RESEARCH ARTICLE

Nutritional status of pregnant women in selected hospitals in Dhaka city

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Abstract

Background Nutritional status is an aspect of dietary quality that indicates general nutritional adequacy. Lack of diversified deities a severe problem in the developing country where diets are predominantly starchy staples with few animal products seasonal fruits and vegetable.

Objectives Assess the nutritional knowledge of pregnant mothers in Dhaka city. To describe identify the economic status of pregnant women in the study area. To find out the food consumption pattern of the participants.

Methodology Cross sectional analytical design was used and the study was carried out from Dhaka Medical College Hospital. The samples were selected by convenience sampling method. The data were collected by using a close ended questionnaire from coded by six themes; finally data are analysed and presented quantitative analysis.

Results Following themes have been emerged on the basis of data analysis on SPSS version-20. According to the themes the results are made. This includes not only educational level but also awareness about nutrition which is important for the pregnant women. The mother mean age was 18.39 and their nutritional knowledge was good whose have educational high level and whose have good economic status but up to 50% of the participants, there were not good nutritional status. Many of the participants do not know well about the nutritional value.

Conclusion In Bangladesh the nutritional knowledge of the pregnant mother is going developed day by day but this spread is low. If the Government of the country and the other high rated health related organization take the steps like some rules, campaigns, conference, community program about nutrition against it then it can be a better result comparing to the other country that seems to be better.

Keywords: Nutrition, Nutritional, knowledge, Pregnancy

INTRODUCTION

Background:

In developing countries the spectrum of malnutrition encompasses the entire range which can occur in the time when dietary energy or nutrient intake are insufficient, excessive or...
simply imbalanced (Prendergast, 2015). The levels of malnutrition in Bangladesh are amongst the highest in the world in despite progress and this is a major cause of death disease in children and women (Smith, 2010).

Malnourished mother give birth to malnourished infants for that’s why malnutrition passes from one generation to the next. If they are girls, these children often become malnourished mothers themselves where the cycle continues (Rahman et al. 2010). Malnutrition among the rural Bangladeshi women of reproductive age is still very high (Shahidullah SM, et al. 2010). Pregnancy is the period of dynamic change for a mother who requires a lot of care due to fetus is nourished directly by the mother through placenta, and baby totally gets nutrition from mother, the pregnant women is to be delivered with an adequate and well balanced diet (Mudambi, 2008).

To sure the satisfactory weight of pregnant women, correct dietary balance is so important for adequate growth of fetus without drawing on mother’s own tissues to maintain her pregnancy (Mridula, 2009).

In the pregnant mother exclusive breast feeding is very important for children’s growth and mother’s wellbeing. Exclusive breastfeeding were practiced in Bangladesh about 36% (Bangladesh Demographic and Health Survey, 2007). It is found that nutritional intervention focused on woman’s health during the reproductive stage, not only in the preconception period but also during the prenatal period, helps achieve adequate new-born nutritional status and is reflected in childhood health and nutritional conditions (World Health Organization, 2006).

**Methods:** The study was conducted by Cross sectional analytical design was used and the study was carried out from Dhaka Medical College Hospital, Bangladesh with 60 samples included with the inclusion criteria. Data were collected by face to face interviewed method.

**Data Analysis**

The data analysis was performed in the program ‘Statistical Package for Social Science’ (SPSS) version 20. The presentation was performed in SPSS and in Microsoft office word 2010. Every questionnaire was rechecked for missing information or unclear information.

| 2 | RESULT AND DISCUSSION |

According to this age separation, there were all 60 participant mother where the mean age of the participants in the study was 24.50. Among the total participants (n=60). 50% (n=30) respondents were in 15 to 20 years age, 30% (n=18) were in 21 to 25 years, 16.7% (n=10) respondents were in 26 to 30 years and 3.3% (n=2) were in 31 to more years. In Bangladesh, approximately 60% of rural girls become mothers the age of 18 and they have few knowledge of nutritional status comparatively multigravida. (Hackett KM et al 2012).

In this research study among these 60 mothers majority of the respondent’s 30% (n=18) were completed high school level followed by 26% (n=16) were completed their secondary school level, higher secondary school level 13.3% (n=8) graduate 11.7% (n=7) in this study (Table: 2), illiterate 11.7% (n=7), Primary school level 6.7% (n=4). In this finding we can assure that the educated mothers were more conscious than illiterate mothers.

**Economical status of the participant**

Most of the participants were low and medium condition and others were good. Low 41% (n=25), medium 38% (n=23), good 20% (n=12) in this following figure no-4.
NUTRITIONAL STATUS OF PREGNANT WOMEN IN SELECTED HOSPITALS IN DHAKA CITY

**FIGURE 1:** A chart showing percentage of economical status of the participants

**TABLE 1:** Table 1: Individual characteristics of the subject variables

| Variable          | (%) N |
|-------------------|-------|
| Sex               |       |
| Female            | (100%) 60 |
| Marital Status    |       |
| Married           | (100%) 60 |
| Occupation        |       |
| Housewife         | (50%) 30 |
| Students          | (28.3%) 17 |
| Government worker | (1.7%) 1 |
| Non-Government Worker | (20%) 12 |
| Religion          |       |
| Muslim            | (76.7%)46 |
| Hindu             | (16.7)10 |
| Christian         | (3.3%) 2 |
| Buddhist          | (3.3%) 2 |
| Family Size       |       |
| Single family     | (61.7%) 27 |
| Large family      | (38%) 23 |
| Family equivalent | (3%) 2 |
| Cannot say        | (10%) 7 |

Intake of different food in one week-

**Weekly intake of beef**-

Bangladesh is a Muslim country and in this country all of the Muslim are interested to eat beef and they believe beef has lots of protein and other supplement which is need to a pregnant mother. So everybody try to eat it in a week and if they not then in a month. In this study 28.3% (n=17) were taken beef for 1 time in 7 days.

Most of the participants about 60% (n=36) were not taken beef for 1 time in a week due to cost or poverty and everybody almost does not like to eat it every day. 10% (n=6) were taken the beef for 2 times in 1 week and only 1.7% (n=1) were taken the beef for 3 times in 1 week. This information is belongs to the following figure.

**FIGURE 2:** A chart showing percentage of intake of beef in a week

**Weekly intake of Proceeded food:**

In (N=60) there were 65% (n=39) whose not taken the proceeded food in a week. 18.3 % (n=11) whose have taken the proceeded food or 1 time in a week, 8.3 % (n=5) have taken the proceeded food for 2 times in a week, 5% (n=3) have taken the proceeded food for 3 times in a week, 3.3% (n=2) have taken the proceeded food for 4 times in a week. This is showing in the table no- 5

**Weekly intake of proceeded food**

**TABLE 2:**

| Time      | Frequency | Percent |
|-----------|-----------|---------|
| 1 time    | 11        | 18.3    |
| 2 times   | 5         | 8.3     |
| 3 times   | 3         | 5.0     |
| 4 times   | 2         | 3.3     |
| None      | 39        | 65.0    |
| Total     | 60        | 100.0   |

**Weekly intake of fish**-

In table no-6 about 50% (n=30) have taken the fish for 2 times in a week, About 33.3 % (n=20) were taken the fish for 3 times in a week, 10% (n=6) were taken the fish for 4 times in a week, about 3.3 % (n=2) were taken fish for 1 time in a week, 1.7% (n=1) have taken fish for no time and for 6 times in a week.
TABLE 3: Weekly intake of fish

| Time | Frequency | Percent |
|------|-----------|---------|
| 1 time | 2 | 3.3 |
| 2 times | 30 | 50.0 |
| 3 times | 20 | 33.3 |
| 4 times | 6 | 10.0 |
| 6 times | 1 | 1.7 |
| None | 1 | 1.7 |
| Total | 60 | 100.0 |

Weekly intake of Proceeded Milk –

In this study in N=60, there were about 36.7% (n=22) have taken proceeded milk for 1 time in a week, 26.7% (n=16) have taken the proceeded milk for 2 times in week, 6.7% (n=4) have taken 4, 5, 7 times the proceeded milk in week, 3.3% (n=2) have taken the proceed milk for 3 times in a week, only 1.7% (n=1) have taken the proceeded milk for 6 times and none were about 11.7% (n=7).

TABLE 4: Weekly intake of proceeded milk

| Time | Frequency | Percent |
|------|-----------|---------|
| 1 time | 22 | 36.7 |
| 2 times | 16 | 26.7 |
| 3 times | 2 | 3.3 |
| 4 times | 4 | 6.7 |
| 5 times | 4 | 6.7 |
| 6 times | 1 | 1.7 |
| 7 times | 4 | 6.7 |
| none | 7 | 11.7 |
| Total | 60 | 100.0 |

3 | CONCLUSION

The condition of the nutrition of Dhaka Medical College has not improved satisfactorily because of educational environment and need more attention. There are some nutritional problems such as Malnutrition, under-weight which are more common in Bangladesh. This situation may create different types of hazards that are life threading for pregnant women. A magic pill which are not created till now that it can reduce or spread the nutritional status of the pregnant women. It is hoped that the study would be helpful and that will be understanding the severity of the nutritional status of pregnant women and it increases the awareness of the need of pregnant women for full-filling their physical, mental, and academic requirements.

4 | REFERENCES

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