



Nutritional Status and Associated Factors among Pregnant Women in Boricha Woreda, Sidama Zone, Southern Ethiopia

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ABSTRACT

Objectives: Assessment of nutritional status of pregnant women in Boricha wereda.

Methods: Community based cross sectional study design was used. Data were collected from December 10-25, 2012 G.C on 417 pregnant women who are randomly selected from six rural and one urban kebele of Boricha wereda. Data were collected by using structured interviewer administered questionnaire and HemoCue[®] Blood Hemoglobin Photometer. Hemoglobin level was categorized as "anemic" and "non-anemic," according to The World Health Organization's accepted values to define anemia.

Results: The prevalence of anemia was 20.9%. Living in rural areas (AOR [95% CI] = 3.2 [1.32, 7.55]), antenatal care follower (AOR [95% CI] = 1.4 [1.34, 2.85]), those who were consumed iron (AOR [95% CI] = 2.5 [1.37, 4.44]) and those who were diseased by malaria (AOR [95% CI] = 9.3 [5.23, 16.74]) had significant association with anemia.

Conclusions: The prevalence of malnourished pregnant women in hemoglobin level was high when it compared to regional prevalence. Hence, maternal nutrition interventions should be integrated in a stronger manner into maternity services.

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