

The State of Maternal Health in Nigeria

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Abstract

The Maternal Mortality Country Profile by WHO in the trends shown from 1990 to 2015, Nigerian showed figures that are still very high and unacceptable. The values are 36% to 25.6%, and adjusted Maternal Mortality Ratio is 833 to 1089 from 2008 to 2013. While skilled attendants at birth from same period barely improved from 33% to 45%, the general fertility rate is 199 to 172 within the same period.

Keywords: *Disease, Epidemiology, Maternal Health, Mortality Ratio*

I. Introduction

Maternal health refers to the health of women during pregnancy, childbirth and the postpartum period. Motherhood is often a positive and fulfilling experience, for too many women it is associated with suffering, ill-health and even death. According to Maternal Mortality Country Profile by WHO in the trends shown from 1990 to 2015, Nigerian showed figures that are still very high and unacceptable. The values are 36% to 25.6%, and adjusted Maternal Mortality Ratio is 833 to 1089 from 2008 to 2013.^[1] While skilled attendants at birth from same period barely improved from 33% to 45%, the general fertility rate is 199 to 172 within the same period.^[1] With the level of resources available, and potentials, I believe the country could do much more and help the African subcontinent also. I keep wondering what is really wrong, because we have great brains and experts, great policies and structures on ground but seeing little results and impart on the burden of the disease. One will be left to ask what the politicians, policy makers, decision making bodies are doing and what are the issues wrong with implementations. My Specialty is epidemiology, and I joined the program to gain more insight and knowledge, get the necessary tools and skills around the issues and learn from experts in the field as to how to practically tackle this menace that has reduce the life expectancy of women in reproductive phase and to eliminate it if possible and make the experience of child birth once more an enjoyable experience to mothers and remove fear that is associated with this experience.

II. Conclusion

The Maternal Mortality trends shown from 1990 to 2015, Nigerian showed figures that are still very high and unacceptable. There is a need to practically tackle maternal mortality given that it has reduced the life

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expectancy of women in reproductive phase to make the experience of child birth once more an enjoyable experience to mothers and remove fear that is associated with such experience.

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Reference

[1]WHO Global Health Observatory (GHO) data: Maternal Mortality Country Profiles.

Retrieved from http://www.who.int/gho/maternal_health/countries/nga.pdf?ua=1