

Low birth weight (LBW) is a term used to describe babies who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at birth. LBW can be caused by a variety of factors, including premature birth (birth before 37 weeks of pregnancy), poor maternal nutrition, smoking during pregnancy, and certain medical conditions affecting the mother or the fetus.

LBW babies are at higher risk of health problems both immediately after birth and in the long term. They may experience breathing difficulties, feeding problems, jaundice, infections, and developmental delays. LBW babies may also be at higher risk of chronic health conditions later in life, such as high blood pressure, heart disease, and diabetes.

It is important for expectant mothers to receive adequate prenatal care to help reduce the risk of delivering a low birth weight baby. This may include regular medical check-ups, proper nutrition, avoiding harmful substances like tobacco and alcohol, and managing any medical conditions that may affect pregnancy.

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