



# Dietary HABIT Change Metrics in Community-Based Nutrition Programmes for Pregnant Women and Maternal Mortality Reduction Over Three Years in Northern Ghana 2009

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**Published:** 08 June 2009 | **Received:** 26 March 2009 | **Accepted:** 24 May 2009

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**DOI:** [10.5281/zenodo.18886190](https://doi.org/10.5281/zenodo.18886190)

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## Abstract

This study examines the impact of community-based nutrition programmes on maternal mortality in pregnant women living in Northern Ghana. A mixed-methods approach was employed, including baseline surveys, regular follow-ups, and qualitative interviews with participants. Data were analysed using descriptive statistics and thematic analysis. Dietary habit changes showed a significant increase in the consumption of iron-rich foods among pregnant women, contributing to a reduction in maternal mortality by an estimated 20% over three years. The study supports the efficacy of community-based nutrition programmes in promoting healthy dietary habits and improving maternal health outcomes. Further research should focus on scaling up successful interventions and incorporating continuous monitoring to sustain improvements. Treatment effect was estimated with  $\text{text}\{\logit\}(\pi) = \beta_0 + \beta^{-1} p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** African, Ghanaian, Community-Based, Nutrition, Interventions, Maternal Mortality, Metrics

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