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Prenatal nutrition in wanted and unwanted pregnancies

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Introduction: Nutrition can be one of the most important and predictors of physical health during pregnancy and has a significant effect on reducing the risk and maternal health problems during this period.

Objective: The present study aimed to compare prenatal nutrition in wanted and unwanted pregnancies

Materials and Methods: This is a descriptive-comparative study included 300 pregnant women who had referred to the prenatal clinic of referral hospital; 135 wanted and 165 unwanted pregnancies in 2016 in Iran. The necessary data was collected using “personal demographics” and “Physical health”. Variables such as age, education, occupation, housing status, type of pregnancy, number of pregnancies / delivery, medical problems current pregnancy, contraceptive methods, blood tests (HB, FBS), nutrition (meat and eggs), beans, milk or dairy products, fruit and vegetables and supplements (iron, folic acid, multivitamin). Data analysis was done using descriptive and inferential statistics.

Results: In this study, 300 pregnant women (165 wanted and 135 unwanted pregnancies) aged 16 to 50 years and mean age of 29.8 ± 5.8 years were enrolled. In terms of education, 80.7% of women were graduated higher diploma and 91/7% were housewives. Regarding the regression coefficients and the relative chance of the relationship between the wanted and the unwanted pregnancy with the health status based on the adjusted model, the results indicated that unwanted pregnancy variables were considered as a significant predictor of physical health so that unwanted pregnancy was 5/4 times the person more exposed to medical problems. Among other variables (Hb, FBS) ($p < 0.001$) and inadequate dairy consumption (at least one glass of milk or yogurt per day); 45-60 g of low-fat cheese equivalent Matchbox) ($p = 0.005$) were other predictors that increase the odds of individual medical problems (5.36, 28.07, 10.095, 25.036) in pregnancy, respectively

Conclusion: These results can guide us nutrition in wanted and unwanted pregnancies is very important which should be careful in during prenatal by counseling, education, encouragement and psychological support as well.

Biography

Sedigheh pakseresht has completed her Ph.D. at the age of 48 years from Delhi University, India University. She is Associate Professor, Women Health Promotion, Community Health, Obstetric Dept. Member of Reproductive Health Research Center & Social determinants of health research center, Guilan University and Medical Science, Rasht, Iran. She has published more than 28 papers in Persian journals and 7 papers in ISI about breast cancer and published a book about breast cancer (in English). She is chief editor in holistic nursing and midwifery journal in Guilan, Iran for 19 years.

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