Birth Weight by Maternal Age in Alberta

Average Birth Weight, 2000 – 2013

Birth weight is an important indicator of infant health, especially low birth weight. Low birth weight babies are more likely than normal birth weight babies to experience significant adverse health and developmental outcomes that have profound short and long term impact on families, society, and the health care system.\(^1\)

Average Birth Weight Decreases as Maternal Age Increases

Between 2000 and 2013, there were 638,846 live births to women aged 15 to 45 in Alberta. The average birth weight over this time period was 3,345 grams. Average birth weight steadily declined from 3,384 grams in 2000 to 3,306 grams in 2013.

Average birth weight tends to be slightly lower for women giving birth in their late teens and early twenties, and begins to decrease for women over 30, and especially women over 35.

Average maternal age increased steadily between 2000 and 2013 in Alberta; from 28.3 years old in 2000 to 29.5 years old in 2013. Calgary and Edmonton have the highest average maternal ages (30 and 29, respectively) and the lowest average birth weights (3295 grams and 3344 grams, respectively).