

# SIMPLE MEASURES SAVE CHILDREN'S LIVES

Half of all deaths of children under 5 years are **preventable**.

## THE GOOD NEWS

Mortality rates are **going down**.

**1990** 32 deaths per 1000 live births

**2015** 11 deaths per 1000 live births

## THE BAD NEWS

**Inequities** exist in child mortality rates across the Region (deaths per 1000 live births).



**52%** of all child deaths occur during the **first month of life**.

## WHAT CAN BE DONE?

### Main risk factors



Chemicals



Tobacco and alcohol



Pollution



Deliver good antenatal care



Recommend **exclusive breastfeeding for the first 6 months of life**



Ensure skilled health care workers are present at delivery



Discourage **alcohol and tobacco use**



Promote vaccination and health checks



Provide **healthy, safe environments**

### Main causes of death



Acute respiratory infections



Congenital defects



Premature birth