Newborns are perhaps the most vulnerable population the world over. Preterm or babies born too early, less than 37 weeks gestation, are particularly at risk. Currently, prematurity is the leading cause of death among children under five around the world, and a leading cause of disability and ill health later in life. Sub-Saharan Africa and south Asia account for over 80 percent of preterm births worldwide. Of the fifteen million babies born too early each year, more than one million die due to complications related to preterm birth. Low birth weight (newborns weighing less than 2,500 grams at birth), due to prematurity and/or restricted growth in utero, is also a major contributor of newborn and child deaths, as well as disability and non-communicable diseases globally.

Nearly 85 percent of preterm babies are born between 32 and 37 weeks gestation and most of these babies do not need intensive care to survive. Solutions to improve the survival and health of vulnerable preterm and low birth weight babies exist. Essential newborn care (drying, warming, immediate and exclusive breastfeeding, hygiene and cord care) as well as basic care for feeding support, infections and breathing difficulties can mean the difference between life and death for small babies. More effort is needed to identify women at risk of preterm labor and support them to give birth in a health facility that can offer extra care when needed, such as support for adequate feeding with breast milk, continuous skin to skin contact, antibiotics, and antenatal corticosteroids. To do this, it is critical that families, communities and health care workers value small babies so that they receive the life-saving care they need. To turn the tide on these preventable deaths, we need action across the spectrum of care from adolescence and preconception, pregnancy, the safe management of labor and delivery, and effective immediate and later postnatal care.

Current, local data are crucial to inform priorities and drive scale-up. This national level profile provides the most current national-level information on the status of prevention and care for preterm birth and low birth weight in Zambia. Data presented highlight a number of risk factors relevant to preterm and low birth weight in Zambia as well as the coverage of important care for women and newborns from pregnancy, labor and delivery and the postnatal period. There is also information that provides insights into the health workforce, health policies, health information and community mobilization relevant to preterm birth and low birth weight.

The information provided here can be used to understand the current situation, increase attention to preterm births in Zambia and to inform dialogue and action among stakeholders. Data can be used to identify the most important risk factors to target and gaps in care in order to identify and implement solutions for improved outcomes.

Much is already being done to prevent preterm birth and low birth weight and to improve outcomes for small babies. A safe and healthy start to life is at the heart of human capital and economic progress in every country, making care for small babies an essential investment in both the short- and long-term. As government leaders, civil society organizations, health workers, families, communities and other partners come together to enact change, we can prevent babies from being born too early and too small, and ensure that small babies get the critical life-saving care and nurturing they need.
## ZAMBIA
### PROFILE OF PRETERM AND LOW BIRTH WEIGHT PREVENTION AND CARE

### RISK FACTORS FOR PRETERM BIRTH

<table>
<thead>
<tr>
<th>Factor</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescent birth rate per 1,000 girls</td>
<td>145</td>
</tr>
<tr>
<td>Birth interval &lt;24 months</td>
<td>5%</td>
</tr>
<tr>
<td>Short stature among women of childbearing age</td>
<td>2%</td>
</tr>
<tr>
<td>Anemia among women of childbearing age</td>
<td>NO DATA</td>
</tr>
<tr>
<td>Obesity in women of childbearing age</td>
<td>23%</td>
</tr>
<tr>
<td>Adult diabetes prevalence</td>
<td>8%</td>
</tr>
<tr>
<td>Hypertension in women</td>
<td>28%</td>
</tr>
<tr>
<td>Adult HIV prevalence</td>
<td>12%</td>
</tr>
<tr>
<td>Tobacco use amongst women</td>
<td>2%</td>
</tr>
<tr>
<td>Households with place to wash hands, soap and water</td>
<td>14%</td>
</tr>
<tr>
<td>Solid fuel used for indoor cooking</td>
<td>88%</td>
</tr>
<tr>
<td>Violence during pregnancy</td>
<td>10%</td>
</tr>
</tbody>
</table>

### REPRODUCTIVE HEALTH & CARE DURING PREGNANCY

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contraceptive prevalence rate (all methods)</td>
<td>49%</td>
</tr>
<tr>
<td>Met need for birth spacing</td>
<td>29%</td>
</tr>
<tr>
<td>At least 1 antenatal care visit</td>
<td>96%</td>
</tr>
<tr>
<td>4+ antenatal care visits</td>
<td>56%</td>
</tr>
<tr>
<td>First antenatal care visit &lt;4 months</td>
<td>24%</td>
</tr>
<tr>
<td>ITN use in pregnancy</td>
<td>41%</td>
</tr>
<tr>
<td>HIV+ pregnant women receiving ARVs</td>
<td>92%</td>
</tr>
<tr>
<td>Pregnant women &lt;34 weeks receiving ACS for threatened preterm labor</td>
<td>No Data</td>
</tr>
</tbody>
</table>

### BIRTH & POSTNATAL CARE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Births attended by skilled attendant</td>
<td>64%</td>
</tr>
<tr>
<td>Births by caesarean section</td>
<td>4%</td>
</tr>
<tr>
<td>Infants weighed at birth</td>
<td>66%</td>
</tr>
<tr>
<td>Newborns initiated on KMC</td>
<td>No Data</td>
</tr>
<tr>
<td>Early initiation of breastfeeding within 1 hour</td>
<td>66%</td>
</tr>
<tr>
<td>Exclusive breastfeeding up to 6 months</td>
<td>73%</td>
</tr>
<tr>
<td>PNG within 2 days (mothers)</td>
<td>63%</td>
</tr>
<tr>
<td>PNG within 2 days (newborns)</td>
<td>16%</td>
</tr>
</tbody>
</table>

### DEMOGRAPHICS

- Total population: 16,591,000
- Annual births: 620,000
- Total fertility rate per woman: 5.0
- Maternal deaths: 224
- Per 1,000 total births
  - Live births: 1,400
  - Stillbirths: 20.9
- Per 1,000 live births
  - Total neonatal deaths: 22
  - Infant deaths: 42
  - Under 5 deaths: 60
- Adult HIV prevalence: 8%
- Adult diabetes prevalence: 10%
- Hypertension in women: 30%
- Obesity in women of childbearing age: 28%
- Anemia among women of childbearing age: 14%
- Tobacco use among women of childbearing age: 2%
- Short stature among women of childbearing age: 2%
- Birth interval <24 months: 5%
- Adolescent birth rate per 1,000 girls: 145

### PRETERM BIRTHS AND DEATHS

- Preterm birth rate (babies born <37 weeks): 12%
- Low birth weight rate (babies born <2,500g): 11%
- Babies born preterm per year: 76,000
- Ratio of boys to girls born preterm: 1.17
- Babies born per year <28 weeks: 4,000
- Impaired preterm survivors per year: 2,000
- Direct preterm child deaths per year: 4,220

### HEALTH FACILITY READINESS

- Delivery facilities with ACS in stock: 100%
- Delivery facilities with space designated for KMC: 38%
- Delivery facilities with neonatal bag and mask in stock: No Data

### HEALTH WORKFORCE

- Number of physicians, nurses and midwives per 10,000 population: 9.8
- Clinical standards for preterm care at hospital level: 6/10
- Nursing students receive formal education in neonatal care: 92%
- National plan for RMNCAH: 100%
- RMNCAH plans include preterm component: 96%
- Policy for kangaroo care: 98%
- Policy for antenatal corticosteroids use: 90%
- Policy for safe oxygen use and CPAP: 90%
- Perinatal mortality audit in policy: 100%

### HEALTH INFORMATION

- Perinatal mortality audit in policy: 100%
- Birthweight captured in health management information system: 100%
- Gestational age captured in health management information system: 100%

### COMMUNITY ENGAGEMENT

- National advocacy group for parents of preterm babies: 100%
- Preterm included in national RMNCAH behaviour change strategy: 100%

### CONCLUSION

- **www.EveryPreemie.org**

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*Note: The information provided is an excerpt from a comprehensive report on preterm births and low birth weight in Zambia, highlighting key health indicators and risk factors. The data is presented in a tabular and diagrammatic format for easy comprehension.*
DEFINITIONS AND DATA SOURCES

Demographics

Total population
Number of babies born live per 1,000 women aged 15-49 years.

Annual number of live births
Data from UN Population Division.

Total fertility rate
Number of children to whom a woman is expected to give birth if she lived to the end of her childbearing years and bore children at each age, in accordance with prevailing age-specific fertility rates.

Maternal mortality ratio
Number of deaths of women from pregnancy-related causes per 100,000 live births during the same time period.

Annual number of maternal deaths
Number of deaths of women from pregnancy-related causes.

Stillbirth rate
Probability of third trimester stillbirth (a 1000 g birthweight or a 28 weeks of gestation), expressed per 1000 births.

Neonatal mortality rate
Probability of dying between 0 to 28 days expressed per 1,000 live births.

Infant mortality rate
Probability of dying between 0 to 365 days expressed per 1,000 live births.

Under-5 mortality rate
Probability of dying between birth and exactly 5 years of age, expressed per 1,000 live births.

Annual number of under-5 deaths
Number of children who die between birth and exactly 5 years of age.

Preterm births and deaths

Preterm birth rate
Probability of baby being born alive before 37 completed weeks of pregnancy, expressed per 100 live births.

Low birth weight rate
Percentage of infants weighing less than 2500g at birth.

Number of preterm births
Number of babies born alive before 37 completed weeks of pregnancy.

Ratio of boys to girls born preterm
Ratio of baby boys to baby girls born alive before 37 completed weeks of pregnancy.

Extremepremature babies (<28weeks)
Number of babies born alive before 28 completed weeks of pregnancy.

Impairedpreterm survivors
Number of preterm babies who survive with moderate or severe neurodevelopmental impairment.

Directpretermchilddeathsperyear
Number of deaths amongst children under 5 years of age directly due to preterm birth complications.

Health facility readiness

Delivery facilities with antenatal corticosteroids in stock
Percentage of facilities conducting deliveries with either dexamethasone or betamethasone in stock.

Delivery facilities with neonatal bag and mask in stock
Percentage of facilities conducting deliveries with ambu bag and neonatal mask in stock.

Delivery facilities with space for kangaroo mother care
Percentage of facilities conducting deliveries with space designated for kangaroo mother care.

Coverage of care

Contraceptiveprevalencerate
Percentage of women age 15-49 in union currently using contraception.

Met need for birth spacing
Percentage of women in union who are using contraception and who wish to postpone their next birth.

At least 1antenatalcarevisit
Percentage of women attended by any provider at least once during pregnancy.

4±antenatalcarevisits
Percentage of women attended by any provider at least four times during pregnancy.

Firstantenatalcarevisit<br>4 months
Percentage of women less than 4 months pregnant at time of first antenatal visit.

ITU in pregnancy
Percentage of pregnant women using an inactivated treated bednet the night before the survey.

HIV+pregnantwomenreceivingARVs
Percentage of pregnant women testing HIV-positive during visits to antenatal clinics who were provided with antiretrovirals (ARVs) to prevent mother-to-child transmissions.

Women <34 weeks receiving ACS
Percentage of women <34 weeks gestation receiving antenatal corticosteroids for threatened preterm labor.

Births attended by skilled attendant
Percentage of births attended by skilled health personnel (doctors, nurses or midwives).

Births by caesarean section
Percentage of births delivered by caesarean section. Caesarean section rates between 0 per cent and 15 percent may reveal adequate levels of emergency obstetric care.

Infants weighed at birth
Percentage of babies weighed at the time of birth.

NewbornsinitiatedonKMC
Percentage of babies receiving KMC.

Early initiation of breastfeeding
Percentage of infants who are put to the breast within one hour of birth.

Exclusive breastfeedingupto6months
Percentage of infants aged 0-5 months who were exclusively breastfed in the past 24 hours.

PNC within 2 days (mothers)
Percentage of women with a live birth in the 5 years preceding the survey who received postnatal care (PNC) for their most recent live birth within two days of giving birth, and the percentage of last-born newborns in the 5 years preceding the survey who received PNC during the first 2 days.

PNC within 2 days (newborns)
Percentage of mothers who received postnatal care (PNC) for their newborn within 2 days of birth.

Risk factors for preterm birth

Aldosterone birth rate
Number of births per 1,000 adolescent girls aged 15-19.

Birth interval ≤24 months
Percentage of women with two live births within 24 months.

Female short stature
Percentage of women aged 15-49 with a body mass index (expressed as the ratio of weight in kilograms to the square of height in meters (kg/m2)) of more than 25.0 kg/m2.

Diabetes prevalence in women
Percentage of adult women with fasting glucose ≥126 mg/dl or on medication for raised blood glucose.

Hypertension in women
Percentage of adult women with raised blood pressure (systolic blood pressure >140 OR diastolic blood pressure ≥90, or using antihypertensive medication.]

Adult HIV prevalence
Percentage of adults living with HIV.

Total fertility rate
Number of children born alive before 28 completed weeks of pregnancy. [6]

Corticosteroids in stock
Number of deaths amongst children under 5 years of age directly due to preterm birth.

Impaired preterm survivors
Number of deaths amongst children under 5 years of age directly due to preterm birth.

HIV+ pregnant women receiving ARVs
Number of deaths amongst children under 5 years of age directly due to preterm birth.

Contraceptive prevalence rate
Percentage of adult women with raised blood pressure (systolic blood pressure >140 OR diastolic blood pressure ≥90, or using antihypertensive medication.]

Health information

Perinatal mortality audit in policy
National policy adopted regarding healthcare workers to review perinatal deaths occurring in health facilities. No national policy in place / No national policy.

Birthweight captured in health management information system
Place to capture birthweight on facility registers, or in annual health sector reports, where forms or registers were not available.

Gestational age captured in health management information system
Place to capture gestational age in registers, on facility registers, or in annual health sector reports, where forms or registers were not available.

Community engagement

National advocacy group for parents of preterm babies
Existence of at least one support group for parents and family members affected by preterm birth. / No group information available.

Preterm included in national RMNCAH behavior change strategy
Yes: Messages regarding preterm birth are included in national strategy. No national behavior change strategy does not include preterm birth messages OR no national behavior change strategy.