

Joint Event on

MIDWIFERY AND WOMEN'S HEALTH AND ONCOLOGY

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Maternity nutrition and diet supplement

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Statement of the Problem: There is an increasing need for nutritious, safe, affordable, and sustainable diets along with essential nutrition services and positive nutrition practices for women's survival, health and well-being as well as that of their children. Protecting women's nutrition is especially important during pregnancy and breastfeeding, when nutrient requirements increase and vulnerability is greatest.

Methodology and Theoretical Orientation:

Implementation research in suburbs in Abuja Municipal Council (AMC) and Kuje wards in Nigeria targeting pregnant women with (MMS) containing 15 essential vitamins and minerals found MMS to be a safe and effective way to improve the diets and nutritional status of pregnant women. It was found that, taken daily in pregnancy, MMS can improve anaemia and are significantly more effective at reducing low birthweight than iron and folic acid supplements (IFA) alone.

Findings: Across the world, especially in low and middle-income countries, women's diets are often

poor in quality and lack nutrients; deficiencies in essential vitamins and minerals (e.g., folate, iodine, iron and zinc) are rampant. These nutritional deficiencies undermine women's health and threaten the survival and development of their children. During pregnancy, women suffering from severe anaemia are twice as likely to die during or shortly after pregnancy than non-anaemic women. Babies born to mothers suffering from undernutrition and anaemia are also more likely to be born with low birthweight – an early form of malnutrition that increases a child's chances of becoming wasted and stunted and suffering from growth and developmental delays

Conclusion: MMS have the potential to transform the quality of nutrition care for pregnant women in low- and middle-income countries (LMICs). Making MMS available to all women in LMICs can act as a social equalizer by offering all pregnant women the same standard of care.

Biography

Adebe Gabriel, is the Director at New Vision Institute of Technology (NVIT), Nigeria