

ORIGINAL RESEARCH

To Determine Factors Affecting Dietary Practices and Nutritional Status of Pregnant Adolescent Age 13-18 Years in Ol'lessos Village.

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Abstract.

Background: Dietary practices are an aspect of dietary quality that indicates general nutritional adequacy. Lack of diversified diet is a severe problem in the developing world, where diet are predominantly starchy staples with few animal products, seasonal fruits and vegetables. The nutritional status of a woman during pregnancy is important as a suboptimal diet impact negatively on the health of the mother, and the newborn. There is limited knowledge in the area of dietary practices and nutritional status of pregnancy factors affecting it among pregnant women despite evidence showing that maternal nutrition has important direct and /or indirect consequences for all other age cohorts. The study aimed to asses factors affecting dietary practices and nutritional status of pregnant adolescents.

Method: Cross sectional analytic design was used and the study was carried out in Ol'Lessos village. A Sample size of 129 pregnant women was targeted with the first respondent being randomly selected and thereafter systemic sampling was used until the required sample was reached. Mid upper arm (MUAC) of the left arm of the respondents of the women were measured to determine the nutritional status. Data were collected using researcher administered questionnaires and focus group discussion guide. Data collected using 24-hour recall was analyzed by Nutrisurvey.

Results: There were significant differences in the mean macronutrients and micronutrients with regard to the dds where respondents with a higher DDS (> six) were more likely to have a higher macro and micronutrient intake compared with those who had a lower. The mean energy intake was 1909 Kcal +630 which is below the Recommended Daily Allowances (RDA)of 2400 kcal for pregnant women. Based on MUAC cut offs, 31.7 percent were malnourished (MUAC< 21.0 CM) while 68.3 percent of the respondents were normal (MUAC >21.0cm). MUAC was positively correlated with the socio-economic status. Based on the WHO cut offs,73.6 percent were anaemic. Regression showed that the age of the mother and the numbers of births were significant predictors of the MUAC of the pregnant women (p=0.001).

Conclusion: It's is recommended that guidelines for nutrition and diets be carried out through practical demonstrations in the community and health facilities. The findings of the study may be used by Ministry of Public Health and Sanitation (MOPHS) and other organizations to promote and implement programs aimed at improving dietary practices and nutrition status among pregnant in the county.

Key words: MUAC-Mid Upper Arm Circumference, MOPHS-Ministry of Public Health Sanitation.