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Influence of Maternal Factors on Mode of Delivery and Birth Weight in Urban Pregnant Women

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ABSTRACT Pregnancy is one of the most critical and unique period in a woman's life cycle. The present longitudinal study was undertaken to assess the influence of certain factors on mode of delivery and birth weight in urban pregnant women visiting hospitals for regular ANC check-up. The sample size included 100 pregnant women. Information was collected on age, type of family, education, income, parity, medical history, obstetric history, meal pattern and morbidity status by personal interview method using questionnaire. Mode of delivery was noted using hospital records. Birth weight of neonates was taken within two days of birth. Majority of the subjects (82%) were using mixed type of diet. non vegetarians. Fever was the most common ailment reported. The influence of the factors like maternal age and parity on mode of delivery and also the influence of maternal age and birth weight were found to be non significant. Significant association was observed between maternal age and the body mass index ($p > 0.05$). The study revealed that the basic nutrition education is very essential for women in order to maintain a normal body mass index during the prime child bearing age.