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**Topic:** Community health and nutrition programs

**Title:** Community based Interventions reduced the Maternal anemia and hence reduce low birth weight incidence

**Presentation Type:** Oral

In Pakistan, 32% of all babies born have low birth weight which is a major contributor to new born and infant mortality and stunting of 44% of children <5 years of age. We conducted first prospective community based study in Pakistan that has researched the effect of Multiple Micro-nutrient (MMN) along with a set of composite community based interventions on the prevalence of anemia among pregnant women and incidence of low weight births in the remotest and highly food insecure regions. Study participants were 1,204 pregnant women (600 in intervention, 604 in control group). The interventions were nutrition counselling, provision of multiple micro-nutrient and de-worming tablets, regular follow up, measurement of weight, hemoglobin in each trimester of each enrolled pregnant women

### **Findings and interpretations**

In the intervention group (39.1%) women modified their diet. Significantly higher proportion of women increased the number of meals and content

(98.7%) pregnant women reported regular intake of multiple micronutrient

Change in mean haemoglobin levels in the intervention area was 2 gm/dl, which is significantly higher

Low birth weight among the intervention group women was 3.8%, significantly lower than the national figure of 32%. Analysis showed that per unit (kilogram) increase in weight since the enrolment higher Hb in last trimester, a higher gain in Hemoglobin and BMI levels reduced the risk of low weight birth by 0.90 times.

Community based provision of Multiple Micro-Nutrient to pregnant women, dietary counselling, significantly reduce the anemia and resultantly reduce the incidence of low birth weight