

## Abstract

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### Evaluating Factors Associated with Maternal Health in Myanmar. Towards the New Development Agenda

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Although Myanmar experienced a 60% decline in maternal mortality ratio between 1990 and 2015 (453 to 178 deaths per 100 000 live births), reducing maternal mortality to the level set in Millennium Development Goal 5 (113/100 000 live births) represents a major challenge. The objective of this study was to address the knowledge gap on risk factors associated with maternal health in Myanmar. A total of 129 mothers with children under the age of 5 completed the survey (assessing various aspects of relevance for maternal health, including antenatal care, delivery, and postnatal care) between June 2016 and January 2017. On average, women seeking antenatal care visited a health facility 9 times. Main reasons for not seeking antenatal care included lack of transportation (relevant factor for 40.6% of women) followed by no perceived necessity (40.0%), and lack of financial resources (25%). While women tended to follow a more balanced diet (78.4%) and take vitamins and supplements (84.2%) when pregnant, 63.2% and 64.2%, respectively, did not stop smoking tobacco and drinking alcohol during their pregnancy. 74.6% of women delivered their recent baby at a health care facility, compared to 23.9% who gave birth at home. 94.1% of mothers, delivered the baby with skilled health personnel. 89.4% of women received postnatal care within the first 24 hours after delivery. While maternal health has been improved over the past decades, Myanmar needs further efforts contributing to the reduction of global mortality ratio to less than 70/100 000 live births by 2030 (Sustainable Development Goal 3).

Assessment of individual and community needs for health education Public health or related research