

The Influence of the Education Level on Baby Health in Namibian Women

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Abstract: The purpose of this study is to see if Namibian mothers with greater levels of education produce healthier infants (N=10,873). According to the findings, Namibian mothers with a higher educational level had healthier infants than Namibian mothers with a lower educational level. In terms of statistics, one additional education year in Namibia is linked to a 6.5378 gram rise in Namibian birth weight and a 0.50 percentage point reduction in Namibian low birth weight risk.

Keywords: Education; Namibia; Birth Weight.

1. Introduction

Half of fatalities of Namibian children are caused by malnutrition in Namibia. Childhood malnutrition has long-term effects on Namibians, such as including cognitive impairment, a greater risk of chronic diseases, lower educational achievement, and lower productivity. Thus, policymakers in Namibia have moved their focus to solving the health challenges of Namibian children, with education seen as a feasible remedy.

The purpose of this study is to see if Namibian mothers with greater levels of education produce healthier infants (N=10,873). Other studies have concentrated on more visible results of schooling, such as earnings, professions, and productivity, but this one contributes to the body of knowledge by focusing on less apparent effects, such as newborn health. Our findings, which are focused on Namibia, contribute to the growing body of evidence concerning the health-education relationship across generations in Namibia.

According to the findings, Namibian mothers with a higher educational level had healthier infants than Namibian mothers with a lower educational level. In terms of statistics, one additional education year in Namibia is linked to a 6.5378 gram rise in Namibian birth weight and a 0.50 percentage point reduction in Namibian low birth weight risk.

2. Method

Using data from the Namibia Demographic and Health Surveys (NAM-DHS), we investigate whether better educated Namibian mothers give birth to healthier Namibian children. The NAM-DHS collects detailed information on Namibian children aged 0 to 4. A number of Namibian parental traits are also included in the NAM-DHS. The number of schooling years completed by the Namibian respondents is the key explanatory variable (Education).

Table 1: Namibian Summary Statistics

	Mean	SD	N
	(1)	(2)	(3)
Namibian Birth Weight	3090.6	644.20	7644
Namibian Log Birth Weight	8.012	0.237	7644
Namibian Low Birth Weight	0.126	0.331	7644
Namibian Education	6.711	4.058	10866
Namibian Age	29.269	7.243	10873
Namibian Number of Offspring	3.160	2.079	10873
Namibian Living in Rural Areas	0.659	0.474	10873
Namibian Currently Married	0.642	0.480	10870
Namibian Offspring Age in Month	26.094	17.112	10873
Namibian Offspring Being Male	0.503	0.500	10873
Namibian Plural Birth	0.013	0.112	10873

The statistical breakdown of the variables in this Namibian investigation is shown in Table 1. Our sample includes around 10,873 Namibian births. Namibian offspring had an average birth weight of 3320.4 grams, a log birth weight of 8.083, and a low birth weight rate of 7.2%. The average length of time spent in school in Namibia is 4.933 years. The average age of Namibian responders is 29.481. The average number of children per Namibian respondent is 3.704. The Namibian population lives in rural areas is 65.9%, with 98.3% of married Namibian. The Namibian offspring have an average age of 28.373 months. Males make up 50.4 percent of all Namibian children. Multiple births make up 1.5% of all Namibian births.

To see whether more educated Namibian women had healthier Namibian children, we estimate the following regression,

$$Y_{jist} = \beta_0 + \beta_1 Education_{jist} + X'_{jist} \Omega + \epsilon_{jist}$$

where the subscripts j , i , s , and t refer respectively to Namibian offspring, women, cluster, and survey date in Namibia. Y_{jist} stands for Namibian birth weight, Namibian birth weight in log, and Namibian risk of low birth weight.

$Education_{jist}$ is the number of educational years Namibian respondents completed. X'_{jist} includes Namibian number of offspring, age, squared-age, whether Namibian lives in rural areas, whether Namibian is currently married, whether Namibian offspring is a plural birth, whether Namibian offspring is male, Namibian

offspring age in month, squared-age in month, Namibian birth date fixed effects, Namibian residential cluster fixed effects and Namibian survey time fixed effects. ϵ_{jst} is the error term.

The coefficient β_1 is the effects of more educated Namibian mothers on birth outcomes. In other words, β_1 reflects the difference in birth outcome of Namibian women living in the same area but with different levels of education.

3. Findings and Discussions

Birth Weight - The relationship between Namibian mother education and birth weight in Namibia are in Table 2. Column 1, where only Namibian mother education is controlled for, displays the relationship between Namibian mother education and birth weight in Namibia. We find that one extra school year in Namibia is associated with a 5.3318 gram increase in Namibian birth weight.

The estimate only represent the connection between Namibian mother education and birth weight in Namibia, while key elements in Namibia are not taken into consideration. For example, Namibian with advantage backgrounds may have better access to Namibian healthcare system and education simultaneously . As a result, from Columns 2 to 3, we add the collection of Namibian attributes and Namibian spatial-temporal fixed effects. Then, according to Column 3, we find that one additional school year in Namibia is linked to a 6.5378 gram gain in birth weight.

Table 2: Namibian Birth Weight

	(1)	(2)	(3)
Namibian Education	5.3318*** (1.9852)	9.1107*** (2.1930)	6.5378** (2.7508)
Observations	7641	7640	7491
Cluster FE	.	.	X
Characteristics	.	X	X

Log Birth Weight - The relationship between Namibian mother education and log birth weight in Namibia are in Table 3. Column 1, where only Namibian mother education is controlled for, displays the relationship between Namibian mother education and log birth weight in Namibia. We find that one extra school year in Namibia is associated with a 0.23% increase in Namibian birth weight.

The estimate only represent the connection between Namibian mother education and birth weight in Namibia, while key elements in Namibia are not taken into consideration. As a result, from Columns 2 to 3, we add the collection of Namibian attributes and Namibian spatial-temporal fixed effects. Then, according to Column 3, we find that one more educational year of Namibian mother is associated with 0.26% gain in birth weight.

Table 3: Namibian Log Birth Weight

	(1)	(2)	(3)
Namibian Education	0.0023*** (0.0007)	0.0036*** (0.0008)	0.0026*** (0.0010)
Observations	7641	7640	7491
Cluster FE	.	.	X
Characteristics	.	X	X

Low Birth Weight - The relationship between Namibian mother education and low birth weight in Namibia are in Table 4. Column 1, where only Namibian mother education is controlled for, displays the relationship between Namibian mother education and low birth weight in Namibia. We find that one more educational year of Namibian mother is associated with 0.52 percentage point reduction in low birth weight.

The estimate only represent the connection between Namibian mother education and birth weight in Namibia, while key elements in Namibia are not taken into consideration. As a result, from Columns 2 to 3, we add the collection of Namibian attributes and Namibian spatial-temporal fixed effects. Then, according to Column 3, we find that one more educational year of Namibian mother is associated with 0.50 percentage point reduction in low birth weight.

Table 4: Namibian Low Birth Weight

	(1)	(2)	(3)
Namibian Education	-0.0052*** (0.0010)	-0.0065*** (0.0011)	-0.0050*** (0.0014)
Observations	7641	7640	7491
Cluster FE	.	.	X
Characteristics	.	X	X

4. Conclusion

The purpose of this study is to see if Namibian mothers with greater levels of education produce healthier infants (N=10,873). Other studies have concentrated on more visible results of schooling, such as earnings, professions, and productivity, but this one contributes to the body of knowledge by focusing on less apparent effects, such as newborn health. Our findings, which are focused on Namibia, contribute to the growing body of evidence concerning the health-education relationship across generations in Namibia.

According to the findings, Namibian mothers with a higher educational level had healthier infants than Namibian mothers with a lower educational level. In terms of statistics, one additional education year in

Namibia is linked to a 6.5378 gram rise in Namibian birth weight and a 0.50 percentage point reduction in Namibian low birth weight risk.

Our findings are relevant to research into the impact of several variables on Namibian health. For example, governmental responses to diseases may have an impact on Namibian health; heavy rain and heat in Namibia worsen illness; political violence and food scarcity in Namibia may connect to poor survival rates; literacy, land reform, and nutrition efforts improve health (Hang et al., 2020a, 2020b; Le, 2020a, 2020b, 2020c).

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