

MATERNAL DETERMINANTS OF IRON DEFICIENCY ANAEMIA AMONG PREGNANT WOMEN IN MIGRATORY COMMUNITY, NAROK COUNTY

ABSTRACT

Iron deficiency Anaemia is defined as the haemoglobin less than 11g/dl. It is associated with adverse effects. The objective was to identify maternal determinants of IDA among pregnant women in migratory community of Narok County. A cross-sectional design was adopted and the study was conducted at Ewaso Ng'iro Health Centre, in Narok County, targeting pregnant women. Quantitative data including socio-demographic characteristics, were collected using structured and validated questionnaire while Haemoglobin levels were collected using the Mission Plus Hb machine. A sample size of 373 pregnant women took part in the study. The data obtained was analyzed after cleaning using SPSS version 24.0 and Microsoft Excel 2013. The 24-hour recall was analyzed using Nutri survey 2007 for mean nutrient consumption. Analysis of variance was used to assess the significance of the study parameters between IDA, dietary intake, and Haemoglobin levels. Student t test was used to analyze correlations between Iron deficiency anaemia and Haemoglobin levels. The results indicated that the mean age was 24.9 ± 6.5 years. The mean Haemoglobin levels ranged from 6.0 – 14.9. The mean dietary intake for macronutrients was energy (1597 ± 612.9), Protein (56.7 ± 31.2), PUFA (4.0 ± 2.4), Fat (14.2 ± 20.3) and Fibre was (4.0 ± 2.4). Mean intake of key micro nutrients was Vitamin A (1195 ± 826.2), Vitamin B1 (1.1 ± 0.5), Folic acid (228.2 ± 105.7), Zinc (11.8 ± 5.8), Iron (12.8 ± 6.7), Magnesium (421 ± 198.5) and Vitamin C (76.8 ± 62.1). Generally, pregnant women who had Haemoglobin levels less than 11.0 g/dL were 61.5%. Pearson correlation indicated that there was a weak positive association between pregnancy haemoglobin levels and maternal dietary iron intake levels. Future work should investigate on serum ferritin levels as it is a more sensitive measure that can indicate iron storage disorder and its low levels are indicative of Iron deficiency anaemia.

Keywords

Maternal determinants, pregnant woman, migratory community

Primary authors: Ms CHEPKORIR, VIOLAH (STUDENT); Dr BOR, Wesley (Lecturer); Dr CHEBIWOT, Kipsaina (Lecturer)

Track Classification: Health education and promotion