



Maternal Anthropometric Measurements as Predictors of Cephalo-Pelvic Disproportion For Nulliparous Woman Deciding Whether to Delivery Her Baby Near Facility With Surgical Services

Maternal Measurements	Higher Risk	Less Risk	Least Risk: Her own ideal genetic potential
Height cm	<150 c	>150	*
Inter-trochanteric cm	<27.5	>27.5	*
Lateral Sacral Rhomboid cm	<9.5	>9.5	*
Foot Length cm	23	23	*

Risk of Intrauterine Growth Retardation and Associated Higher Risk of Poor Immune Function And Poor Intellectual Development in Child

Maternal Measurements	Higher Rick	Less Risk	Least Risk: Her own ideal genetic potential
MUAC	<23	>23	*
BMI (Before Pregnancy)	<18.5	>18.5	*

Level of Anemia Associated with a Higher Risk of Maternal Mortality In Pregnancy and Post Partum

Severe Risk	Moderate Risk	Mild Risk	Lower Risk
<8: Severe anemia	8-10: Moderate Anemia	10-12: Mild Anemia	>12: No Anemia

Focus Group on Healthy Motherhood-*Girls & Women Only!*

- 1) Discuss safe motherhood topics that apply to all cultures: Need for support from family, friends and community.
- 2) Child health begins before birth
- 3) Mothers health also starts before her own birth
- 4) Discuss motherhood in this community, and share personal stories.
- 5) In your family of origin, how did you learn about puberty, menstruation, sexuality, pregnancy, delivery and caring for babies?
- 6) How are young people learning now? Is it enough?
- 7) Can you share your own experiences with puberty, pregnancies, births?
- 8) In your community, do women go to the hospital? Are husbands involved? Midwives? Doulas?
- 9) How do women decide where to deliver?
- 10)How do they plan transportation, housing, child care?
- 11)What are women taught about feeding their children, so that they have the best chance of being healthy adults and parents? Are there food taboos for babies, toddlers, youth, menstruating girls, pregnant women, nursing moms, and women in childbearing years? Women and children need the best foods and MICRONUTRIENTS to grow to their maximum potential starting before birth. No nutritious food should be prohibited. Who teaches her?
- 12)How to assess the risks for pregnancy complications in young girls:

Measurements: External, fully clothed-height, hips, sacrum, foot, mid upper arm circumference, BMI, anemia.
- 13)Messages to share: Girls should postpone childbearing until their bodies are fully grown. Entire community, including friends, relatives and the fathers of the babies need to support the future mothers to postpone childbirth, and plan healthy spacing of pregnancies, for the health of the entire family. Men and boys need a special events also-*for males only*- to discuss healthy male roles in relationships, fatherhood and family life.

Focus Groups on Safe Motherhood - Suggested Questions

- 1) When should we start thinking about the girl getting the right foods to prepare her body for motherhood?
- 2) Getting the first menstrual period- How much did you understand? Who taught you? Who is teaching girls now?
- 3) Who is teaching boys?
- 4) Measurements- How to know if a girl has grown enough physically to have the safest birth experience
- 5) How to decide when and where to have children?
- 6) Who is with the woman in her labor?
- 7) What is taboo or forbidden in pregnancy, illness and during the menses?
- 8) Are there customs that surround pregnancy and childbirth that are helpful and comforting? Folklore?
- 9) Are there dangerous customs?
- 10) Is there fear of curses or evil forces that could harm the mother or child?
- 11) Are there new options or treatments that help the mother and child?