

Assessment of Nutritional Status for Displaced Pregnant Women in Thi-Qar Governorate

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Abstract

Background: Maternal nutritional status during pregnancy has been a known factor to have significant impact on pregnancy outcomes, especially on birth weight. **The study aims :**It is to assess the nutritional status of displaced pregnant women in Thi-Qar governorate ,and to find out relationship between nutritional status and other factor such as (demographical variable &reproductive variable). **Methodology:** A descriptive analytic study has been conducted on non-probability purposive sample of (100) displaced pregnant women select from primary health care centers at Thi-Qar governorate .This study has been conducted during the period of 1st April until (10)th June 2017. A questionnaire is used as a tool of data collection to fulfill the study. A content validity which is carried out through 13 panel of experts. Reliability and validity is determined by a panel of experts. A descriptive and inferential statistics are used to analyze the data. **Result:** the result of the study (32%) of the study sample are within the age group (21-25) years old. the levels of education (37%)are graduated from secondary school. (93 %) of the study sample are housewives. (78 %)of the study sample their residency was from urban area. (47 %) of the study sample have sufficient to some extent income. (53.0%) of the study sample living in caravan and (86%) of the study sample 5 member in their household size. **Conclusion:** The majority of the study sample is from age group (21-25) years, secondary school and less, housewife's, urban, lack of eating basic meals daily, lack of eating animal food rich in iron intake. Most of the study sample is with anemia during pregnancy. **Recommendation:** the study recommended that collaborative work between the ministry of health and other sector to provide health education for women about good nutrition quality and quantity is needed.

Index terms -Assessment, Nutritional Status Displaced, Pregnant Women,

Introduction

Pregnancy is an anabolic process and therefore a woman's nutritional requirements must raise during pregnancy so as to allow for the foetus and maternal tissue (associated with pregnancy) to develop ⁽¹⁾.

Perfect nutritional intake is necessary for the health, reproductive performance and survival of the pregnant women, which is important for the development of the fetus ⁽²⁾.

Unfortunately, in war-torn countries, such as Iraq, where thousands of people are displaced from their homes and are forcible to seek asylum, pregnant women are possibly susceptible to numerous risks as a result of lack of adequate nutrition.

Malnutrition and growth failure result from a insufficiency of protein and energy as well as inappropriate intake of micronutrients, particularly through gestation ⁽³⁾.

Pregnant women, essentially, require additional protein for the initial disposition of tissue and maintenance of new tissue ⁽³⁾.

A pregnant woman's nutritional status during and before pregnancy has numerous implication for her health as well as the future health of her children. It has been established throughout various studies that inadequate nutritional intakes before and during pregnancy may potentially effect and impact the health of the mother and child in the long term ⁽⁴⁾.

Study Objectives

1. It is to assess the nutritional status of displaced pregnant women in Thi-Qar governorate .
2. and to find out relationship between nutritional status and other factor such as (demographical variable & reproductive variable).

Methodology

Design of the study

Cross -section study of the study is conducted to assess nutritional status of displaced pregnant women in Thi-Qar Governorate

setting of the study

The present study is conducted in Thi-gar governorate mention in table (1)

Table (1): The Distribution of study sample according to their setting

Health Care Centers	Study Sample
15 shapan health center ,	25
Al hawra health center	22
Al gadder Health Center	28
Al sadeq Health Center	25
Total	100

sample of the study :

Non-probability purposive sample of (100) displaced pregnant women ,who have selected from PHCc mentioned above The study sample select according to following criteria .

Inclusion Criteria :

A- Displaced pregnant women who attends the PHCC .

B- B- Women with single pregnancy

Exclusion Criteria are:

A- Displaced pregnant women chosen for the pilot study are excluded from their sample .

C- Women who have twin pregnancy or triple.

Result of Study

Table (2): Distribution of the study sample according to demographic characteristic

Items	Rating	F.	Percent
Age /years	20 years & less	24	24.0
	21-25 years	32	32.0

	26-30 years	24	24.0
	31-35 years	16	16.0
	more than 35	4	4.0
Educational level	Illiterate	13	13.0
	primary school	28	28.0
	secondary school graduate	37	37.0
	Institute	15	15.0
	Baccalaureate	6	6.0
	Master	1	1.0
Occupation status	Employee	7	7.0
	Housewife	93	93.0
Residency	Urban	78	78.0
	Rural	22	22.0
Socioeconomic status	Sufficient	9	9.0
	sufficient to some extent	47	47.0
	Insufficient	44	44.0
Type of house	Own house	6	6.0
	Rent house	41	41.0
	Caravan	53	53.0
Household size	3 to 4 member	14	14.0
	above 5 member	86	86.0

Table (2) shows that (32.0%) of the study sample are within the age group (21-25) years, (37.0%) are graduated from secondary school graduated. (93.0 %) of the study sample are housewives. (78.0%) of the study sample their residency was from urban area. (47.0%) of the study sample have sufficient to some extent in their socioeconomic status. (53.0%) of the study sample living in caravan. and (86.0%) of the study sample are above 5

members in their household size.

Table (3) : Distribution of the study sample according to reproductive characteristic history (n=100).

Items	Rating	F.	Percent
Age at marriage	13-18 years	52	52.0
	19-24 years	37	37.0
	25-30 years	10	10.0
	31-36 years	1	1.0
Gravida	Primigravida	51	51.0
	2-3	35	35.0
	4 and above	14	14.0
Para	None	51	51.0
	1-2	30	30.0
	3-4	19	19.0
Number of abortion	None	82	82.0
	1-2	12	12.0
	3-4	6	6.0
Number of live children	None	53	53.0
	1-2	19	19.0
	3-4	28	28.0
Mode of delivery	None	51	51.0
	Normal	36	36.0
	caesarean section	13	13.0
Interval among last pregnancy	Primigravida	51	51.0
	under 2 year	34	34.0
	2 years & above	15	15.0
Gestational age	14-28 weeks	35	35.0

	29-40 weeks	65	65.0
Breast feeding during the current pregnancy	No	89	89.0
	Yes	11	11.0

Table (3) shows that (52.0%) of the study sample their age of marriage is between 13-18 years, (51.0%) of the study sample are Primigravida, (51.0%) of the sample don't have deliveries, (82.0%) don't have abortion, (53.0 %) don't have alive children, (51.0%) Primigravida, (51.0%) don't have interval because are Primigravida , (65.0%) of the study sample gestational age 29-40 weeks, (89.0%) of the study sample don't breast feeding during the current pregnancy.

Table (4) : Distribution of the study sample according to complication during pregnancy (n=100)

Items	Rating	F.	Percent
Complication during this pregnancy	PIH	10	10.0
	GDM	10	10.0
	hyperemesis gravidaram	5	5.0
	Anemia	69	69.0
	Dental problem	6	6.0

Table (4) shows that (69.0%) of the study sample suffers from anemia.

Discussion of the Study

Part I: Discussion of the socio demographic characteristic for displaced pregnant women.

Table (2) The results of the present study show that the high percentage of the study sample is within the age group (21-25) years old. This result matches the result of Rashash et al 2015 ⁽⁵⁾ who found in his study that the majority of the study subjects age were between (21-25) years old.

In addition, the level of education, the present study indicates that the highest percentage of the study sample are secondary school graduates . This result disagrees with Nigeen *et. al.*, 2015 ⁽⁶⁾ ; Al Asadi *et. al.*, 2013 ⁽⁷⁾ in their study, they mentioned that there is high percentage of study sample are illiterate .

Regarding to occupation the most of study sample were housewife. This result came along with Qiu, *et al.*, 2014⁽⁸⁾; Sadat *et al.*, 2012⁽⁹⁾ in their study that the majority of study sample are housewife.

Relative to the residency, the present study shows that the majority of both groups are living in urban residential area. This result agrees with the result of Teimouri *et al.*, 2015⁽¹⁰⁾; they mentioned that both groups are living in urban residential area.

In addition to household size study sample are above 5 member in their household size ,this result supported UBOS, 2006⁽¹¹⁾ who found that the figure of 9 members in a household is much higher than that quoted for the northern region, which was estimated to be on average about five persons per household .

Concerning socioeconomic status, the highest percentage of study group is sufficient to some extent. This result agrees with Shaikh *et al.*, 2011⁽¹²⁾ in their study they mentioned that the majority of study group are barely sufficient.

part II: Discussion of the reproductive characteristic for displaced pregnant women.

Table (3) In relation to the age of marriage, high percentage of study sample are between 13-18 years. This results supported by Miranda, *et al.* 2012⁽¹³⁾ in their study which indicated that the highest percentage of both groups have equal or more 15 years.

About number of gravidity, the majority of the sample in study sample have 4 and above numbers of pregnancy. This result comes along with Alijahan, *et al.* 2014⁽¹⁴⁾ who indicated that the highest percentage of both groups are multi gravid.

Relative to the number of parity, high percentage of the study sample are Primigravida. This result disagrees with van den Broek, *et al.* 2014⁽¹⁵⁾ in their study which indicated that the highest percentage of study sample are (parity 1-4).

The present study shows that the majority of study sample have not Their births spaced. This result is supported by Alijahan, *et al.*, (2014)⁽¹⁴⁾, in their study which indicated that the highest percentage of study sample have their births spaced.

Part-III: Discussion of the study sample according to complication during pregnancy.

Table (4) Also the present study shows that the majority of study group suffers from anemia as complication during present pregnancy which disagrees with (Alijahan, *et al.* 2014)⁽¹⁴⁾; (Al-Dabbagh and Al-Taee 2006)⁽¹⁶⁾ in their study they mentioned that most of study samples had no complication during present pregnancy.

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