

Euro Health Care and Fitness Summit

September 01-03, 2015 Valencia, Spain

Diet and pre-eclampsia: A prospective multicentre case-control study in Ethiopia

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Aim: The aim of this study was to determine the effect of dietary habits on the incidence of pre-eclampsia Bahir Dar, Ethiopia

Methods: A prospective multicentre unmatched case-control study was conducted among 453 (151 cases and 302 controls) pregnant women attended antenatal care and delivery in public health facilities of Bahir Dar. Interviewer administered face to face interview, measurement of mid upper arm circumference (MUAC) and hemoglobin were conducted using a standardized and pretested questionnaire. Both bi-variate and multivariate logistic regression analyses were applied. A P-value ≤ 0.05 was considered to declare statistically significant

Results: For every 1-cm increase of MUAC, there was an increase in the incidence rate of preeclampsia by a factor of 1.35 (AOR=1.35, 95% CI: 1.21, 1.51). A higher incidence of preeclampsia was found in women who reported to have consumed coffee daily and had anemia during pregnancy (AOR =1.78, 95% CI: 1.20, 3.05, AOR=2.47, 95%CI: 1.12, 7.61 respectively). This study also revealed consumption of fruit or vegetables at least three times a week and compliance with IFA during pregnancy to be protective against preeclampsia (AOR= 0.51, 95% CI: 0.29, 0.91; AOR=0.46, 95% CI: 0.24, 0.90; AOR=0.16, 95% CI: 0.08, 0.29 respectively).

Conclusion: Adequate vegetable and fruit consumption and compliance to foliate intake during pregnancy are independent protective factors of preeclampsia. On the other hand, higher MUAC, anemia and daily coffee intake during pregnancy are risk factors for the development of preeclampsia. Audience specific education and promotion for the use of the protective factors identified in this study should be strengthened.

Biography

Mulualem Endeshaw completed his B Sc degree in Nursing from Central University College and MPH studies from Bahir Dar University. He is an Instructor and department Head of Nursing in Rift Valley University. He has published a number of articles in reputed journals and conferences. He is a Certified Nurse in Ethiopia.

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