

| Benefits of Healthy Timing and Spacing for Infants and Mothers⁴⁰ | | |
|--|---|--|
| For newborns/infants | For all women | For adolescents |
| <ul style="list-style-type: none"> ● Lower risk of perinatal death. Infants of adolescent mothers are 1.5 times more likely to die before their first birthday than infants of older mothers, | <ul style="list-style-type: none"> ● Lower risk of maternal death, | <ul style="list-style-type: none"> ● Adolescents aged 15 – 19 are twice as likely to die during pregnancy or childbirth as those over 20; girls under 15 are five times more likely to die. |
| <ul style="list-style-type: none"> ● Lower risk of neonatal death | <ul style="list-style-type: none"> ● Lower incidence of induced abortion | <ul style="list-style-type: none"> ● Each year, at least 2 million young women undergo unsafe abortion |
| <ul style="list-style-type: none"> ● Lower risk of preterm birth | <ul style="list-style-type: none"> ● Lower risk of pre-eclampsia | <ul style="list-style-type: none"> ● Adolescents are more likely to experience pregnancy and delivery related complications such as pre-eclampsia and fistula |
| <ul style="list-style-type: none"> ● Lower risk of low birth weight. | <ul style="list-style-type: none"> ● Lower risk of miscarriage | <ul style="list-style-type: none"> ● Adolescent mothers are more likely to deliver early or at low birth weight ● |
| <ul style="list-style-type: none"> ● Lower risk of small for gestational age | <ul style="list-style-type: none"> ● Lower risk of anemia | <ul style="list-style-type: none"> ● Unmarried adolescents who give birth may be forced to marry the father, drop out of school, become a single mother or have an unsafe abortion, leading to multiple social or health consequences |
| <ul style="list-style-type: none"> ● Increased benefits of extended breastfeeding | <ul style="list-style-type: none"> ● Allows for two years of breastfeeding, which is linked with reduced risk of breast and ovarian cancer | <ul style="list-style-type: none"> ● Delaying early childbearing saves lives. |

40 DaVanzo, Julie, Lauren Hale, Abdur Razzaque, and Mizanur Rahman, "Effects of Interpregnancy Interval and Outcome of the Preceding Pregnancy on Pregnancy Outcomes in Matlab, Bangladesh," *BJOG*, 2007.