



# Impact Evaluation of Nutritional Counseling on Maternal Health in Ghanaian Hospitals: An Analysis

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**Published:** 25 March 2003 | **Received:** 18 December 2002 | **Accepted:** 04 March 2003

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**DOI:** [10.5281/zenodo.18780046](https://doi.org/10.5281/zenodo.18780046)

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## Abstract

Maternal health in Ghanaian hospitals is a critical public health issue, with nutritional deficiencies being a significant contributing factor to poor outcomes. A mixed-methods approach was employed including quantitative data analysis from hospital records and qualitative interviews with participants to assess effectiveness. Nutritional counseling led to a statistically significant increase in mean gestational weight gain by 10% (95% CI: [6.2, 13.8]) among the study group compared to controls. The findings suggest that nutritional counseling programmes can be effective in improving maternal health outcomes in Ghanaian hospitals. Healthcare providers and policymakers should consider implementing or expanding nutrition support services for pregnant women to enhance maternal health. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Ghana, Geographic Distribution, Maternal Health Metrics, Nutritional Status, Counseling Programmes, Anthropometric Assessments, Public Health Interventions*

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