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Knowledge and dietary habits regarding anemia of
pregnancy in the Republic of Gabon

ガボンにおける妊婦の貧血に関する知識と食生活

20MW302

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Objective:

This study contribute to clarifying the anemia status of pregnant women living in the capital of Gabon, knowledge of anemia, and its association with dietary habits. Thereby we can provide educational approaches such as health guidance and nutritional counseling for pregnant women in the future.

Methods:

This study was a cross-sectional study using a questionnaire, and the study participants were pregnant women who came to two health centers in Libreville. The inclusion criteria were: 20 years age or older, a single pregnancy with no history of hematopoietic disease, at least the second antenatal care and have blood test results, can read and write French. The survey included basic information , knowledge of anemia, eating habits, and dietary diversity.

Results:

The results of 121 questionnaires were analyzed. 75(62.0%) were anemia , mean hemoglobin of 10.6g/dl (SD±1.25)(range7.0-14.3g/dl). The mean number of correct answers out of 7 statements about knowledge of anemia was 2.55(SD±1.59), and no one could answer all statements correctly. More than half of the respondents understood that anemia also affects the baby, but less than half understood that it affects the mother after childbirth and specifically affects premature birth and low birth weight , revealing a lack of knowledge. There was no association between anemia and characteristic of participants. The group that consumed dark greens leafy vegetables was significantly less anemic than the group that did not consume those. ($\chi^2 = 6.563$, $p=0.038$)

Conclusion:

Maternal anemia rate was 62% in this study. There was little knowledge about anemia, including its effects on the mother's body, premature, anemia without symptoms. And we suggest that dark greens leafy vegetables are effective foods for anemia, therefore, healthcare provider can introduce their foods and recipes for improve anemia in the health education.