

TALK

EXPLORING TWIN BIRTH PATTERNS AND ASSOCIATED FACTORS IN ESPÍRITO SANTO, BRAZIL

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ABSTRACT

This study had two objectives: (1) to analyze the twin birth rate in Espírito Santo, Brazil, from 2016 to 2021 and its associated factors, and (2) to promote the registration of twins in the USP/Brazil Twin Panel. Data from the Live Birth Information System (SINASC) were used to calculate annual twin birth rates, and logistic regression was employed to examine associations between twin births and maternal characteristics. To support the registration initiative, twins and their parents were invited to participate via an online form disseminated to the academic community of a public university in southeastern Brazil and through researchers' social media platforms.

The twin birth rate in Espírito Santo was 10.44 per 1,000 live births during the study period. Maternal age and marital status were identified as significant predictors of twinning. The likelihood of twin births increased with maternal age and was lower among mothers in consensual unions or with no recorded marital status. Regarding the registration effort, 74 individuals with twins or responsible for twins accessed the registration site between April 2023 and September 2024.

These findings align with existing literature, emphasizing maternal age and marital status as key determinants of twinning. The study provides valuable insights into the regional context of twin births and contributes to the broader understanding of twinning while supporting increased participation in the Brazil Twin Panel.