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Micro-nutritional Status of Yemeni Pregnant Women and Its Effect on the Outcome of Pregnancy

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ABSTRACT

Objectives: To assess micronutritional status of vit.A, iron, and zinc of Yemeni pregnant women and their newborns and its relation the outcome of pregnancy.

Methods: Its a descriptive cross sectional study carried at AL -Sabeen material hospital in Sana’ a. It included 184 subjects, 92 Yemeni pregnant women coming for delivery and their newborns after taking their consent. A questionnaire was used to collect personal, socioeconomic data and dietetic history. Blood samples from mothers and umbilical cord were analyzed for hemoglobin, serum iron, ferritin, total iron binding capacity zinc and vitamin A.

Results: Carbohydrates were the predominant nutrients. Thirty four mothers used vitamins and mineral supplements. 72.8% mothers drink tea with or immediately after meals. It was significantly related to mothers' hemoglobin & serum iron and related to newborns hemoglobin. Child marriage (<18 yrs) was observed in 23.9% and it was significantly related to their hemoglobin. 72.8% mothers had normal hemoglobin, while 27.2% were anaemic. 50% mothers had serum iron levels less than normal. 67.82% mothers and 93.83% newborn had normal serum ferritin levels. 60.67% mothers and 53.57% of newborns had normal serum zinc levels. Most of the mothers and their newborns had normal serum vit.A levels. Micronutrient status of newborn was found to be significantly correlated to their mothers' micronutrient The mean of the newborns' weight was 2.8± 0.47 kg. 81.52% of newborn had normal birth weight; significantly related only to their mothers' hemoglobin and serum zinc levels.
Conclusions: Supplementation, nutritional education and counseling may improve dietary intake and habits

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