J.nutr.diet (Nairobi)
ISSN 2415-5195 (PRINT)
DOI: 10.57039/ JND-Conf-Abt-2023-M.I.Y.C.N.H.P-30

ORIGINAL RESEARCH

Dietary Diversity and Micronutrient Adequacy Among Women of Reproductive Age in Kericho County

Mercy Chepkirui[1], Wambui Kogi-Makau[2] and Sophia Ngala[2]

[1]Department of Health Sciences, Ol'lessoss Technical Training Institute
[2]Department of Food Science, Nutrition and Technology, University of Nairobi

[1]Corresponding author: mercychepkirui2@gmail.com

Abstract

Women of reproductive age (WRA) are mostly vulnerable to low dietary diversity and micronutrient malnutrition due to their reproductive role. There is, however, limited data on the current situation in Kericho County. This study was aimed at determining the dietary diversity and micronutrient adequacy among women of reproductive age from kitchen gardening households in Kericho County. A cross-sectional study involving 193 WRA (15-49 years) was conducted in September and October, 2018, in Kericho County. A semi-structured questionnaire was used to collect data on sociodemographic and socioeconomic characteristics, and kitchen gardening. Minimum Dietary Diversity-Women (MDD-W), 24-hour dietary recall and Food Frequency Questionnaires were used on dietary intake and diversity data. All the respondents consumed starchy staples with a high proportion consuming dairy (99.5%) and dark green leafy vegetables (92.2%) whereas nuts and seeds were the least consumed (6.7%). The mean Dietary diversity score (DDS) was 5.3±1.4 with 72% of women consuming at least five groups out of ten recommended by food and agriculture organization (FAO) and FHI 360. Kitchen gardens' size and number of crops grown had a positive significant contribution to dietary diversity (p=0.000).The mean adequacy ratio (MAR) for Vitamin A, iron and zinc was obtained as 89.9% with Vitamin A nutrient adequacy ratio (NAR) being the lowest (46.35%). A positive association was obtained between NAR for Vitamin A(r=0.499), iron (r=0.528) and zinc (r=0.569), and dietary diversity scores. A more diversified diet increased the chances of micronutrient adequacy. Slightly less than three quarters of women were micronutrient adequate due to attainment of recommended food groups. Hence, majority of WRA in Kericho County meet the recommended dietary diversity and micronutrient adequacy except for Vitamin A**.** There's need to encourage households to dedicate larger share of their lands to kitchen gardening and have a diversity in their gardens and diet.

Key words: Minimum Dietary Diversity-Women, Nutrient Adequacy Ratio, Mean Adequacy Ratio, Micronutrient Adequacy.