

Author: charles jaween

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Anaemia associated with pregnancy is a serious health problem and its control requires the initial identification of the major factors responsible. Determination of the possible causes of nutritional anaemia among pregnant women is important to ensure satisfactory birth outcomes. In Ghana there is little data on the usual dietary intake among pregnant women in the Northern Region of Ghana.

This study seeks to determine the possible causes of nutritional anaemia among pregnant women.

A cross-sectional study was used to survey 175 pregnant women in Tamale Metropolis. Their dietary intakes were assessed using three 24-hour recalls and a validated food frequency questionnaire (FFQ). The most recent results of laboratory tests for Hb level, malaria status and worm infestation were extracted from selected pregnant women hospital records. Esha-F Processing was used to determine the nutrients intake and. All analyses were two-tailed, and a p- value of less than or equal to 0.05 was considered significant.

Except for vitamin C, the majority of the respondents did not meet the micronutrients.

Forty seven percent (47%) of the respondents were anaemic as judged by their Hb level, with 40% of them having mild anaemia (10-10.9g/dl) and 7% having moderate anaemia (7.9-9.9g/dl).

The income, profession, age and spouse profession were significantly associated with prevalence of anaemia.

Dietary intakes of pregnant women in Tamale Metropolis do not meet their RDAs. Further research should also be carried out to evaluate various Ghanaian local food sources rich in micronutrients to improve maternal nutrition.