

Mother & Child Care Index

A Global Comparison

Mothers and their newborn children can indicate the well-being of a society and its potential for the future. Philips is focusing on addressing the challenges facing women and their children's health and well-being. This study is a continuation of the Philips Index for Health and Well-being study, which examined the health and well-being of the overall population of over

thirty markets globally. The survey is a wider study looking at the challenges surrounding early parenthood. This study has been conducted in Brazil, China, Egypt, India, South Africa, the United Kingdom and the United States. Globally, mothers' overall satisfaction with their health and well-being is slightly higher than the health and well-being of the total population.



The Philips Center for Health & Well-being is focused on improving the lives of people around the world. The Insight Series shares the work-in-progress of The Philips Center for Health & Well-being. Through illustrating a snapshot or a concept, they are aimed at stimulating discussion and debate around critical challenges in improving health & well-being worldwide.

HOW SATISFIED ARE MOTHERS WITH HEALTH AND WELL-BEING AND DO THEY GET ENOUGH SLEEP AT NIGHT?

SATISFACTION HEALTH & WELL-BEING %

ENOUGH SLEEP%



VERY SATISFIED

DISSATISFIED

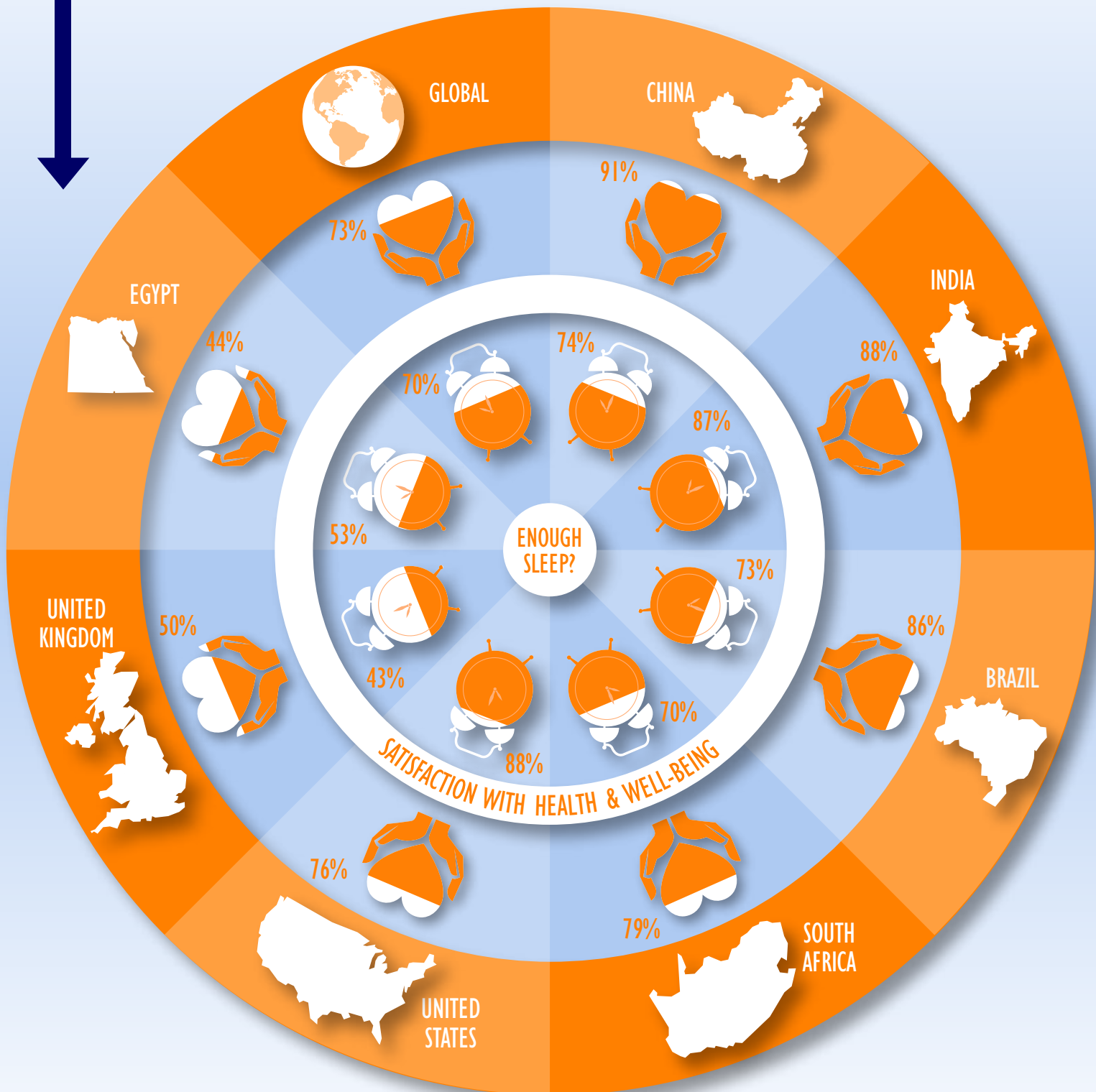


ENOUGH

NOT ENOUGH



In general, it seems mothers in developing countries are more satisfied with health and well-being than mothers in developed countries, with the exception of Egypt. Globally, most mothers get enough sleep at night. However, more than half of the UK mothers (57%) claim they do not get enough sleep at night. The level of stress contributes to the loss of sleep.



HOW STRESSED ARE MOTHERS AND TO WHAT DEGREE DOES EACH OF THE FOLLOWING CONTRIBUTE TO THEIR STRESS LEVEL?

DEGREE OF STRESS%

CONTRIBUTION TO LEVEL OF STRESS%

SOMEWHAT



A LOT

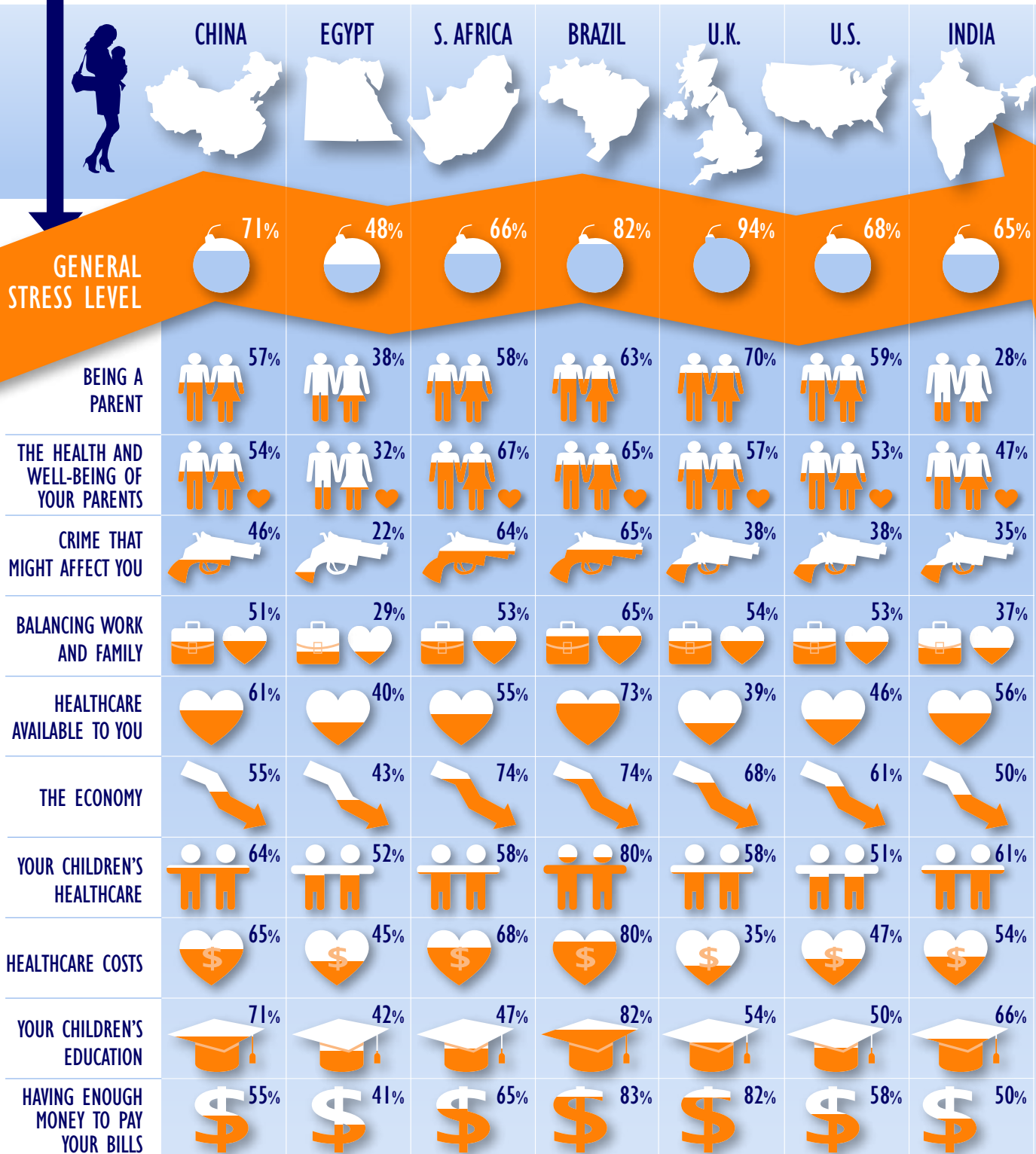
SOMEWHAT



A LOT

In general, mothers in developed countries say that they are the most stressed. When asking mothers which factors they consider to be affecting their health and well-being, overall physical health is considered to be among the most important factors in China, India, UK and the US. Brazilian mothers indicate that their satisfaction and well-being is adversely impacted by inadequate salaries. In developing countries, mothers are stressed about their child's educa-

tion and healthcare, while in developed countries mothers are more stressed about their own financial situation and the economy. The top 10 factors that contribute to the stress that mothers might feel are illustrated. Other factors that influence stress levels which include their boss, their job, the place they live, their spouse/partner, and the loss of their job appeared to have less impact on the mother's level of stress (these are not illustrated).
























































































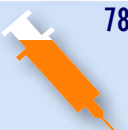






THINKING ABOUT THEIR CHILDREN GETTING OLDER, HOW WORRIED ARE MOTHERS ABOUT THE FOLLOWING ASPECTS?

DEGREE OF WORRY%

SOMEWHAT   A LOT

When looking into the future, on average 62% of all the mothers surveyed indicate that drugs are the biggest concern as they think about their children getting older. Additionally, mothers are worried about their children's financial situation (58%), the influence of social media on their children (56%), and the availability of adequate healthcare for their children (54%).
































































	CHINA	EGYPT	S. AFRICA	BRAZIL	U.K.	U.S.	INDIA
							
DEPRESSION	 20%	 68%	 39%	 64%	 26%	 17%	 48%
OBESITY	 32%	 62%	 37%	 69%	 25%	 22%	 50%
THE COMMUNITY IN WHICH WE LIVE	 32%	 78%	 54%	 79%	 30%	 19%	 42%
THE INFLUENCE OF SOCIAL MEDIA ON MY CHILDREN	 52%	 72%	 63%	 80%	 47%	 27%	 49%
ACCESS TO SPORTS/LEISURE FACILITIES	 31%	 n/a	 n/a	 80%	 22%	 16%	 48%
AVAILABILITY OF AFFORDABLE FOOD	 29%	 n/a	 n/a	 82%	 35%	 18%	 42%
FINANCIAL CONCERNS	 45%	 79%	 71%	 85%	 53%	 33%	 42%
AVAILABILITY OF HEALTHY FOOD	 52%	 74%	 45%	 86%	 31%	 18%	 41%
HAVING CLEAN WATER TO DRINK	 44%	 76%	 44%	 88%	 18%	 14%	 45%
WHETHER THEY WILL HAVE ADEQUATE HEALTHCARE	 48%	 82%	 64%	 89%	 31%	 23%	 40%
ACCESS TO GOOD EDUCATION	 60%	 82%	 60%	 93%	 47%	 31%	 35%
INFLUENCE OF DRUGS ON MY CHILDREN	 51%	 76%	 78%	 94%	 53%	 35%	 44%

HOW WORRIED ARE MOTHERS ABOUT THE FOLLOWING ASPECT WHEN THEY THINK ABOUT BEING A PARENT OVER THE NEXT FEW YEARS?

DEGREE OF WORRY%

SOMEWHAT   A LOT

As mothers think about being a parent over the next few years, they are most worried about their financial stability (57%). Other top concerns of mothers are access to good education for their children (54%) and what will happen to their children in the event of their death (53%).

	CHINA	EGYPT	S. AFRICA	BRAZIL	U.K.	U.S.	INDIA
WHAT HAPPENS TO YOUR CHILDREN IN THE EVENT OF YOUR DEATH	 25%	 82%	 67%	 85%	 53%	 27%	 31%
FINDING A WORK-LIFE BALANCE	 38%	 55%	 58%	 79%	 34%	 20%	 33%
FINANCIAL STABILITY	 38%	 87%	 67%	 88%	 54%	 29%	 35%
ACCESS TO GOOD EDUCATION	 51%	 78%	 55%	 92%	 38%	 29%	 36%
THE COMMUNITY IN WHICH YOU LIVE	 30%	 79%	 51%	 72%	 24%	 22%	 37%
AVAILABILITY OF PEDIATRIC CARE	 48%	 78%	 51%	 89%	 21%	 19%	 40%
AVAILABILITY OF HEALTHCARE FOR YOU	 41%	 81%	 53%	 82%	 25%	 15%	 41%
NOT KNOWING HOW TO BE A PARENT	 33%	 56%	 31%	 49%	 16%	 22%	 44%
BEING ABLE TO LIVE TO SEE MY GRANDCHILDREN/HAVING GRANDCHILDREN	 20%	 64%	 57%	 62%	 33%	 22%	 46%



THINKING ABOUT THEIR EXPERIENCES BREASTFEEDING, IN HOW FAR DO MOTHERS THAT WENT BACK WORKING NORMAL HOURS AGREE WITH THE FOLLOWING STATEMENTS?

Over half of mothers that went back working normal hours after giving birth do not/did not feel supported by their employer to breastfeed longer (52%)

Additionally, about half of mothers that went back to working normal hours say they do not/did not have good facilities to pump at work (49%), feel/felt embarrassed to express milk with a breast pump at work (47%), and that they do not/did not feel supported by colleagues to breastfeed (40%). Overall, Brazilian mothers feel most supported. As far as returning to work after having a baby, mothers who breast-feed/fed are just as likely to say they decided to stop working as

mothers in general. It is possible that mothers who stop working are not driven to do so by the prospect of breastfeeding, but by other parenting concerns. Mothers who breastfeed are most likely to say that what would help them to continue working is more help from family (31%).

I FEEL/FELT SUPPORTED BY MY CHILD'S FATHER

(85%) AGREE

I FEEL/FELT SUPPORTED BY MY COLLEAGUES TO BREASTFEED

(60%) AGREE

I FEEL/FELT EMBARRASSED TO PUMP MY BREASTS AT WORK

(47%) AGREE

AT MY WORK LOCATION WE DO NOT/DID NOT HAVE GOOD FACILITIES TO PUMP MY BREASTS

(51%) AGREE

I FEEL/FELT SUPPORTED BY MY EMPLOYER TO BREASTFEED LONGER

(48%) AGREE



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%