

U5MR

- Mortality rate for children under the age of 5 years
- Figure given in relation to 1000 live births
- Considered by UNICEF as the single, most important indicator of the state of a nation's children

U5MR

UK 5 6 Cuba USA 8 Costa Rica 10 24 Jamaica Dominican Republic

27 *WHO, 2012*

The health of children in Cuba is excellent

- Cuba is a poor country
- How?

Primary Health Care

- The family doctor is crucial
- Almost half of all Cuban doctors are family doctors
- They are based in a small primary care centre (consultorio)

Primary Health Care

- The family doctor and nurse attached to each consultorio live next to/close to the consultorio
- Each family doctor and nurse provide medical care for between 300 and 350 families





Family Doctor

- High doctor to patient ratio
- Know each patient medically and socially
- Each patient seen at least twice each year for routine check up
- One check up occurs in the patient's home

Low Birth Weight (LBW)

- Birth weight < 2.5 kg
- Pre-term birth
- Intrauterine growth retardation
- LBW infants have a significantly greater mortality than other babies

Country	% LBW (2000)	IMR (2005)
Finland	4	3
Cuba	6	5
UK	8	5
USA	8	7
Jamaica	9	17
Bangladesh	30	54

LBW births 2005-10 Finland Cuba UK USA Jamaica Bangladesh

Teenage pregnancies

- Lower incidence than the UK
- Maternity homes
- Offer free food and accommodation for pregnant women from 20 weeks gestation

Maternity homes

- Doctor, midwife and nurse provide medical care during the day
- Women are provided with healthy meals
- Advice regarding nutrition and breast feeding

Maternity homes

- Acute shortage of housing in Cuba
- Young adults often live with their parents
- Women expecting twins are offered the opportunity of staying in the maternity home





Nutrition

- The importance of nutrition for the pregnancy woman is emphasised prior to conception and antenatally
- It is also emphasised postnatally when the woman is likely to be breast feeding

Breastfeeding

- WHO recommends exclusive breastfeeding for the first 6 months of life
- 26% of Cuban infants, at the age of 6 months, exclusively breastfed
- 47% of Cuban infants between the ages of 6 and 9 months still being breastfed

Immunisation

- Comprehensive immunisation programme that starts at birth with BCG and Hepatitis B
- Immunisation schedule similar to that of the UK
- In Cuba, Hepatitis B and typhoid immunisation is offered to all children
- Uptake of immunisation of Cuba 88-99% (UK 81-96%)

Diseases eliminated through immunisation in Cuba

- Polio 1962
- Neonatal tetanus 1972
- Diphtheria 1979
- Measles 1993
- Whooping cough 1994
- Rubella 1995

No reported cases of acute Hepatitis B in children < 5 years since 2000

Polyclinics

- Typical polyclinic provides care for 30-40 family doctors and a population of 30,000
- They offer a variety of specialist opinions
- Work with family doctors



Polyclinics

- Paediatrics
- Dentistry
- Social work
- Physiotherapy
- Child psychology
- Emergency medicine

Public Health

- Clean drinking water
- Adequate sanitation facilities
- Adequate diet
- Housing
- Education

Education

- Free and universal for all children (6-16 years)
- 100% literacy rate
- Achieved Millennium Development Goals (MDG) 2 and 3
- MDG 2 ensure all boys and girls complete a full course of primary schooling
- MDG 3 eliminate gender disparity in education



Street children

- 250-300 million in the world
- 1.5 million in Mexico City
- Major problem in Latin America
- None in Cuba





Politics

- Prior to the Cuban revolution in 1959, health care was centred in the major cities
- Health care in the rural areas was non-existent
- Almost half the 6,000 doctors in Cuba emigrated to the United States 1959-1962

Doctors

- Cuba therefore had to train their own doctors
- Cuba now has more doctors per person than any other country
- Doctors per 1000 people, Cuba 5.9, UK 2.3 (WHO 2007)
- Latin American School of Medicine

Inequalities

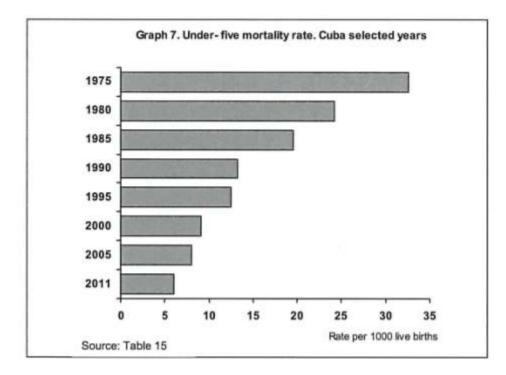
- Inequalities in society are often associated with inequalities in health
- Black people in many societies are the poorest and have a shorter life expectancy

Racism

- Black adults in the United States and Brazil have a life expectancy 6-7 years shorter than white individuals
- Cuba had achieved equal life expectancy for black and white adults by 1981

Mortality rates in Cuba

	Infant	U5MR
1960	37	54
1970	34	43
1980	22	22
1990	11	13
1995	9	12
2000	7	9
2005	5	7
2010	5	6 <i>UNICEF</i>



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