



## HIGH RISK PREGNANCIES IN INDIA - GS I AND II MAINS

**Q.** Discuss the major risks associated with pregnancies in India. Also throw a light on the measures taken by the government for safe pregnancy. (10 marks, 150 words)

**News:** *Nearly 50% of pregnancies in India are high-risk*

### What's in the news?

- Recently, a study that analyzed the data of nearly 24,000 pregnant women in India has found the prevalence of high-risk pregnancies to be high at 49.4%.

### Key details from the report:

- The study encompasses data from nearly 24,000 pregnant women across India.
- Prevalence of high-risk pregnancies stands at a staggering 49.4%.
- Northeastern states, including Meghalaya (67.8%), Manipur (66.7%), and Mizoram (62.5%), alongside Telangana (60.3%), exhibit the highest prevalence rates.
- Meghalaya records the highest frequency of multiple high-risk factors at 33%.
- Regional disparities in risk factors underscore the imperative for tailored interventions to address local challenges effectively.

### Methodology used:

- **Data Analysis Approach:** Employing unit-level data sourced from the Demographic Health Surveys (DHS) program, the study meticulously scrutinizes the prevalence of high-risk pregnancies among women aged 15-49.
- **Primary Risk Factors:** The study identifies short birth spacing, adverse birth outcomes, and cesarean deliveries as primary contributors to the incidence of high-risk pregnancies.

### Major Risks Identified:

- **Maternal Risks:** Critical maternal factors such as age, height, body mass index (BMI), and gestational weight gain emerge as pivotal determinants of pregnancy-related risks.
- **Lifestyle and Birth Outcome Risks:** Lifestyle choices including tobacco use, alcohol consumption, along with previous birth outcomes significantly influence the likelihood of high-risk pregnancies.
- **Educational Disparities:** Pregnant women with limited formal education are disproportionately affected, exhibiting heightened prevalence rates of multiple high-risk factors compared to their educated counterparts.
- **Temporal Patterns:** Notably, high-risk factors tend to escalate during the third trimester, emphasizing the critical need for vigilant monitoring and timely interventions.



## Major Government Interventions

- **Janani Shishu Suraksha Karyakram (JSSK) (2011):** Provides free delivery, including Cesarean section, and essential healthcare services to pregnant women in public health institutions.
- **Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) (2016):** Ensures quality antenatal care and high-risk pregnancy detection on the 9th of every month.
- **LaQshya Initiative (2011):** Aims to improve the quality of care in labour rooms and maternity operation theatres, promoting Respectful Maternity Care.
- **Pradhan Mantri Matru Vandana Yojana (PMKVY) (2016):** Provides support for safe delivery, addresses partial compensation for wage loss, and immunization of the first living child.
- **Surakshit Matritva Aashwasan (SUMAN):** Aims to provide assured, dignified, and quality healthcare at no cost for every woman and newborn visiting public health facilities.
- **Anaemia Mukht Bharat (2018):** Launched with a 6x6x6 strategy to reduce anemia prevalence among children, adolescents, and women in the reproductive age group.

