

# **Trends in preterm births in Scotland, causes and actions**

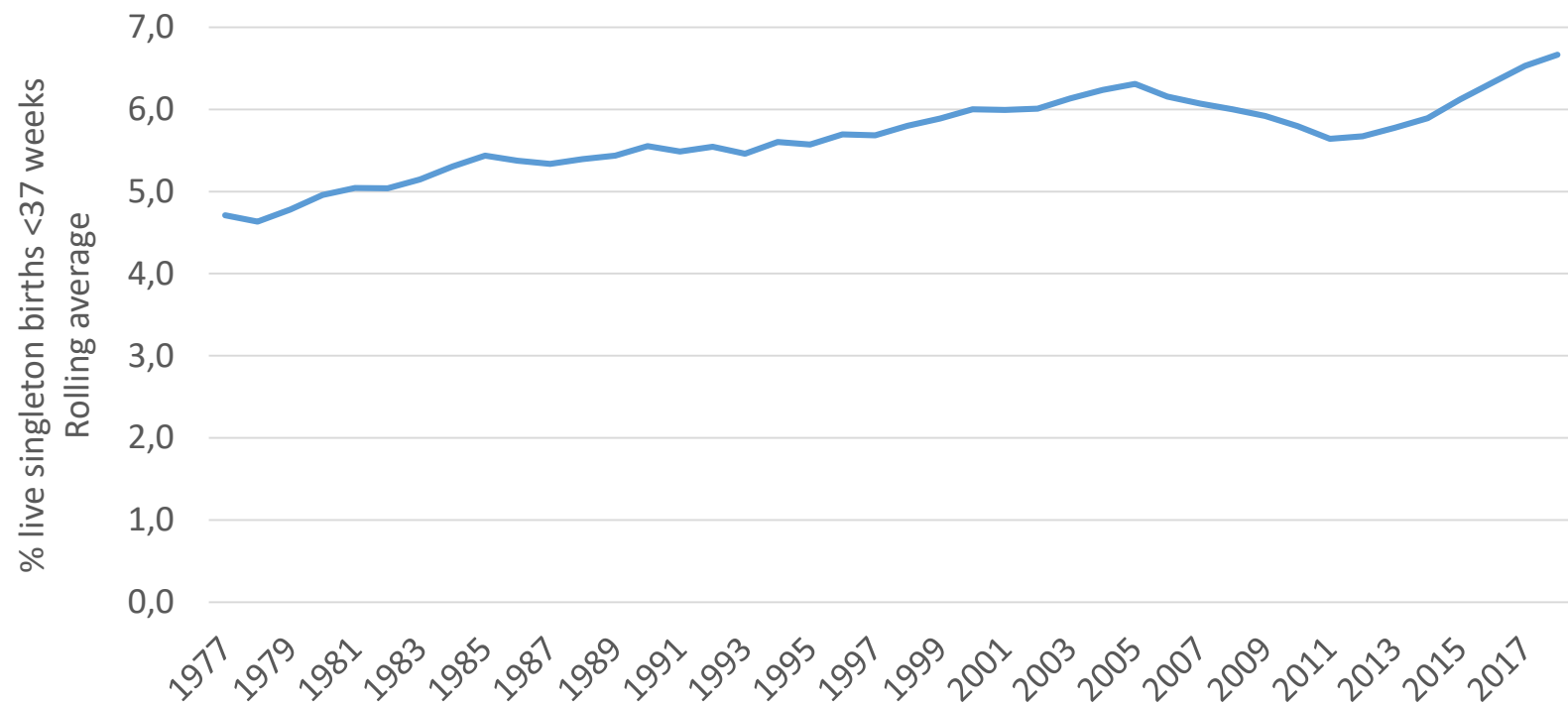
Sonya Scott, Consultant in Public Health

# Content

- Trends over time
- Trends by maternal age
- Trends by SEP
- PAFs
- Current and potential policy response

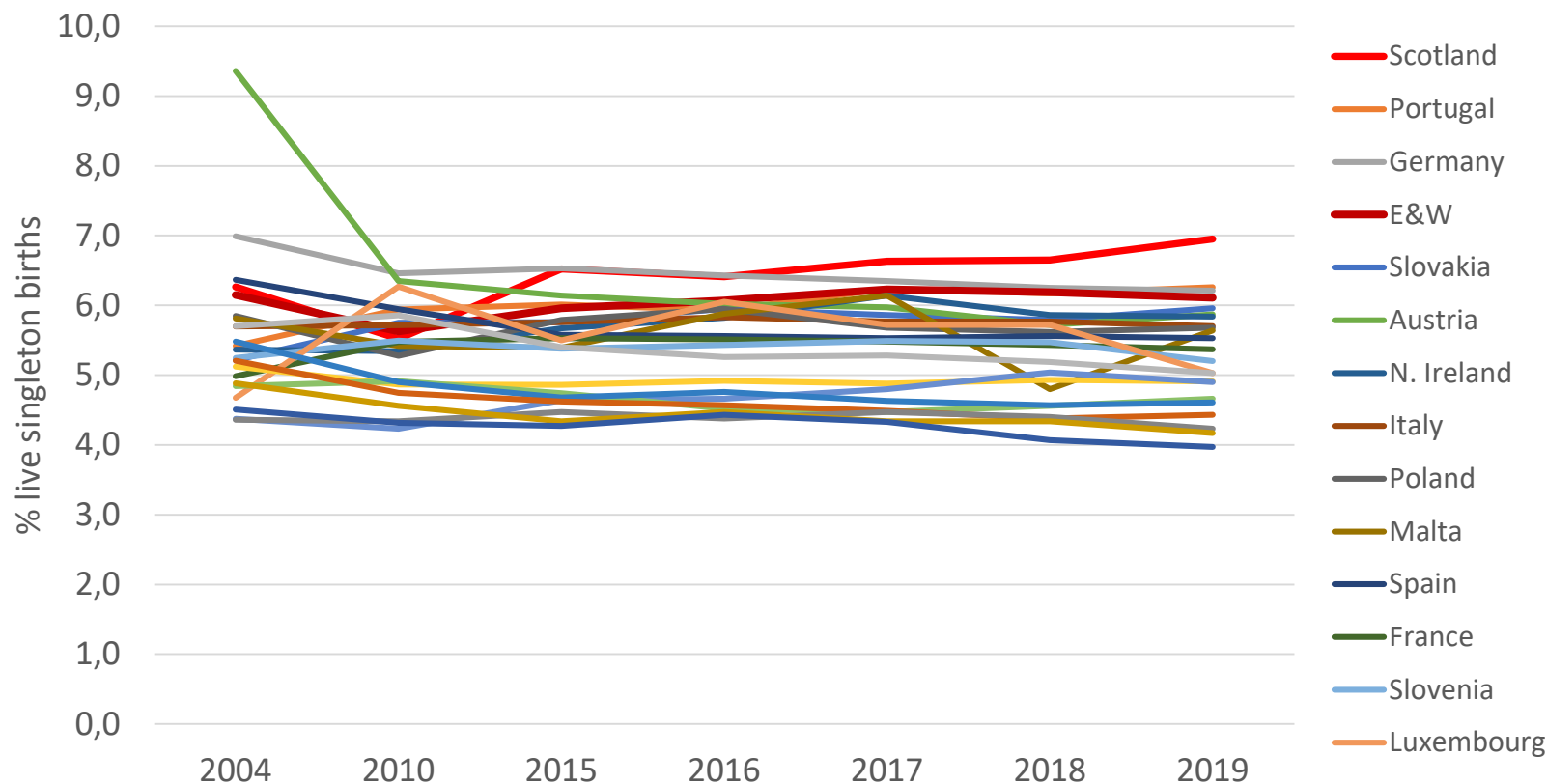


# Long-term preterm birth rates Scotland 1976 - 2019

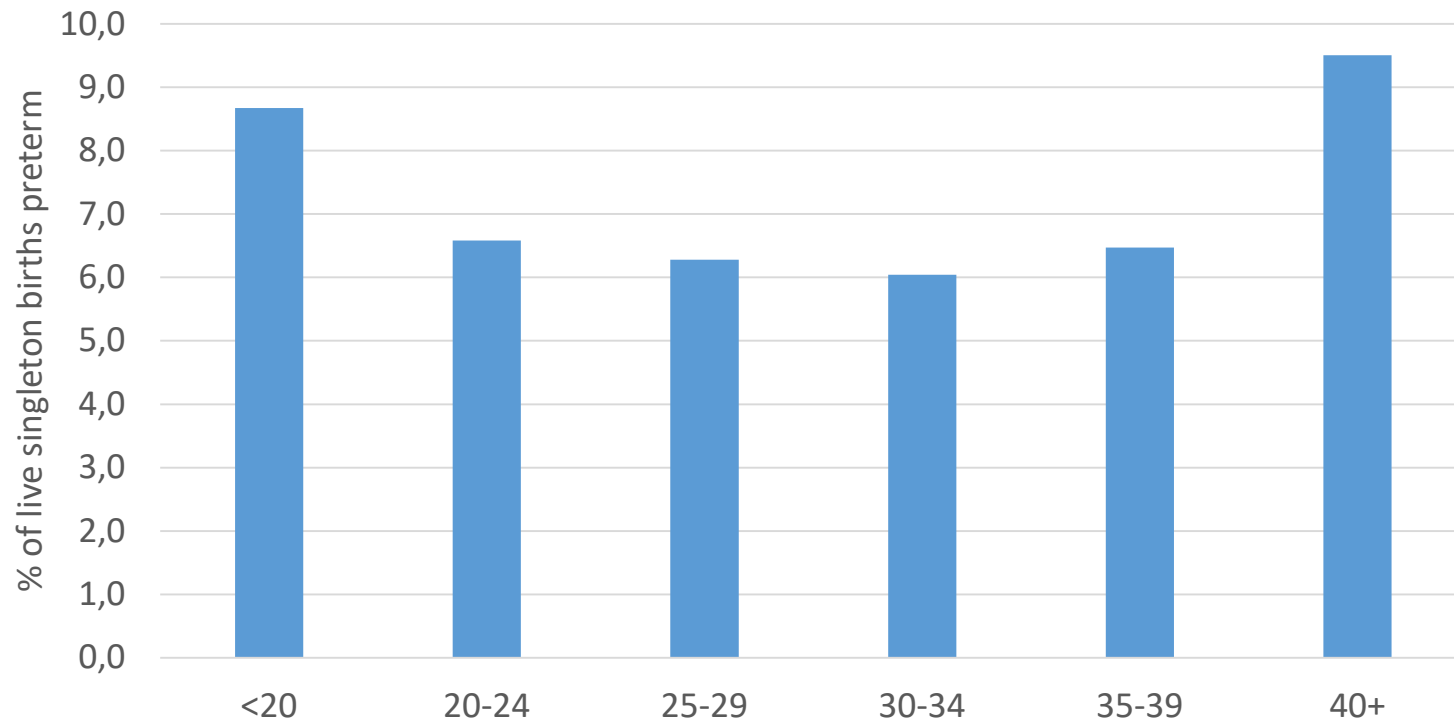


# Preterm birth crude rates 2004-2019

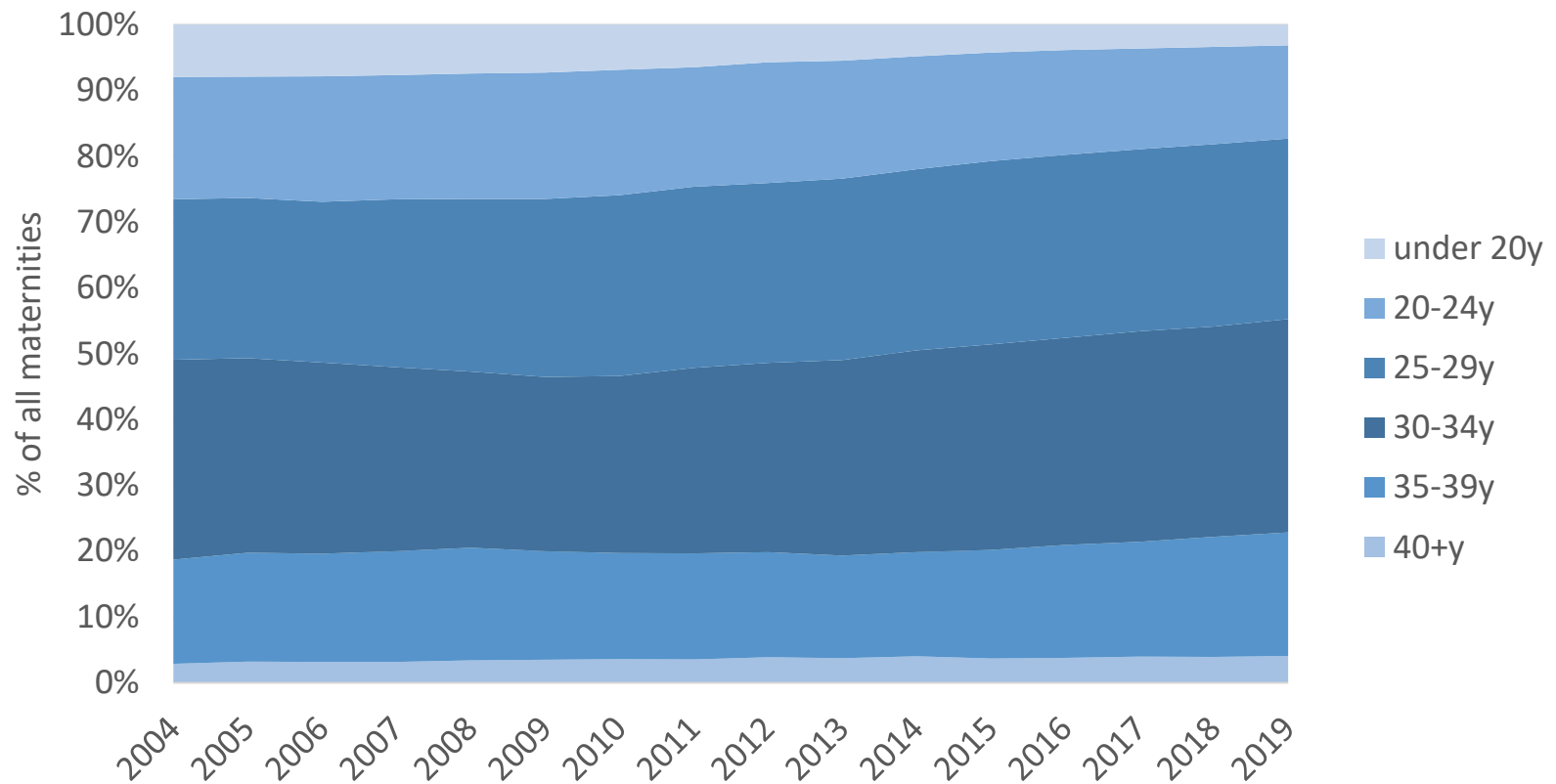
## Euro-Peristat countries



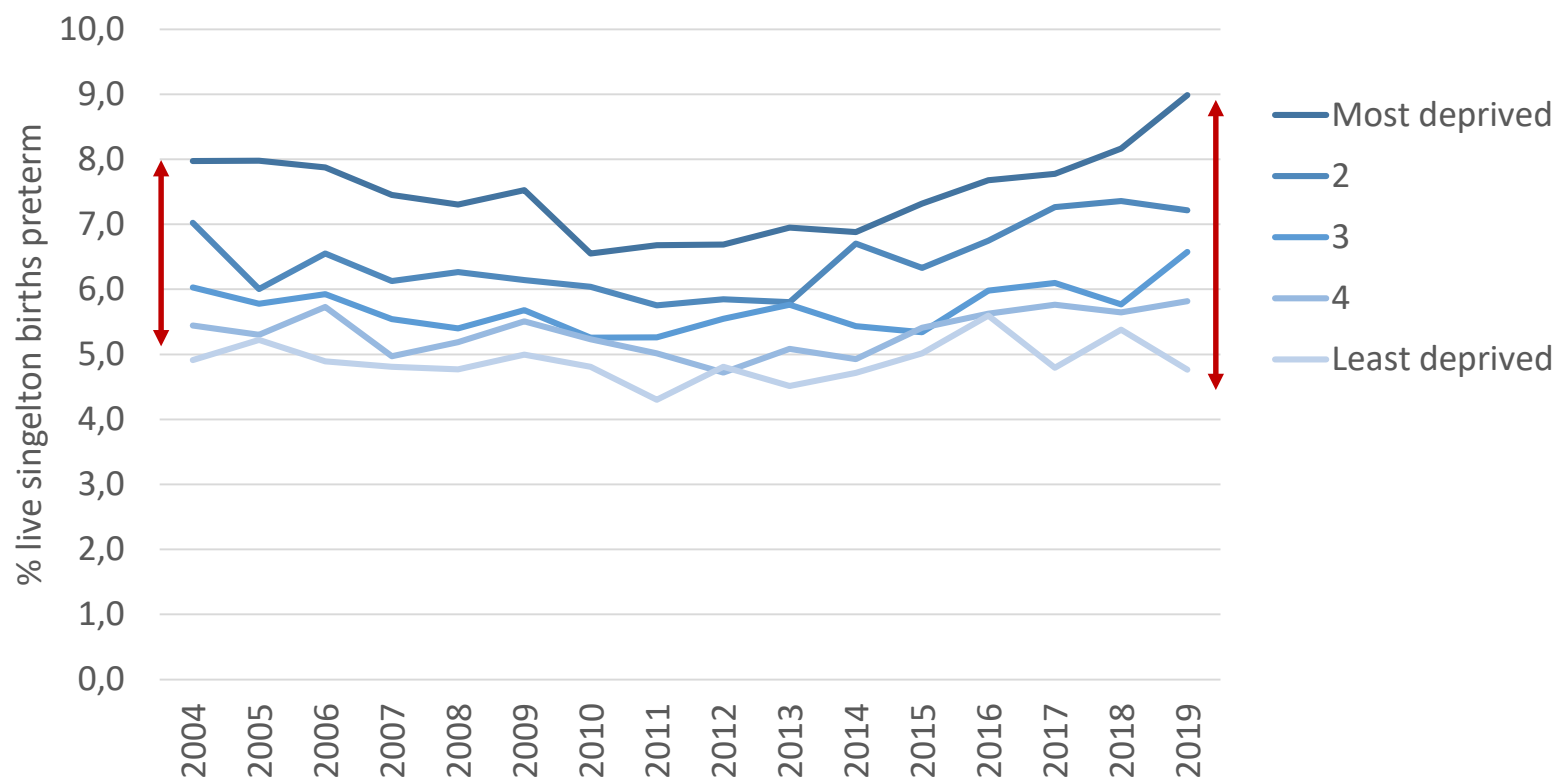
# Preterm birth trends by maternal age Scotland 2019



# Trends in maternal age



# Trends in prematurity by deprivation





# Population attributable fraction (PAF)

Incidence of outcome in total population –  
Incidence of outcome in those who are  
unexposed to risk factor of interest

---

Incidence of outcome in the population





# PAFs for preterm birth

- SES inequality – 18%
- Maternal smoking – 9%
- Maternal obesity – 3 to 8%





# Relevant policy actions

- **Social insurance payments**, universal and targeted
- **Healthier wealthier children**
- **Tobacco Control**
  - Regulation
  - Smoking cessation
- **Population healthy weight**
  - Regulation
  - Active travel investment
  - Free nursery/school meals
  - Subsidised sports/leisure access



# Possible future actions

- Optimising income maximisation referrals
- Cognitive behavioural therapy for smoking cessation
- Planning powers quality of food environments

