

Importance of Maternal Health: Ensuring Safe and Healthy Pregnancies for All Women

Hassler Leung *

Department of Reproductive Physiology, Nasarawa State University, Keffi, Nigeria

DESCRIPTION

Maternal health is an essential aspect of public health that focuses on the well-being of women during pregnancy, childbirth, and the postpartum period. The health of a mother during these critical phases is essential not only for the woman herself but also for the health and survival of her child. According to the World Health Organization (WHO), every year, an estimated 295,000 women die due to complications during pregnancy and childbirth, with 94% of these deaths occurring in low- and middle-income countries. These alarming statistics highlight the need for a concerted effort to ensure safe and healthy pregnancies for all women, regardless of their geographic location or socio-economic status.

The importance of maternal health

Maternal health plays a vital role in ensuring the health and well-being of both the mother and the child. A healthy pregnancy is essential for the healthy growth and development of the fetus, and it can reduce the risk of infant mortality and morbidity. A healthy pregnancy also helps to reduce the risk of complications during childbirth, such as hemorrhage, infection, and obstructed labor, which can be life-threatening for the mother. In addition to the health benefits, ensuring maternal health can also have economic and social benefits. When women are healthy, they can contribute to the workforce, support their families, and promote economic growth in their communities. Ensuring maternal health can also help to reduce poverty and promote gender equality, as women who are healthy and able to participate in the workforce can improve their economic status and provide better opportunities for their families.

Factors that affect maternal health

Maternal health is influenced by various factors, including social, economic, and cultural factors. Women who live in poverty or marginalized communities are at a higher risk of experiencing poor maternal health outcomes due to lack of access to healthcare, malnutrition, and inadequate living conditions. Additionally, cultural beliefs and practices can also

impact maternal health outcomes. Some communities may have traditional birthing practices that can be harmful to both the mother and the child, such as unsterilized instruments or untrained birth attendants. Other factors that can impact maternal health include pre-existing medical conditions, such as hypertension, diabetes, or Human Immunodeficiency Virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS), as well as access to quality healthcare, including skilled birth attendants, emergency obstetric care, and family planning services. Adequate antenatal care, including regular check-ups, prenatal vitamins, and counseling, is also essential for promoting maternal and fetal health.

Improving maternal health

Improving maternal health requires a multi-faceted approach that addresses the social, economic, and cultural factors that impact maternal health outcomes. Ensuring access to quality healthcare services, including skilled birth attendants and emergency obstetric care, is critical for reducing maternal mortality and morbidity. Family planning services, including access to contraceptives and counseling, can also help to reduce unintended pregnancies and improve maternal and child health outcomes. Education and awareness campaigns can also play a vital role in improving maternal health outcomes. Providing education on healthy pregnancy practices, such as proper nutrition and exercise, can help to reduce the risk of complications during pregnancy and childbirth. Educating communities on the importance of seeking timely medical care and the dangers of traditional birthing practices can also help to improve maternal and fetal health outcomes.

CONCLUSION

Maternal health is a critical component of public health that requires a concerted effort to ensure safe and healthy pregnancies for all women. Improving maternal health requires addressing the social, economic, and cultural factors that impact maternal health outcomes, including access to quality healthcare, family planning services, and education and

Correspondence to: Hassler Leung, Department of Reproductive Physiology, Nasarawa State University, Keffi, Nigeria, E-mail: leunghassler@gmail.com

Received: 02-Mar-2023, Manuscript No. JFIV-23-22639; **Editor assigned:** 06-Mar-2023; PreQc No. JFIV-23-22639 (PQ); **Reviewed:** 20-Mar-2023, Qc No. JFIV-23-22639; **Revised:** 27-Mar-2023, Manuscript No. JFIV-23-22639 (R); **Published:** 03-Apr-2023, DOI: 10.35248/2375-4508.23.11.298

Citation: Leung H (2023) Importance of Maternal Health: Ensuring Safe and Healthy Pregnancies for All Women. *J Fertil In vitro IVF World w Reprod Med Genet Stem Cell Biol*.11:298.

Copyright: © 2023 Leung H. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

awareness campaigns. Ensuring maternal health can have significant benefits, including improving economic and social outcomes, reducing poverty, and promoting gender equality.