

PREVALENCE AND FACTORS CONTRIBUTING TO ANAEMIA AMONG PREGNANT WOMEN ATTENDING SELECTED ANTENATAL CLINICS IN BAGAMOYO DISTRICT, COAST REGION

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ABSTRACT

Introduction Anemia is considered a severe public health problem according to world Health Organization when the prevalence of anemia in pregnancy is equal to or greater than 40% in the population. Anemia has been a problem facing majority of the pregnant women in Tanzania and Africa.

Objective The purpose of this study was to determine the prevalence and factors contributing to anaemia in pregnancy among women attending antenatal clinics in Bagamoyo District, Tanzania.

Methodology This was a cross-sectional study. A multi-stage stratified probability-proportional-to-size cluster sampling methodology was used. A total of 290 pregnant women were selected. The interviews were conducted in a safe, secure and private environment. Data were collected from the antenatal cards, and laboratory investigations. Client found to have hemoglobin level of less than 11 gm/dl were labeled as anemic patient. Laboratory investigations included haemoglobin (Hb) determination, blood smear for malaria parasite, stool and urine for ova/cyst identification. Haemoglobin levels were measured by HEMOCUE B-Hb photometer.

Results Anemia prevalence was 77.6% (Hb < 11.0 gm/dl). Pregnant women age groups from 21 to 30 years 67.6%, 3rd trimester of their pregnancies were 66.7% and the pregnant women 39.6% had 2 children. The majority of the participants, 62.6% had primary level of education; 23.6% had secondary level of education and above and 13.8% had no education. The p-value of level of education, parity and weight were 0.02, 0.01 and 0.00 respectively.

Conclusion Anaemia in Bagamoyo is a major public health problem. The overall prevalence was 77.6%. Mild anaemia was 62.8%, moderate anaemia 13.1% and severe anaemia 1.7%. There were relationships among socio-demographic factors that cause prevalence of anaemia in pregnant women attending antenatal clinics in Bagamoyo District. The study revealed that majority of respondents with anaemia were adults aged between 21 and 30 years. May be at that age most pregnant women have experienced high parity which is associated with increased risk of anaemia. Education was seen as an associated factor to the prevalence of anaemia as majority of respondents with primary education and those with no education (76.4%) were anaemic compared to women with higher level of education (23.6%). Para two women (39.6%) had an increased risk of becoming anaemic during pregnancy in Bagamoyo District.