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Effect of modern family planning methods (MFPM) use on nutritional status of women of reproductive age group at Tena district, Arsi zone, Ethiopia in 2013: A comparative study

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Background: The nutritional status of women is important, because it is through women and their off-spring that the pernicious effects of malnutrition are propagated to future generations. Maternal and child under nutrition is the underlying cause of at least 3.5 million deaths each year and 11% of the total global disease burden. Women in developing countries over their reproductive life span conceive and nourish with their own bodies six to eight children. Because of the high energy and nutrient demands of pregnancy and lactation, women spend a large proportion of their reproductive years under possible nutritional stress. Short inter-pregnancy intervals or early pregnancies leads to a reduction in maternal nutritional status at conception and altered pregnancy outcomes. Utilization of MFPM helps the women to space births and gives longer non-pregnant, non-lactating intervals providing them time to replenish their energy and micronutrient stores.

Methodology: A community based quantitative comparative cross-sectional study design supplemented by qualitative study method was conducted among women of reproductive age groups (15-49 years). The study was conducted at Tena district, Arsi Zone, Ethiopia, 260 km away to South-East of Addis Ababa from Jan-Feb 2013. Out of 13 Kebeles of the district, 3 kebeles were selected randomly and prior survey was done to identify MFPM users at least for one year and non-users before the actual data collection. Probability proportion sampling was used to allocate the total 360 sample sizes to each of the 3 selected kebeles (180 for each ever MFP users and non users). A systematic random sampling procedure was carried out to reach the study subjects included in the survey. Data were collected using structured face to face interviewer administered Afan Oromo and Amharic version questionnaire. Anthropometric measurements (height, weight and mid upper measurements (MUAC) were taken based on the recommended standard guidelines. Data were entered in Epi info version 3.5.1 and exported to SPSS version 17 software for analysis. Cross-tabulation was used to see frequency distribution and logistic regression was done to assess the association of independent variables on dependent variable (nutritional status measured by BMI).

Result: The proportion of underweight (BMI<18.5 kg/m²), MUAC≤21 cm, low-weight (≤45 kg) and low-height ≤145 cm) were 26.7% (38.9% NFP users vs. 14.4% FP users), 24.7 % (38.3% NFP users vs. 11.1% FP users), 30% (4 2.8% NFP users vs. 18.3% FP users) and 1.9% (2.8% NFP users vs. 1.1% FP users), respectively. Significant difference was noted between ever FP users and non-user's women except for height. Two thirds (68.9%) women had normal BMI (59.4% NFP users vs. 78.3% FP users). Women of FP users had also longer birth interval and few numbers of children than NFP users. The other characteristics of women significantly associated with nutritional status were; educational status (AOR=2.32; 95%CI =1.3-4.2), currently lactating (AOR=3.99; 95%CI=2.05-7.8, illness (AOR=2.1; 95%CI=1.2-3.6), frequency of meals<3times/day (AOR=3.7; 95%CI=1.04-13.3).

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