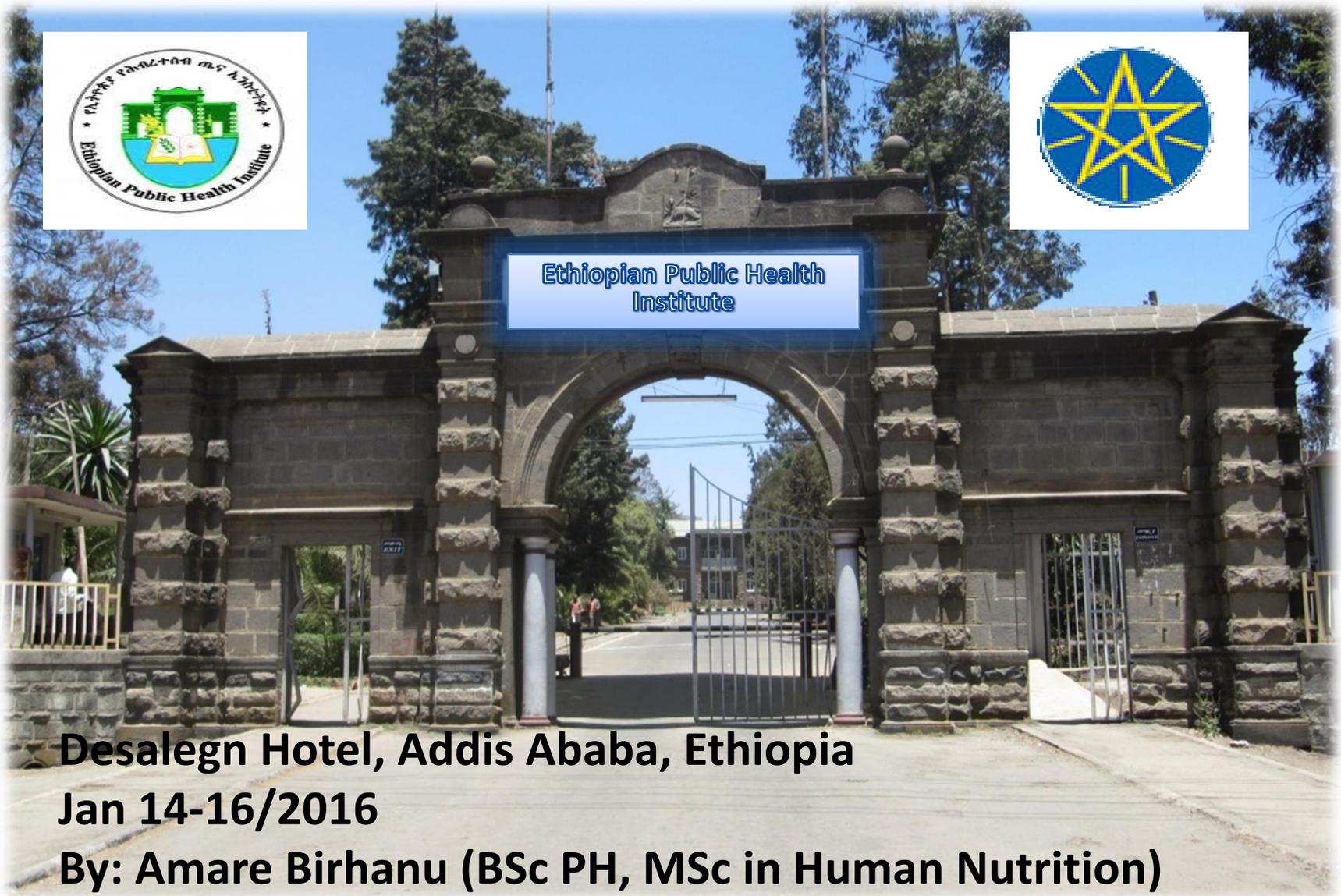


# Prevalence and Factors Associated with Anemia Among Pregnant Women Attending ANC in Governmental Health Institutions, Hawassa City, Southern Ethiopia.



**Desalegn Hotel, Addis Ababa, Ethiopia**

**Jan 14-16/2016**

**By: Amare Birhanu (BSc PH, MSc in Human Nutrition)**

# Content

- Introduction
- Objective
- Methodology
- Result and Discussion
- Conclusion and Recommendation
- Acknowledgement



# Introduction

- Anemia, defined as haemoglobin concentration below established cut-off levels (WHO, 2004).
- Anemia occurs at all stages of life cycle, but is more prevalent in pregnant women and young children (WHO,2009).
- Anemia during pregnancy is a major public health problem throughout the world, particularly the developing countries.
- The effect of anemia during pregnancy has been associated with major maternal and foetal complications.
- Even if the prevalence of anemia during pregnancy is reducing in Ethiopia, it is still of public health importance and also the associated factors are not well studied and addressed.



# Objectives

- **General Objective:** To assess the prevalence and factors associated with anemia among pregnant women attending ANC in governmental health institutions, Hawassa, Southern Ethiopia, 2015.
- **Specific objectives:**
  - To determine the prevalence of anemia among pregnant women attending ANC in governmental health institutions, Hawassa, Southern Ethiopia
  - To identify factors associated with anemia among pregnant women attending ANC in governmental health institutions, Hawassa, Southern Ethiopia



# Methodology

- Institution based cross sectional study was conducted from February 16 to April 30/ 2015.
- A total of 630 pregnant women who attended ANC at Hawassa city governmental health institutions were included in the study.
- The data was collected using interviewer administered structured questionnaire, laboratory investigations and Review of client ANC chart for HIV sero- status .
- Data were entered to **Epi Info version 3.5.1** and then transferred to **SPSS version 16.0** statistical package for analysis
- Descriptive and summary statistics was carried out. Bivariate and multivariable logistic regression analysis was done.



# Result and Discussion

- The overall prevalence of anemia using a cut off level of hemoglobin  $<11$  g/dl was 24.4% and the majority of them (85.06%) were of the mild type (hemoglobin: 10-10.9 g/dl).
- Variables such as age  $>35$  years, family size  $>5$ , not taking fruit after meal, gestational age (3rd TM), multi-gravidity, history of abortion, history of malarial attack, HIV infection and have intestinal parasite have shown a statistically significant association with anemia.



# Conclusion and Recommendation

- The overall prevalence of anemia in this study remains public health important.
- The present study has shown a statistically significant association between anemia and age 35-44 years, family size >5, not taking fruit after meal, gestational age (3<sup>rd</sup> TM), multi-gravidity, history of abortion, history of malarial attack, HIV infection, and have intestinal parasite.

## Ministry Of Health

- Review the existing routine investigations for pregnant women's during ANC visit and include stool examination

## SNNPR Bureau of Health

- Strengthen nutrition education via different communication methods about healthy eating behaviour, foods that can prevent anemia

**Hawassa city administration health department** should strengthen family planning promotion and service provision both in the health facilities and urban health extension program. And should strengthen the prevention and control of communicable diseases like malaria, HIV and intestinal parasites.



# Acknowledgement

- Thank you for EPHI\_all of you who organizes and give a chance to me to present my research findings
- All participants who attend in the 2<sup>nd</sup> National Food and Nutrition Research Dissemination Conference
- WSU & NORHED- SENUPH Project for financial support
- My Advisors Dr Firehiwot Mesfin (PhD) & Mr Wondimagegn Paulos (PhD fellow)
- All of study participants, data collectors, Supervisors, Hawassa city health department, the study area Health facilities, my beloved family & friends



**THANK YOU!!!**

