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Sexual violence among house maids and its adverse reproductive health outcomes in Hawassa, Ethiopia

Fasika Esatu

University of Gondar School of Medicine and Public Health, Ethiopia

Sexual violence is a violation of human rights and a serious public health problem. It has a profound impact on physical and mental health, both immediately and many years after the assault. To date, sexual violence has received insufficient attention from researchers, policy-makers and program designers and it has been a long struggle to have it recognize as a legitimate public health issue. The objective of this study is to assess the magnitude of sexual violence and its adverse RH outcome on house maids, and to compare the adverse RH outcomes on sexually violated and non-violated maids. A cross-sectional analytical study was conducted among 523 house maids in Hawassa. After the quantitative data was collected using self-administered questionnaire data was entered, cleaned and analyzed using SPSS. The life time prevalence of sexual violence were 15.3% with 95% CI (12.2, 18.4) and the 12 month prevalence of sexual violence were 5.9%. In this study the likely hood of experiencing sexual violence is higher among house maids who use any substance. The prevalence of any adverse RH outcome was 14.5% with 95% CI (11.5, 17.6) and the likely hood of experiencing adverse RH outcome is higher among those house maids who ever use any substance and house maids who experience sexual violence.

kijanlove@gmail.com

Traditional nutritional practices of postnatal women in Iran

Fatemeh Abdollahi

Mazandaran University, Iran

Nutrition has an important role in restoring woman's health during postnatal period. Much of the woman's behavior during this period including nutritional practice is strongly influenced by her cultural background. This study was conducted to determine the traditional nutritional practices (TNP) among the postnatal women in Gonbad Kavous city, northern Iran. In a descriptive study, the data was collected from 305 women between Aug to Oct 2014. Women attending primary health centers in rural and urban areas were recruited using randomized sampling method. A questionnaire on socio-demographic and TNP during postnatal period was administrated to the sample. Yes and no answers were summed up to calculate the total score ranging from 0 to 8. Data was analyzed using descriptive analysis and Chi-square test. The total number of traditional practices ranged from 2 to 8 with the mean being 6.46 ± 1.42 . Majority of the women have taken plenty of hot drinks (95.1%), have avoided eating spicy food (87.2%), have eaten plenty of sweet fatty food (85.6%), have avoided eating some of smelly food such as onion and garlic (84.3%), have eaten yellow oil (Sari Yagh) (83.6%), have eaten red sugar (Ghezel Shekar) (76.1%), have eaten Bulmagh (oil+suger+rice powder) (73.1%) and have avoided eating red meat (61.3%). There was no significant difference between TNP and socio-demographic characteristics. TNP was quite high among postnatal women in this study. As information on safety of these practices is limited, health care practitioner should be aware of such practices and asked mothers about it.

abdollahizagh@gmail.com