Assessment of Anemia and Its Associated Factors among Pregnant Women Attending Antenatal Care in Karamara Hospital Jigjiga Town, Eastern Ethiopia

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ABSTRACT

**Objectives:** To assess anemia prevalence and its associated factors among pregnant women attending antenatal care in Karamara hospital.

**Methods:** Cross sectional study was conducted among antenatal care attendants in Karamara hospital, from March 11 to May 18, 2013. Structured questionnaire was administered. Blood and stool samples were taken. Completeness of data was checked, coded, edited, and entered into Epi info, exported to SPSS, cleaned and analyzed. The relationships between variables were examined through bivariate analysis, by computing odds ratio at 95% confidence level. Confounders were controlled by Multivariate logistic regression at 95% CI. A \( P \) value< 0.05 was considered as statistically significant.

**Results:** The participants were 411 antenatal care attendants from 15 to 45 years of age with complete data. The PCV value was between 11.49 g/dl and 42.81 g/dl with the Median and IQR of 10.60 and 3.83 respectively. Of which 44.2% was mild, 26.6% was moderate, 27.9% was severe anemia and 1.3% was very severe Anemia. Age, trimester, drinking tea immediately after meal and consumption of iron rich food 24 hours before survey were significantly associated.

**Conclusions:** In the present study, the prevalence of anemia is 56.7%. And, it is severe public health significance. Age, third trimester, drinking tea after meal and consumption of organic iron...
Rich foods are a factor associated with anemia in pregnant women. Therefore, hemoglobin values adjustment, educating pregnant women to attain early antenatal care, not to drink tea right after meal, and eating organic iron-rich food are recommended.

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