



Factors associated with dietary iron intakes among pregnant women in Ifako-Ijaiye, Lagos, Nigeria

T.E. Adeboye^{1,2} and A.P. Okekunle^{1,3,4}

¹Department of Nutrition and Dietetics, College of Medicine, University of Ibadan, Ibadan, Nigeria

²Food Plants International, Burnie Tasmania, TAS 7320, Australia

³The Postgraduate College, University of Ibadan, University of Ibadan, 200284 Ibadan, Nigeria

⁴Nutritional Epidemiology Lab, College of Human Ecology, Seoul National University 08826 Korea

Iron deficiency anaemia (IDA) in pregnancy is a significant public health problem worldwide, but little is known about factors associated with dietary iron intake among pregnant women especially from low- and middle-income countries⁽³⁾. This study assessed factors associated with dietary iron intake among pregnant women attending primary health centres in Ifako-Ijaiye Lagos, Nigeria. Sociodemographic information and dietary intakes were elicited from 432 apparently healthy singleton pregnant women using a pre-tested questionnaire and 24 hour- dietary recall, respectively. Dietary iron intakes was estimated from foods and drinks reported using the West African Food Composition Table and adjusted for energy intakes using the residual method⁽¹⁾. Chi-square test and one-way ANOVA was used to compare categorical and continuous variables respectively by tertiles of energy-adjusted dietary iron intakes at a two-sided $P < 0.05$ ⁽²⁾. Mean age and dietary iron intake was 28.5 ± 4.6 years and 20.3 ± 3.3 mg/day, respectively for all respondents. Energy-adjusted iron intakes by tertiles of energy-adjusted dietary intakes were; 16.6 ± 1.4 mg/day for the first tertile, 19.7 ± 1.0 mg/day for the second tertile and 23.7 ± 2.0 mg/day for the third tertile. Age, gestational age, parity, education, marital status, and income differed insignificantly by tertiles of energy-adjusted dietary iron intakes. Current evidence suggests a statistically insignificant association between sociodemographic factors and dietary iron intakes in this sample, but further studies are vital for designing culturally relevant interventions to promote the consumption of iron-rich foods among women in this population.

Keywords: diet; iron intakes; maternal health; Nigeria

Ethics Declaration

Yes

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References

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