitis B vaccine.

a Data from UNICEF reanalysis of Lesotho Demographic and Health Survey 2014.

^ Reference period: five years preceding the survey.

≠ Reference period: ten years preceding the survey.

Births by age 18 among 20-24 year olds.

( ) Based on small denominators (typically 25-49 unweighted cases). No data based on fewer than 25 unweighted cases are displayed.

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