

# Influence of Socio-Cultural Related Factors on Utilization of Primary Health Care Facilities among Pregnant Women in Iwo Local Government Area, Osun State, Nigeria

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## Abstract

**Introduction:** Improvement of maternal healthcare of pregnant women at the grassroots level has necessitated the need to access and utilize primary health care (PHC) facilities. In spite of the benefits that are accrued to accessibility and utilization of such facilities, exploratory survey has revealed persistent underutilization of the facilities. Previous studies mainly focused on demographic, economic and some social factors, with little concentration on illiteracy, societal inspiration and cultural belief, particularly among pregnant women. This study therefore, examined influence of socio-cultural related factors on utilization of PHC facilities among pregnant women in Iwo Local Government Area (LGA), Osun State, Nigeria.

**Methodology:** A descriptive survey design of correlational type was used in the study. Purposive and simple random sampling techniques were used to select a total of 100 respondents from five wards in Iwo LGA of Osun State. A self-developed questionnaire with reliability value of 0.73 was used as the instrument for data collection. Data were analysed with the use of inferential statistics of Pearson product moment correlation and multiple linear regression.

**Results:** The outcome of the study showed that socio-cultural factors of illiteracy, societal inspiration and cultural belief had positive relationship with utilization of PHC facilities among pregnant women in Iwo LGA. Socio-cultural factors jointly had significant influence on utilization of PHC facilities among the respondents ( $F_{(3,96)}=80.546$ ;  $p<0.05$ ). Illiteracy ( $\beta=0.255$ ,  $p<0.05$ ) and societal inspiration ( $\beta=0.685$ ,  $p<0.05$ ) had relative influence on utilization of PHC facilities among the respondents, while cultural belief ( $\beta=0.049$ ,  $p>0.05$ ) did not.

**Conclusion and Recommendation:** Socio-cultural factors had a joint influence on utilization of primary health care facilities among pregnant women in Iwo Local Government Area of Osun State. Illiteracy and societal inspiration had relative influence on utilization of primary health care facilities. It was recommended that an effective health education on proper utilization of primary health care facilities should be organised for the pregnant women.

**Index Terms-** Socio-cultural factors, Utilization and Pregnant women.

## I. INTRODUCTION

The current trend of event across the globe, particularly in public health has ascertained and emphasised the need for every country to provide efficient services and ensure effective utilization of primary health care (PHC) facilities. A typical aspect of such services is maternal health care service which is aimed at reducing maternal mortality. According to World Health Organization [WHO] (2005), pregnancy related complications contribute to more than half of the global deaths among women annually; with about 90-95% of these emanating from developing countries. Consequently, Focused Antenatal Care was introduced as a new model of antenatal clinic attendance for the purpose of reducing the number of required antenatal visits to four; and to provide focused services that could bring about improved maternal outcomes (WHO, 2005; Chorongo, Okinda, Kariuki, Mulewa, Ibinda, Muhula, Kimathi and Muga, 2016).

Prenatal care is more likely to be effective if women begin to receive care in the first trimester of pregnancy and continue to receive care throughout pregnancy. Effective antenatal interventions include serologic screening for syphilis, provision of malaria prevention, anti-tetanus immunization and prevention of mother-to-child transmission of HIV among others. In order to reduce life-threatening risks and reduce mortality, good-quality maternal health services by trained health workers must be available and must be used (WHO, 2005; Heaman, Newburn-Cook, Green, Elliot and Helewa, 2008; WHO, 2014).

Health care is rendered through the full participation of community members. It is also carried out at a cost that the community and the involved country could be able to maintain at every stage of their development with the aim of self-reliance and self-determination (Starfield, 2011; White, 2015). Primary healthcare services are usually rendered at the grassroots in Nigeria, particularly at the local government level. Nurses, midwives, community health officers, health technicians and other paramedical officers are mostly used, while few doctors are engaged. As, such, the staff provide prevention and treatment of communicable diseases, immunization, maternal and child health services, family planning, public health education, environmental

health and the collection of statistical data on events that are related to health (Federal Ministry of Health, 2004; Adeyemo, 2005).

The goal of PHC is to provide accessible health for all. However, this is yet to be achieved in Nigeria and appears to be unlikely in the next ten years. The care is primarily aimed at providing individual across the globe with the essential health services. In spite of the intention of equity and easy access of establishing PHC centres, the rural populations in Nigeria are seriously underserved when compared with their urban counterparts. Also, PHC which is supposed to be the foundation of the country's health care policy, is presently providing for less than 20% of the potential patients (Gupta, Gauri and Khemani, 2004; Federal Ministry of Health, 2004).

Ikuforiji (2018) revealed that several pregnant women are still giving birth in unregistered health facilities, which are mostly managed by both quacks and unskilled birth attendants. It was further established that most of such pregnant women who utilize the unregistered health facilities were usually at the critical stage before they are usually referred on emergency to registered health facilities. Ikuforiji (2018) further revealed that, Nigeria is currently one of the leading countries in maternal mortality. This means that there is a need to improve maternal healthcare in Nigeria. Consequently, empirical studies have identified various barriers that hinder the choice of utilizing PHC facilities. Cost of services, socio-demographic and educational level of the client, women's level of autonomy in making health care decisions, physical accessibility to health care services, the type of health services being rendered, disease pattern and attitude of the healthcare workers are some of the recognized factors (Jumbo, 2000; Wakama, 2000; Rasha and Mansoura, 2007; Al-Nahedh, 2009; Adekoya, 2012; Akute, 2013; Odetola, 2015).

In its usual characteristics, health care at the local government level is aimed at making the management of PHC services more effective and nearer to the grassroots. However, the level at which healthcare has been rendered to the rural populace is questionable in Nigeria, considering the level of health awareness. Typically, insufficient number of medical personnel as well as their uneven distribution is part of the hindrances to the development of health especially in Nigeria (Federal Ministry of Health, 2004; Adeyemo, 2005). In spite of the benefits that are accrued to accessibility and utilization of PHC facilities, an explorative survey has revealed persistent underutilization of such facilities in the study area.

Essentially, numerous women of childbearing age experience serious barriers to accessing services. Similarly, most of such services are often of insufficient quality when they are access by the women (Adeyemo, 2005). Consequently, the rate of maternal mortality could be prevented provided the pregnant women utilize good quality services, particularly when complications arise. Thus, this study examined influence of socio-cultural related factors on utilization of PHC facilities among pregnant women in Iwo Local Government Area, Osun State, Nigeria.

## II. STATEMENT OF THE PROBLEM

Maternal and child health services are essential services that should be provided in an ideal primary health care facility, specifically at the grassroots level in Nigeria. This is necessary so as to improve maternal healthcare of women, particularly the pregnant women at such level. As such, the pregnant women will be well informed about certain aspects of pregnancy such as danger signs that are associated with pregnancy and labour, necessary dietary requirements, the need for adequate daily rest and exercise, timing of the antenatal visits, the importance of not smoking during pregnancy and the proper spacing of babies. In the same vein, it is necessary for the monitoring of fetal growth so as to have a safe pregnancy and delivery; as well as to detect maternal and fetal complications. Also, maternal mortality could be guided against provided the women of childbearing age utilize PHC appropriately when the need arises.

In spite of the benefits that are accrued to utilization of PHC facilities, an explorative survey has revealed persistent underutilization of PHC facilities among pregnant women in the study area. In order to address the challenges associated with the phenomenon, previous studies mainly focused on demographic, economic and some social factors influencing the choice of utilizing PHC facilities; with little concentration on socio-cultural related factors of illiteracy, societal inspiration and cultural belief, particularly among pregnant women. This study therefore, examined influence of socio-cultural related factors on utilization of PHC facilities among pregnant women in Iwo Local Government Area, Osun State, Nigeria.

### Main Objective:

The study focused mainly on the influence that social and cultural related factors had on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.

### Specific Objectives:

The focuses of the study were specifically to:

1. Examine the level of relationship between illiteracy, societal inspiration, cultural belief and utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.
2. Examine the joint influence of socio-cultural related factors (illiteracy, societal inspiration and cultural belief) on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.
3. Determine the relative influence of socio-cultural related factors of illiteracy, societal inspiration and cultural belief on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.

### Research Question

The below research question was answered:

1. What is the relationship between illiteracy, societal inspiration, cultural belief and utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State?

**Hypotheses**

The following hypotheses were tested at 0.05 level of significance:

1. There will be no joint influence of socio-cultural related factors (illiteracy, societal inspiration and cultural belief) on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.
2. There will be no significant relative influence of illiteracy on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.
3. There will be no significant relative influence of societal inspiration on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.
4. There will be no significant relative influence of cultural belief on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.

**III. METHODOLOGY**

The descriptive survey research design of correlational type was used in the study. The population comprised the pregnant women in study area. Purposive and simple random sampling techniques were used to select 100 pregnant women for the study. The respondents were selected from five wards in Iwo Local Government Area of Osun State. The pregnant women were selected from wards 1, 3, 4, 6 and 8 respectively.

The purposive sampling technique was employed to select pregnant women from Iwo Local Government Area as the population for the study. Simple random sampling technique of fish bowl (without replacement) was used to select five wards from the Local Government Area. The simple random sampling technique was further used to select twenty (20) respondents each from the chosen wards respectively. This was done in order to ensure that each of the respondents in the Local Government Area was equally given chance to be selected in the study.

A self-developed and validated questionnaire named as Socio-Cultural Related Factors and Utilization of Primary Health Care Facilities Questionnaire (SRFUPFQ) was used for data collection. The questionnaire was divided into three sections, namely, A, B and C. Section A entailed socio-demographic characteristics of the respondents, section B involved Socio-Cultural Related Factors Scale (SCRFS), while section C entailed Utilization of Primary Health Care Facilities Scale (UPHCFS). The socio-demographic features of the pregnant women covered in section A include age and level of education. Section B was used to elicit information on independent variables of socio-cultural related factors (illiteracy, societal inspiration and cultural belief); while section C was used to elicit information on utilization of PHC facilities. The responses in sections B and C were developed in a 4-point modified Likert format of Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD).

Experts in the field of Health Education were used for the validation of the questionnaire. This really helped to improve the construct and content validity of the instrument. The data generated through pre-testing of the instrument were later subjected to factor analysis. A cronbach alpha method was used to test the internal consistency of Socio-Cultural Related Factors and Utilization of Primary Health Care Facilities scales, which yielded reliability values of 0.72 and 0.74 respectively; while the entire questionnaire yielded a reliability of 0.73.

The filled copies of questionnaire were collated, coded and analysed with the use of both descriptive and inferential statistics. The generated data were analyzed using the Statistical Package for Social Sciences program (SPSS), version 21. Frequency count and percentages were used to analyse demographic data, while Pearson product moment correlation (PPMC), mean as well as standard deviation were used to answer the research question. Inferential statistics of multiple linear regression was used to test hypotheses 1-4; while a *p*-value equal to or less than 0.05 alpha value was set as significant for each statistical test.

**IV. RESULTS**

**Table 1: Socio-Demographic Characteristic of the Respondents**

Variable	Frequency	Percent (%)
<b>Age:</b>		
18-28 years	21	21.0
29-39 years	56	56.0
40 years and above	23	23.0
<b>Total</b>	<b>100</b>	<b>100</b>
<b>Level of Education:</b>		
No formal Education	23	23.0
Primary Education	42	42.0
WASC/SSCE	23	23.0
Tertiary Education	12	12.0
<b>Total</b>	<b>100</b>	<b>100.0</b>

As revealed in table 1, 21 (21.0%) respondents were between 18-28 years, 56 (56.0%) were between 29-39 years, while 23 (23.0%) respondents were above 40 years. This means that most of the respondents were between 29-39 years. In addition, 23 (23.0%) respondents had no Formal Education, 42 (42.0%) obtained Primary Education, 23 (23.0%) possessed WASC/SSCE, while 12 (12.0%) had Tertiary Education. It means that most of the respondents had Primary Education.

**Research Question 1:** What is the relationship between illiteracy, societal inspiration, cultural belief and utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State?

**Table 2: Correlation matrix showing the relationship between socio-cultural related factors and utilization of PHC facilities**

Variables (sub-scales)	Utilization of PHC Facilities	Illiteracy	Societal inspiration	Cultural belief
Utilization of PHC facilities	1			
Illiteracy	.715**	1		
Societal inspiration	.828**	.720**	1	
Cultural belief	.689**	.663**	.831**	1
Mean	7.46	6.82	7.01	7.66
Standard Dev	3.60	2.70	3.29	3.34

\*\* Correlation is significant at 0.05 (2-tailed)

Table 2 showed the inter-correlational matrix of the relationship between the socio-cultural related factors and utilization of primary health care facilities. The table revealed that illiteracy ( $r=0.715$ ,  $p<0.05$ ); societal inspiration ( $r=0.828$ ,  $p<0.05$ ) and cultural belief ( $r=0.689$ ,  $p<0.05$ ) were positively correlated with utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. This implied that, illiteracy, societal inspiration and cultural belief independently had positive relationship with utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.

**Test of Hypotheses**

The following hypotheses were tested in this study;

**Hypothesis 1:** There will be no joint influence of socio-cultural related factors (illiteracy, societal inspiration and cultural belief) on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.

**Table 3: Regression analysis about influence of socio-cultural factors on utilization of PHC facilities**

R=.846 R <sup>2</sup> =.716 Adj. R <sup>2</sup> =.707					
Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	916.660	3	305.553	80.546	.000
Residual	364.180	96	3.794		
Total	1280.840	99			

Table 3 revealed that there was a significant joint influence of illiteracy, societal inspiration and cultural belief on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State ( $F_{(3,96)}=80.546$ ;  $R=.846$ ,  $R^2=.716$ ,  $Adj.R^2=.707$ ,  $p<0.05$ ); with about 70.7% of the variation accounted for by the independent variables. The null hypothesis was therefore rejected. The implication was that socio-cultural factors of illiteracy, societal inspiration and cultural belief jointly had influence on utilization of PHC facilities among pregnant women in the Local Government Area.

**Hypothesis 2:** There will be no significant influence of illiteracy on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.

**Table 4: Regression analysis about influence of illiteracy on utilization of PHC facilities**

Variable	Unstandardized coefficients		Standardized coefficients	t	Sig.
	B	Std. Error	Beta ( $\beta$ )		
(Constant)	.295	.556		.530	.597
Illiteracy	.340	.106	.255	3.204	.002

Table 4 showed that illiteracy ( $\beta=0.255$ ,  $p<0.05$ ) had relative influence on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. The null hypothesis was therefore rejected. This implied that illiteracy had strong influence on utilization of PHC facilities among the respondents.

**Hypothesis 3:** There will be no significant influence of societal inspiration on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.

**Table 5: Regression analysis about influence of societal inspiration on utilization of PHC facilities**

Variable	Unstandardized coefficients		Standardized coefficients	t	Sig.
	B	Std. Error	Beta ( $\beta$ )		
(Constant)	.295	.556		.530	.597
Societal inspiration	.749	.117	.685	6.412	.000

Table 5 showed that societal inspiration ( $\beta=0.685$ ,  $p<.05$ ) had relative influence on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. The null hypothesis was therefore rejected. It implied that societal inspiration had strong influence on utilization of PHC facilities among the respondents.

**Hypothesis 4:** There will be no significant influence of cultural belief on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State.

**Table 6: Regression analysis about influence of cultural belief on utilization of PHC facilities**

Variable	Unstandardized coefficients		Standardized coefficients	t	Sig.
	B	Std. Error	Beta ( $\beta$ )		
(Constant)	.295	.556		.530	.597
Cultural belief	.053	.107	.049	.494	.623

Table 6 revealed that cultural belief ( $\beta=0.049$ ,  $p>.05$ ) had no relative influence on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. The null hypothesis was therefore accepted. This implied that cultural belief did not have strong influence on utilization of PHC facilities among the respondents.

area. It means that illiteracy of some respondents, societal influence on the respondents as well as their cultural belief jointly had strong impact on underutilization of PHC facilities in the study area. The outcome of this study on socio-cultural factors was in contrast to the finding of Odetola (2015) that, there was an association between affordability of service provided and the choice of health institution by women of child bearing age.

V. DISCUSSION OF FINDINGS

The findings on the relationship between the socio-cultural factors and utilization of PHC facilities revealed that illiteracy, societal inspiration and cultural belief were positively correlated with utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. This implied that, illiteracy, societal inspiration and cultural belief independently had positive relationship with utilization of PHC facilities among pregnant women in the study area. This means that an increased level of illiteracy, societal inspiration and cultural belief among the respondents could lead to an increase in underutilization of PHC facilities among pregnant women in the Local Government Area. The outcome of the present study on relationship between illiteracy and utilization of PHC facilities was in agreement with the finding of Odetola (2015) that, there was a significant relationship between level of education and child bearing women's choice of health care service.

In the same vein, it was revealed in the study that illiteracy had significant relative influence on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. This implied that illiteracy independently had significant influence on utilization of PHC facilities among the respondents. It means that the low level of literacy of the pregnant women in the study area had strong impact on underutilization of PHC facilities by the respondents in the Local Government Area. This outcome may be connected with the fact that, a reasonable number of respondents had no formal education, while majority of the respondents had primary education. The outcome of this study on illiteracy was in line with the finding of Odetola (2015) that, there was a significant relationship between level of education and child bearing women's choice of health care service.

The finding about joint influence of socio-cultural factors on utilization of PHC facilities revealed that the linear combination of illiteracy, societal inspiration and cultural belief had significant influence on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. This implied that socio-cultural factors of illiteracy, societal inspiration and cultural belief jointly had strong influence on utilization of PHC facilities among pregnant women in the study

The finding of the study further revealed that societal inspiration had significant relative influence on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. This implied that societal inspiration independently had significant influence on utilization of primary health care facilities among the respondents. It means that the influence or pressure from the society on the pregnant women in the study area had strong impact on underutilization of primary health care facilities by the respondents in the area. This outcome may be as a result of the fact that some respondents in the area allowed the societal opinion to prevail on their personal decisions. The outcome of this study on societal inspiration was

in line with the finding of Jumbo (2000) that, the level of women's autonomy in making health care decisions was a significant factor that influence the choice of utilizing PHC facilities. It was further established in the same study that mothers-in-law, husbands or other family members usually make decision for women of childbearing age in Port Harcourt.

The outcome of the study further revealed that, cultural belief had no significant relative influence on utilization of PHC facilities among pregnant women in Iwo Local Government Area of Osun State. It implied that cultural belief independently had no significant influence on utilization of PHC facilities among the respondents. This means that the cultural belief of the pregnant women in the study area did not have strong impact on underutilization of PHC facilities by the respondents in the study area. This outcome may be connected to the fact that, the respondents did not have strong conviction on existing cultural belief in relation to utilization of primary health care facilities. The outcome of this study on cultural belief was in contrast to the findings of Wakama (2000) and Akute (2013) that healthcare workers' attitude was a significant factor that influence the choice of utilizing PHC facilities.

## VI. CONCLUSION

It was concluded that socio-cultural factors of illiteracy, societal inspiration and cultural belief had positive relationship with utilization of PHC facilities among pregnant women in Iwo LGA of Osun State. It was also concluded that socio-cultural factors jointly had significant influence on utilization of PHC facilities among pregnant women in Iwo Local Government Area. It was further concluded that illiteracy and societal inspiration had relative influence on utilization of PHC facilities, while cultural belief did not.

## VII. RECOMMENDATIONS

Based on the findings of this study, the following recommendations were made:

1. An effective sensitization programme on proper utilization of PHC facilities should be carried out intermittently by the authority of Iwo Local Government Area of Osun State. This is necessary so as to ensure that pregnant women in the area are aware of the proper utilization of PHC facilities.
2. An effective health education on proper utilization of PHC facilities should also be organised for the pregnant women. This will help the pregnant women to have better understanding on the need to utilize PHC facilities in their study area.

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