



Nutritional Status and Iron Deficiency Anemia Treatment Programmes during Pregnancy in Dar Es Salaam, Tanzania

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Abstract

Nutritional deficiencies during pregnancy are prevalent in Dar Es Salaam, Tanzania, with iron deficiency anemia (IDA) being a significant public health issue. Pregnant women were recruited through convenience sampling in Dar Es Salaam. Blood samples were collected for hemoglobin measurement, and anthropometric measurements for assessing body mass index (BMI). The prevalence rate of iron deficiency was calculated using a logistic regression model with robust standard errors. Among the 300 pregnant women surveyed, 25% had IDA, indicating a need for improved treatment programmes to reduce anemia rates. Current IDA treatment programmes in Dar Es Salaam are insufficient and require modifications to improve their efficacy. Healthcare providers should focus on community-based interventions that include iron supplementation combined with dietary counseling. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_1$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, Geographic, Epidemiology, Iron-Balancing, Etiology, Interventions, Micronutrient Deficiencies*

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