

Indicators of perinatal health in Catalonia. Year 2020

Executive report

22/11/2022



Generalitat de Catalunya
Departament de Salut

S/Sistema de
Salut de Catalunya

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Thanks to:

To the team of professionals of the neonatal early detection program for congenital metabolic diseases and to all healthcare professionals of the public and private health network of Catalonia.

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Published by:

Secretariat for Public Health. Ministry of Health

1st edition:

Barcelona, october 2022

Language assessment:

Language Planning Service. Ministry of Health

URL: Public Health Agency of Catalonia

1.05 accessible template design:

Communication Office. Corporate Identity

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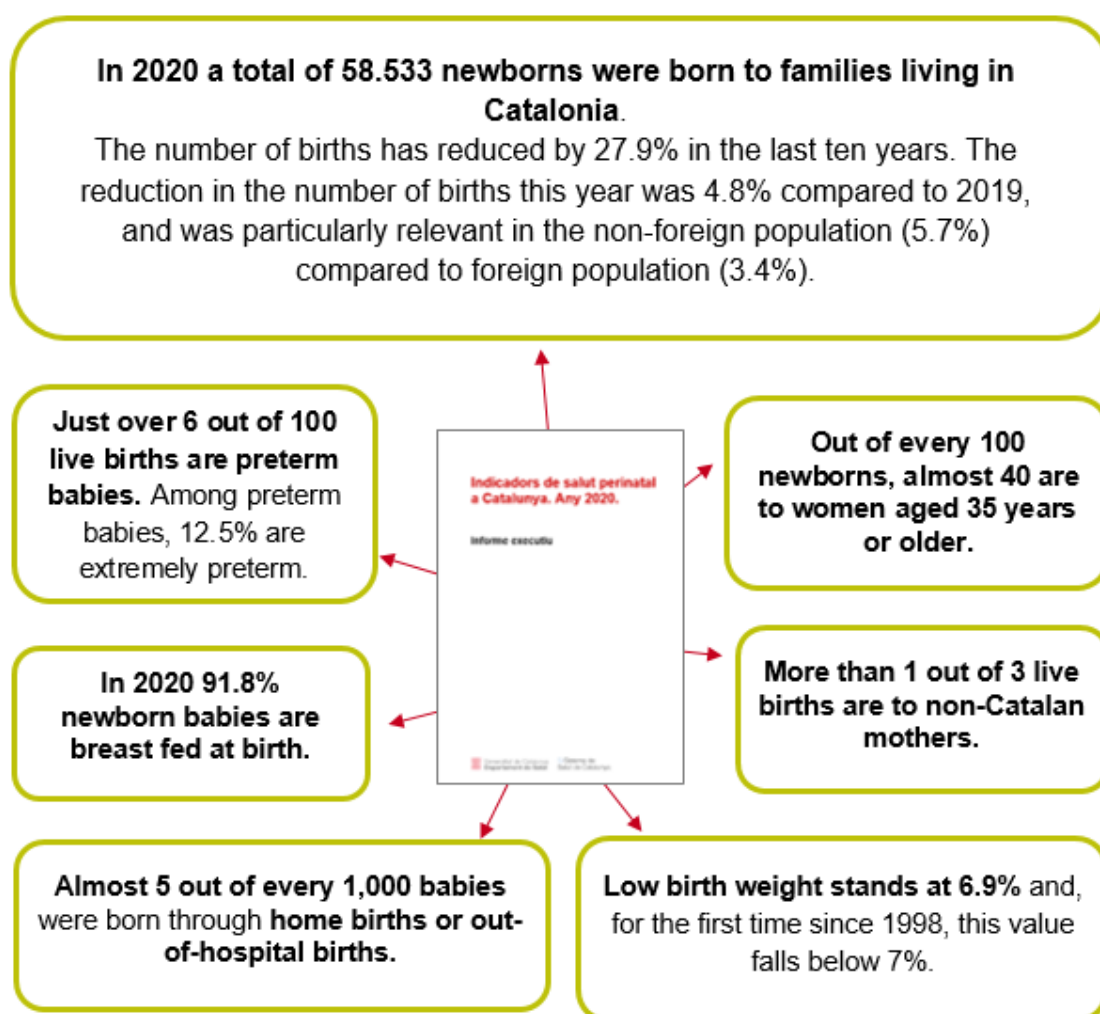
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Executive summary: notable aspects

The data presented in this document is drawn from the register of babies of the Catalan Ministry of Health's Secretariat for Public Health. This register has been kept since 1993 and is based on the bulletin of neonatal screening for congenital metabolic diseases.

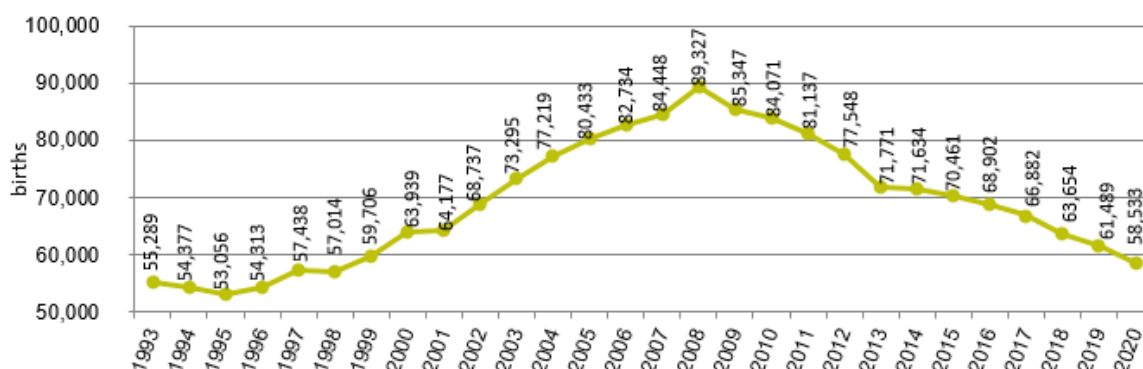
The register of babies covers 100% of live births at maternal health centres in the Integrated Public Health System of Catalonia (SISCAT) and private centres. Since 2011, the register has also gradually included births at home and non-hospital births.



* Access the full document at: [web generalitat de Catalunya](http://web.gencat.cat)

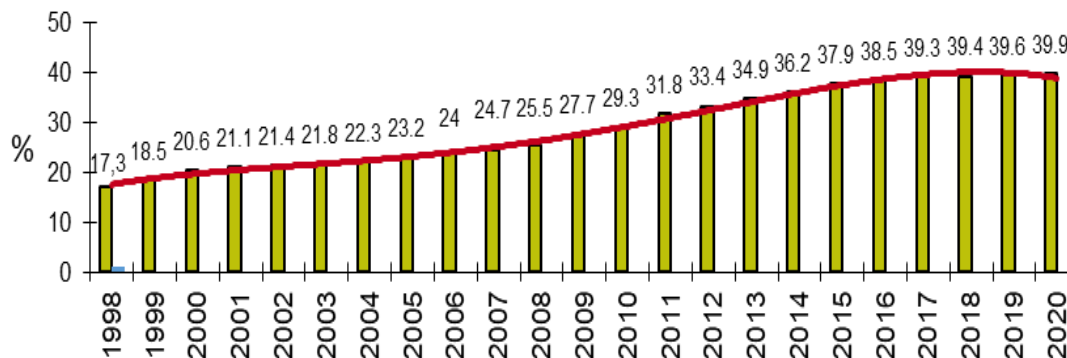
1. Evolution in the number of births

In 2020 a total of 58,533 live births were registered in Catalonia, which represents a reduction of almost one quarter in the number of births in the last ten years. During this period, reduction of number of births was gradual. In contrast to 2019, decrease stands at 4.8.



2. Maternal age: births to mothers aged 35 years or older

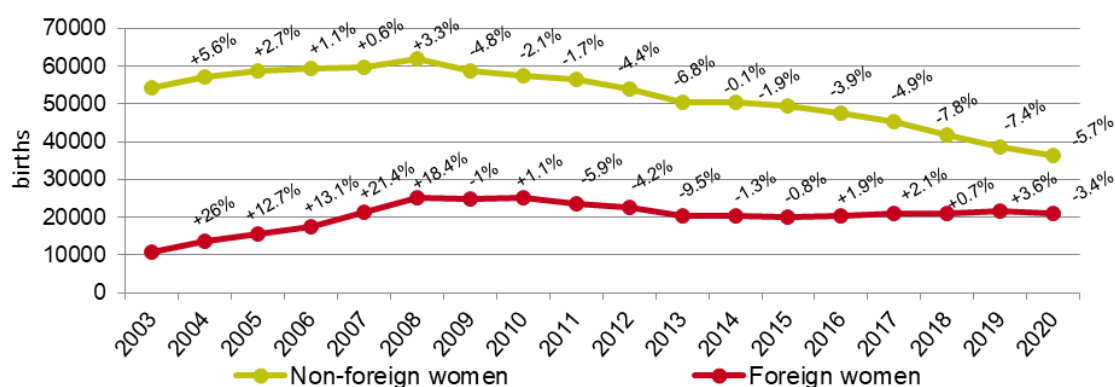
The percentage of births to women aged 35 or more continues to increase. The percentage of births among women aged 35 or more was 29.3% in 2010 and 39.9% in 2020. This represents a relative increase of 36.2% in the last decade. However, if compared to data in 2015, the increase is only 5.3%, which leads to interpreting a certain slowdown in the growth of these data, as seen in its trend line. In relation to the origin of the mother, the highest percentages for newborns to mothers aged 35 or over are found among non-foreign mothers and those from EU countries (44.8% and 50.9%, respectively). In contrast, lowest percentages were found among mothers from Asia and Maghreb and the Nile valley (21.4% and 29.6%, respectively).



3. Origin of the mother and father

3.1. Evolution in the number of live births by origin of the mothers

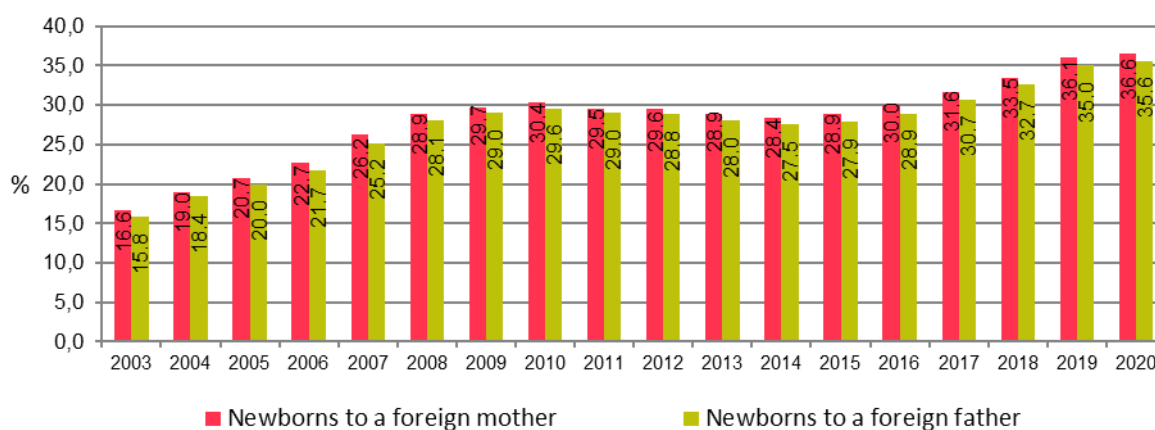
The reduction in the number of births in 2020 compared to the previous year is 5.7% in non-foreign population, maintaining the downward trend shown in recent years. As regards foreign population, a more stable evolution is maintained, despite the fact that this year it presents a decrease of 3.4%.



3.2. Percentage of live births to foreign-born mothers and fathers

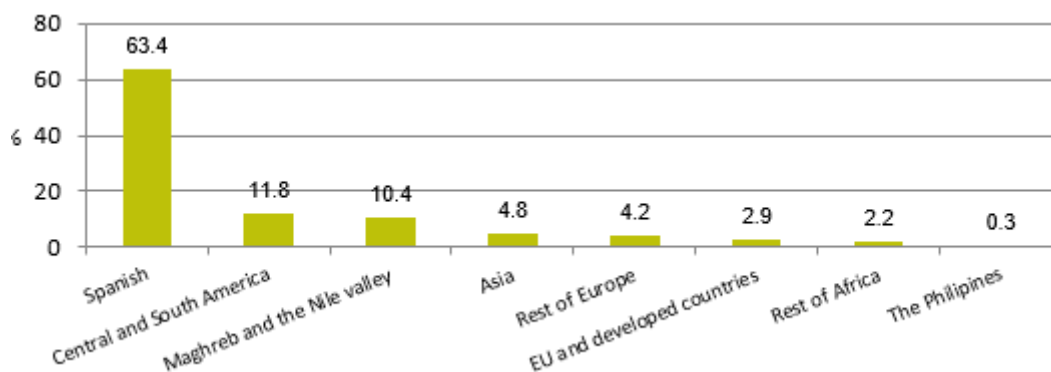
In 2020 almost 37 out of 100 babies are to a foreign mother; and almost 36 out of 100 babies, to a foreign father.

In the last decade, the foreign nationality of mothers and fathers has increased by 24.1% and 22.8%, respectively.



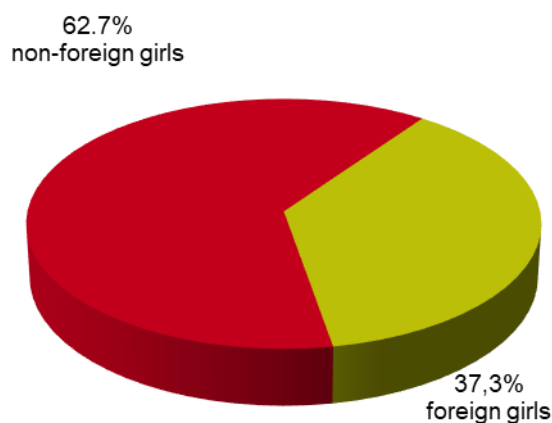
3.3. Distribution of mothers' origin

In 2020 among foreign mothers, there was a high percentage from Central and South America, and Maghreb and the Nile valley, accounting for 11.8% and 10.4%, respectively.



3.4. Distribution of births among girls aged 14 to 17 by origin

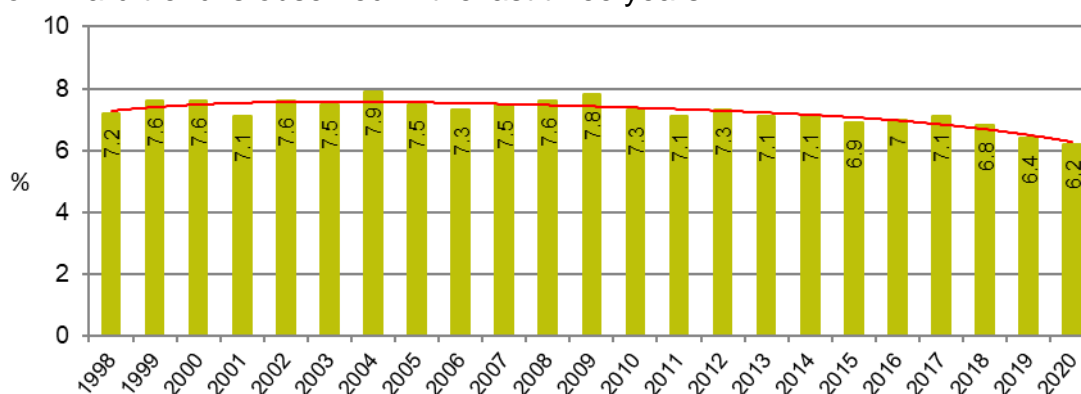
In 2020, of the total of mothers whose origin was known, in 212 births the mothers were young women aged between 14 and 17. Of these, 37.3% (79) were foreign.



4. Evolution of preterm births

4.1. Overall preterm births (<37 weeks of gestation) of total births

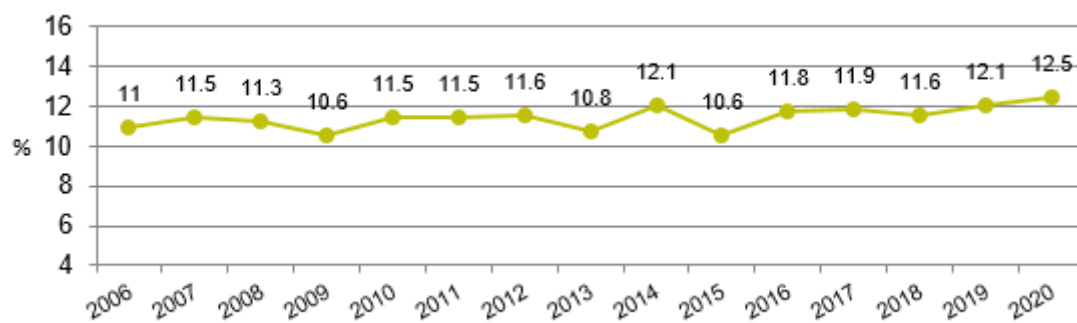
In 2020 preterm birth rate was 6.2%, and was maintained below 7%. A slight downward trend is observed in the last three years.



Babies to non-foreign women stood at 6.1%. The rate was slightly higher for babies to women from Asia, Central and South America, developed Community countries and rest of Europe, at 6.7%, 6.5%, 6.5%, and 6.5%, respectively. Babies to mothers from Maghreb and the Nile valley are those presenting a lower rate, at 5.1%

4.2. Extremely preterm births (<32 weeks of gestation) of total of preterm births

In 2020, the rate of extremely preterm births stands at 12.5%, showing an increase of 3.3% compared to the previous year. An upward trend can be seen in recent years. Non-foreign mothers stand at 11.4%. Babies to mothers from the rest of Africa, Maghreb and the Nile valley, and Central and South America present a higher rate, at 17.1%, 16.4%, and 16%, respectively. Babies to mothers from the rest of Europe are those presenting a lower trend, at 8.6%

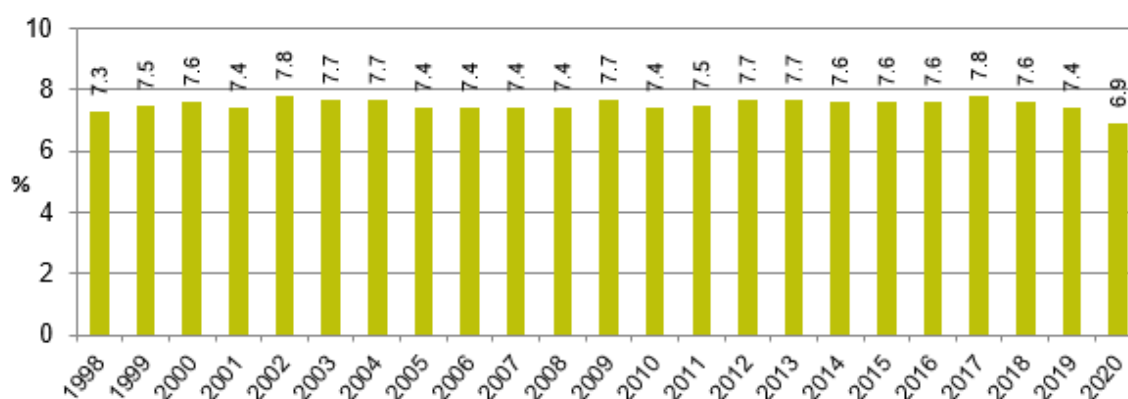


5. Evolution of low birth weight

5.1. Evolution of overall low birth weight (<2.500 g) of total births

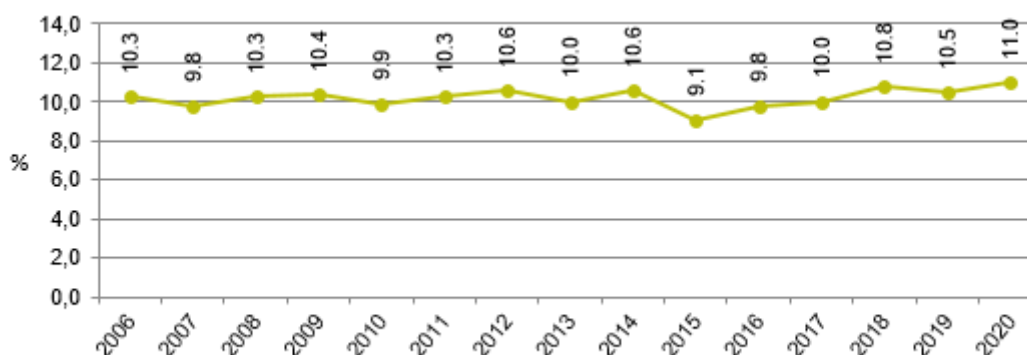
In 2020 low birth weight stands at 6.9%. It has decreased by 6.7% compared to 2019 and, for the first time since 1998, this value falls remaining below 7%.

Babies to women from Asia, rest of Africa, and Spain have higher low birth weight rates, at 8.5%, 7.7%, and 7.3%, respectively. Babies to women from Maghreb and the Nile valley have the lowest low birth weight, at 4.9%.



5.2. Evolution of very low birth weight (<1,499 g) of total of low birth weight

In 2020 very low birth weight stands at 11%. A 4.7% increase in this indicator is observed compared to the previous year.

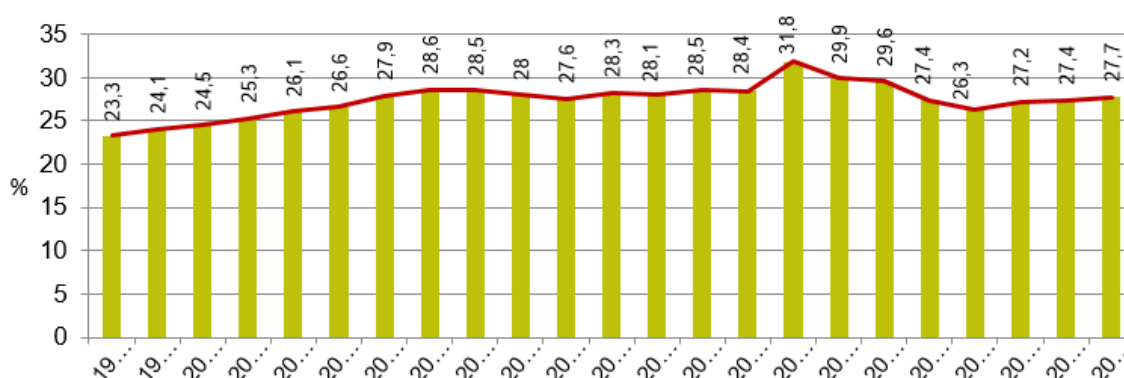


6 Evolution of births by Caesarean section

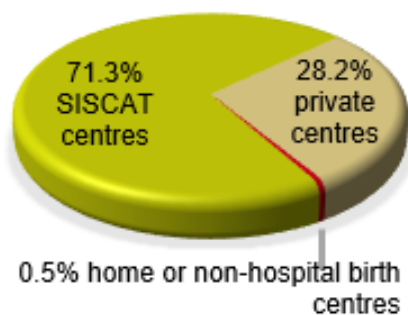


In 2020 the percentage of live births by Caesarean section stands at 27.7%.

Women aged 35 or more had a higher percentage of births by Caesarean section (33.7%). Central and South American women and non-foreign women had the highest percentage of births by Caesarean section, at 30.1% and 29%, respectively. Women from the Maghreb and the Nile valley had the lowest percentage, at 19.9%.



7. Distribution of live births by ownership of maternity centre



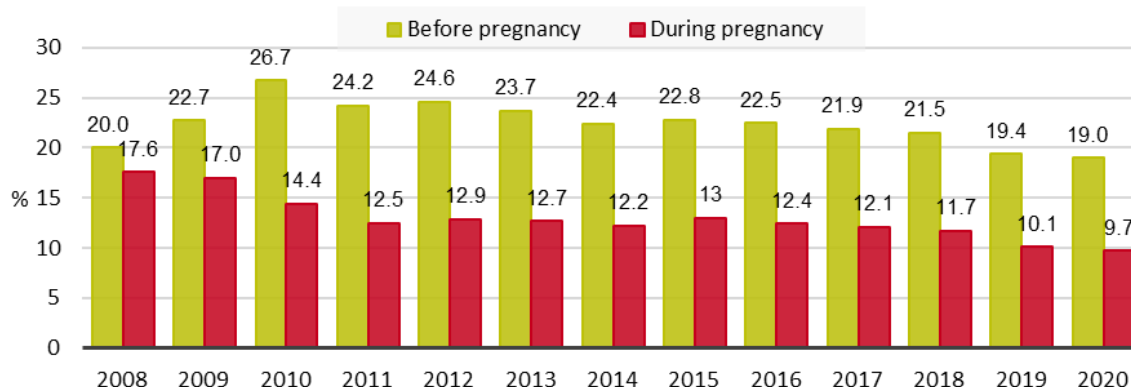
In 2020 a total of 71.3% of births in Catalonia took place at hospitals belonging to the Integrated Public Health System of Catalonia (SISCAT). This percentage has remained stable over the years.

Women from EU and developed countries, followed by non-foreign women, are those with a highest percentage of births in private centres, at 43.4% and 37.5%, respectively.

8. Tobacco use in mothers before and during pregnancy

In 2020 the prevalence of tobacco use before pregnancy was 19.0%, representing a relative reduction by 2.1% compared to 2019.

A total of 48.9% of women who smoke gave up tobacco during gestation. The reduction in tobacco use during pregnancy has come to a standstill in recent years.



Given that maternity centres have gradually incorporated this variable and the register was not complete, the annual values are not directly comparable for 2008 and 2009.

9. Evolution of breastfeeding at birth by nationality of the mother

In 2020 the prevalence of breastfeeding at birth was 91.8%, slightly increasing compared to 2019. The percentage of breastfeeding was 6.0% higher among foreign women than among non-foreign women. Specifically, women from Maghreb and the Nile Valley and Central and South America had the highest percentages, at 97.4% and 96.1%, respectively.

