Nutrition Counseling Programmes and Their Impact on Infant Mortality Rates and Breastfeeding Practices in Pregnant Women of Lagos City: A Meta-Analysis Study

Oghenerun Ify[1], Chinedu Ozioma[2,3], Sunday Osita[4]

[1] University of Jos

[2] National Centre for Technology Management (NACETEM)

[3] Ladoke Akintola University of Technology (LAUTECH), Ogbomoso

[4] Department of Clinical Research, Ladoke Akintola University of Technology (LAUTECH), Ogbomoso

Correspondence: oify@gmail.com

Author notes

Oghenerun Ify is affiliated with University of Jos and focuses on Medicine research in Africa.
Chinedu Ozioma is affiliated with National Centre for Technology Management (NACETEM) and focuses on Medicine research in Africa.
Sunday Osita is affiliated with Department of Clinical Research, Ladoke Akintola University of Technology (LAUTECH), Ogbomoso and focuses on Medicine research in Africa.

Abstract

Infant mortality rates in Lagos City remain a significant public health concern, with breastfeeding practices playing a crucial role in reducing these rates. A systematic review and meta-analysis approach was employed to synthesize existing studies focusing on the impact of nutrition counseling programmes on maternal health outcomes in Lagos City. Nutrition counseling significantly reduced infant mortality rates by an average decrease of 12% (95% CI: -18.3%, -4.7%) and improved breastfeeding initiation rates to 60% (95% CI: 50-70%). The findings underscore the efficacy of nutrition counseling programmes in enhancing maternal health, particularly in relation to infant mortality reduction and breastfeeding practices. Policymakers should prioritise funding for comprehensive nutrition education programmes aimed at pregnant women within Lagos City's healthcare system. Meta-Analysis, Nutrition Counseling, Infant Mortality Rates, Breastfeeding Practices, Pregnant Women Treatment effect was estimated with $text\{logit\}(\pi) = beta\, 0 + \beta^{\rightarrow} p\, X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Geographic, Meta-Analysis, Pregnancy, Nutrition, Counseling, Breastfeeding*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ REQUEST FULL PAPER

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa

Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge