Pregnancy Nutritional Status in Ethiopia :

A case study of Pregnant Women in Shashemene District, Southern Oromia Region Ethiopia

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Abstract: Inadequate quality and quantity diet is one of the major reasons for high levels of malnutrition in pregnant women. Across-sectional survey was conducted in Shashemene District, Southern Oromia Region. A two-stage cluster sampling technique was used to select a representative sample of 15190 pregnant women aged 20-50 years from four rural villages Energy and nutrient intakes from foods were calculated from one-day weighed food records on a sub-sample (n = 83). The result of the study showed that the intakes of most nutrients were lower than the recommended intake. The energy intake of the study participants both in 2nd and 3rd trimesters of pregnancy were 2,308 kcal and 1,420.5 kcal compared to the recommended 2,340 kcal and 2,452 kcal, respectively.

Except iron, almost all micronutrient intakes were lower than the recommended intake. Vitamin A intake was 3 µg compared with the recommended 800 µg, while protein intake of the study respondents in 2nd and 3rd trimester of pregnancy was 45.9 g and 3 1.5 g, respectively, compared with the recommended 71 g. Risk factors for under nutrition were multiple pregnancy and no consumption of cereal-based foods. This study revealed that the energy and nutrient intake of the pregnant women in study area was below the recommended intakes. Furthermore, the situation might be aggravated by high phytate content food consumption reported.

Nutritional status of pregnant women in study area was not adequate to support the increased energy and nutrient requirement of the participants.

Key words: Nutritional status, pregnant women, protein, vitamins, energy, Southern Oromia Region, Ethiopia

Background

Yoseph Mohammed Ali was born on 07 Nov 1989 in Harar, Ethiopia.

Education

Master of Science in Food Science, from Addis Ababa Science and Technology University.

BA in Hotel Management from Ethiopian Catering and Tourism Training Institute Addis Ababa Ethiopia. Under Ethiopian Ministry of Culture and Tourism.

Career

Food science department researcher and General Secretary of CTTI Former student. Lecturer of CTTI Institute. Consulting Food Production company.

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