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Association of maternal working condition with low birth weight: The social determinants of health approach

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Background: The socioeconomic conditions have made more job opportunities available to women. This has created interest to conduct studies on the effect of working lifestyle on pregnancy outcomes.

Aim: This study was conducted with the aim to assess the relationship between mothers' working status as a social determinant and the incidence of low birth weight (LBW) of the newborn.

Subjects & Methods: This case-control study was conducted on 500 women with normal weight infants (control group) and 250 women with LBW infants (case group) in selected hospitals in Tehran. Data were collected using a researcher-made questionnaire, designed to assess the effect of mothers' prenatal lifestyle, as a social determinant, on LBW of the newborn. A section of the questionnaire involved assessment of mother's working condition in terms of the work environment, activities, and job satisfaction. Data were analyzed using Chi-square and logistic regression tests.

Results: LBW among employed mothers was 5 times more likely than unemployed ones (odds ratio=5.35, P<0.001). Unfavorable work conditions such as humid environment, contact with detergents, and being in one standing or sitting position for long hours were significantly associated with LBW (P<0.001).

Conclusion: The present study showed that unfavorable work conditions were associated with LBW; therefore, they need special attention.

Biography

Mahmoodi Zohreh is working as a faculty member in Alborz University of Medical Sciences. Her research interest includes healthcare management, Midwifery research and Psychological well-being.

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