

ADOLESCENTS AND YOUNG ADULT HEALTH INEQUALITIES BY URBANICITY AND WEALTH^{1,2}

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PURPOSE

To examine whether or not there is an urban penalty in low and middle income countries (LMICs) among adolescents and young adults, and if so whether or not it is concentrated among the poor.

METHODS

We use data from 46 recent Demographic and Health Survey on six outcomes: early sexual debut, early marriage, contraceptive use, schooling, underweight and overweight. We estimated the differences between adolescent and young adult women from both rural and urban areas. We conducted a meta-analysis to summarize the results across countries.

Figure 1. Odds ratios from meta-analysis for rural and urban non-poor residents compared to urban poor adolescents and young adults, 46 DHS countries

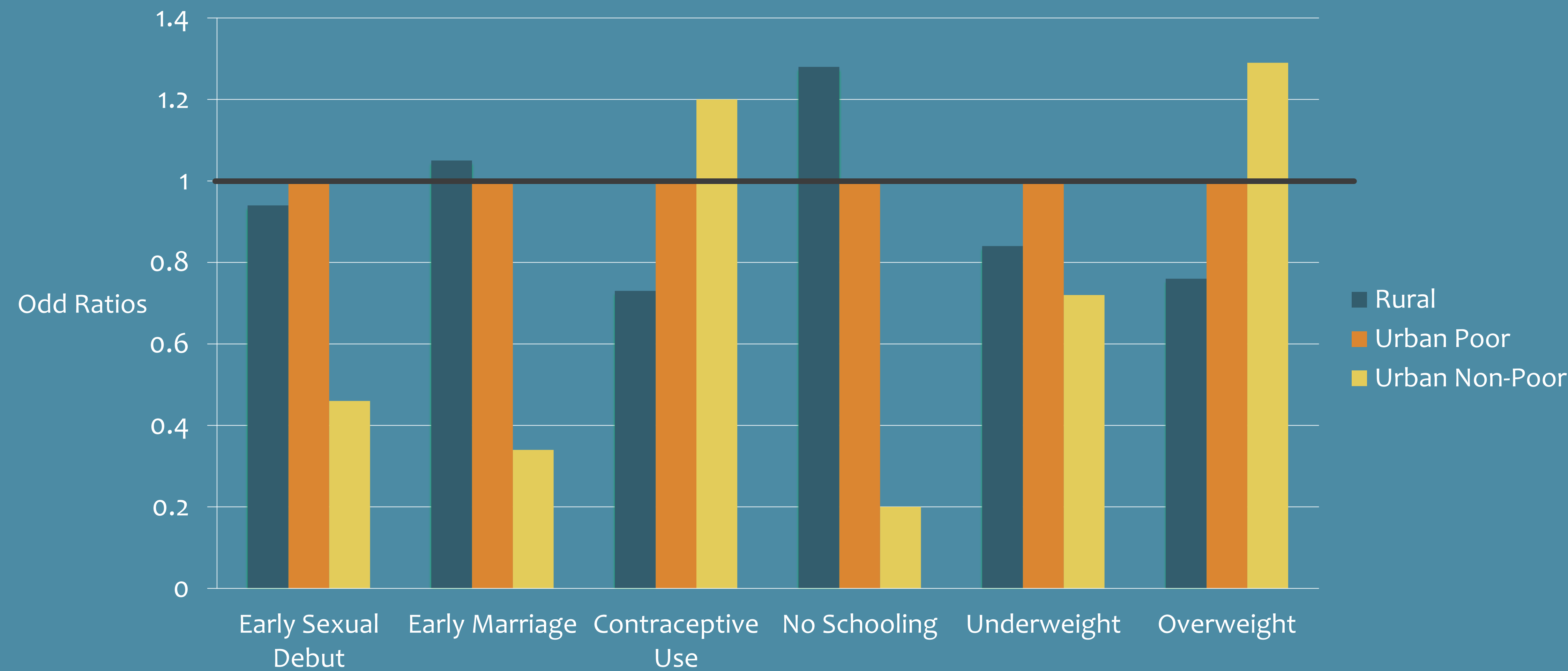


Figure 2. Odds of underweight by urbanicity and household wealth

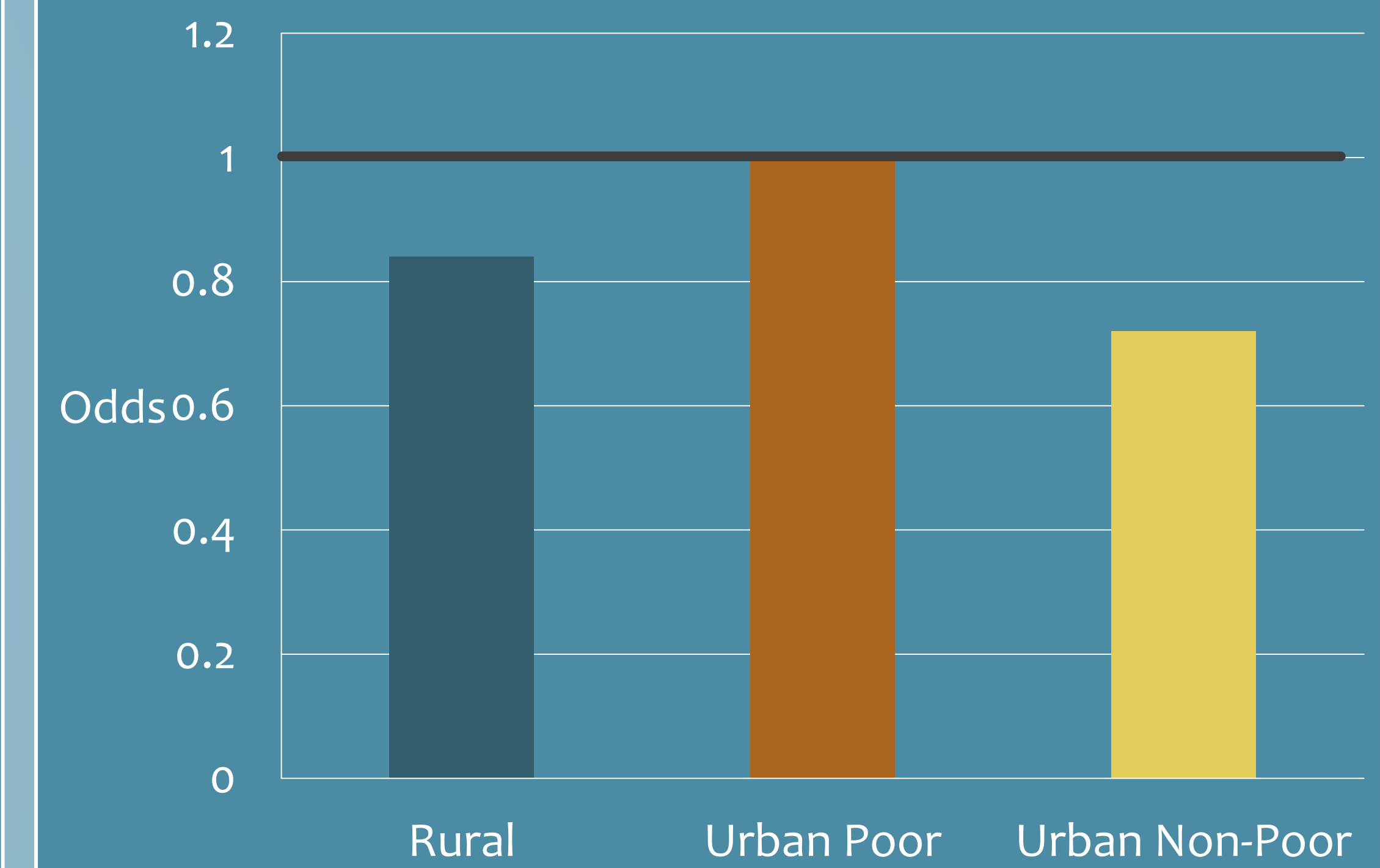


Figure 3. Odds of overweight by urbanicity and household wealth

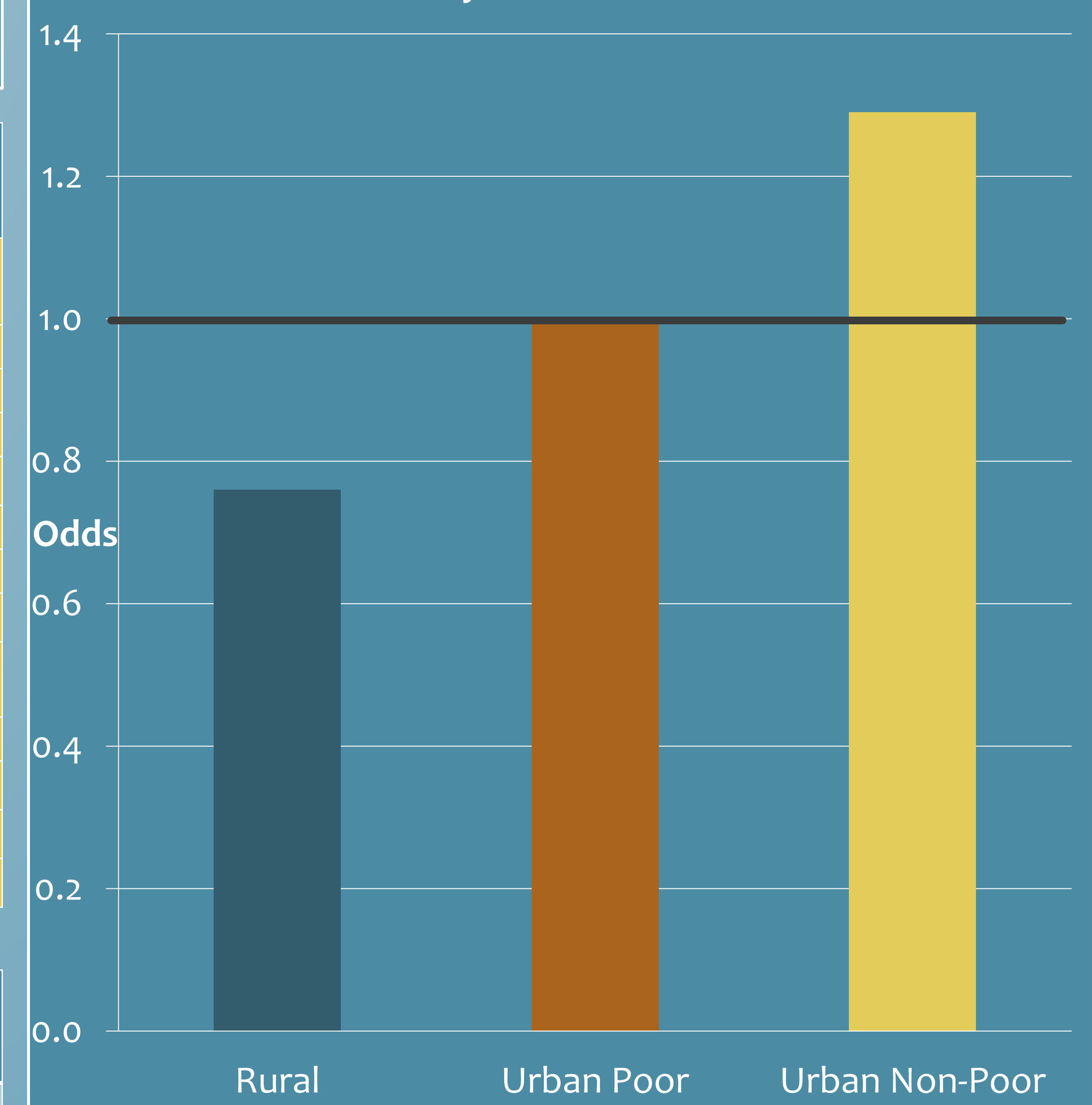


Table 1. Number of women 15 to 24 and the percent who are rural, urban poor and urban non-poor

Country	Total N	Rural	Urban Non-Poor	Urban Poor	Country	Total N	Rural	Urban Non-Poor	Urban Poor
Albania	2454	59.0	33.0	8.0	Liberia	2675	51.1	40.5	8.4
Armenia	1893	42.0	42.0	21.1	Madagascar	6776	81.8	17.2	1.0
Azerbaijan	2875	44.7	39.0	16.3	Malawi	9559	80.4	17.3	2.3
Benin	6248	54.8	35.9	9.3	Mali	5781	61.4	35.7	2.9
Bolivia	6256	31.9	46.4	21.7	Moldova	2541	56.8	37.1	6.2
Burkina Faso	6623	67.7	30.4	3.7	Morocco	6306	42.0	40.2	17.8
Burundi	4191	88.3	11.0	0.8	Mozambique	4910	57.3	37.0	5.7
Cambodia	6889	76.9	21.3	1.8	Namibia	4101	55.1	37.0	7.9
Cameroon	4936	41.5	44.9	13.5	Nepal	5050	86.3	11.9	1.8
Chad	2432	76.3	21.8	1.9	Niger	3369	77.0	22.5	0.6
Columbia	20563	22.2	39.2	38.6	Nigeria	12626	64.1	28.8	7.1
Congo (Brazzaville)	3060	42.2	41.4	16.4	Philippines	4896	43.1	37.8	19.0
Congo Democratic Republic	4304	52.1	38.5	9.4	Rwanda	5628	83.9	13.5	2.6
Dominican Republic	10089	28.4	39.1	32.5	Sao Tome and Principe	1014	45.9	32.2	22.0
Ethiopia	6940	73.0	26.3	0.8	Senegal	6648	50.2	36.7	13.2
Ghana	1902	49.9	38.0	12.1	Sierra Leone	2384	55.5	39.7	4.8
Guinea	2800	60.9	36.6	2.5	Swaziland	2320	76.6	19.8	3.6
Guyana	1783	71.2	19.7	9.1	Tanzania	4081	68.8	28.7	2.5
Haiti	4704	50.2	43.0	6.8	Timor-Leste	5487	73.5	22.2	4.3
Honduras	8239	46.1	39.9	14.0	Uganda	3677	77.9	20.4	1.7
India	47590	68.6	24.4	7.0	Ukraine	1788	28.7	45.9	25.3
Kenya	3475	75.0	24.2	0.7	Zambia	2944	54.1	43.7	2.2
Lesotho	3337	69.9	28.0	2.1	Zimbabwe	3786	60.1	36.2	3.7

Table 2. Effect sizes of odds ratios for three contrasts: a) rural vs. all urban; b) rural vs. urban poor; and c) urban non-poor vs. urban poor. Women 15-24 years old, 46 DHS countries meta-analysis

Outcomes	Early Sexual Debut			Early Marriage ¹			Contraceptive Use ²			No Schooling			Underweight			Overweight		
	LCI	Est	UCI	LCI	Est	UCI	LCI	Est	UCI	LCI	Est	UCI	LCI	Est	UCI	LCI	Est	UCI
a. Rural vs. All Urban																		
urban	1			1			1			1			1			1		
rural	1.52	1.73	1.94	2.21	2.43	2.65	0.48	0.56	0.64	3.39	4.01	4.63	1.02	1.13	1.24	0.45	0.52	0.59
b. Rural vs. Urban Poor																		
urban poor	1			1			1			1			1			1		
rural	0.83	0.94	1.05	0.94	1.05	1.16	0.63	0.73	0.84	1.05	1.28	1.51	0.76	0.84	0.91	0.66	0.76	0.85
c. Urban Non-Poor vs Urban Poor																		
Urban Poor	1			1			1			1			1			1		
Urban Non-Poor	0.40	0.46	0.52	0.30	0.34	0.38	1.08	1.20	1.33	0.17	0.20	0.24	0.64	0.72	0.81	1.12	1.29	1.46

¹Among Women 18 to 24 Only

²Among Sexually Active Women

CONCLUSIONS

- Rural adolescents and young adults from LMIC are disadvantaged relative to urban youth on all outcomes except overweight.
- Rural adolescents and young adults are no more likely to have an early sexual debut or marriage than poor urban dwellers of the same age.
- Rural adolescents and young adults are less likely to use contraception and more likely to have no schooling than young urban poor women, but estimates of these differences are significantly smaller than the overall rural urban differences.
- An urban penalty exists for nutrition outcomes, but it is different for poor adolescents and young adults than others.
- Poor urban adolescents and young adults are high risk of underweight compared to either their rural or urban non-poor counterparts.
- Non-poor urban adolescents and young adults are at the highest risk of the three groups for overweight, a finding consistent with the idea of the Nutrition Transition.

ACKNOWLEDGEMENTS

¹This research was supported by funding from AstraZeneca as part of the Young Health Programme (www.younghealthprogrammehp.com), their global community investment initiative. The Young Health Programme is about helping young people in need around the world to deal with the health problems they face and improve their chances for a better life in the future. The Programme is a partnership between AstraZeneca, Johns Hopkins Bloomberg School of Public Health and Plan International, a leading global children's charity.

²We are indebted for computational assistance to Huan He, Hannah L. Lantos, Bolanle Ajao, Maria Luisa Navarro Sanchez and Yvesyvette Young and to Deenah Darom for help preparing the poster.

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