



Community-Based Nutrition Intervention on Antenatal Care Practices Among Rural Women Farmers in Northern Ghana: A Meta-Analysis

Ameyaw Kwamena¹

¹ Council for Scientific and Industrial Research (CSIR-Ghana)

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Correspondence: akwamena@outlook.com

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Author notes

Ameyaw Kwamena is affiliated with Council for Scientific and Industrial Research (CSIR-Ghana) and focuses on Medicine research in Africa.

Abstract

Community-based nutrition interventions have been shown to improve antenatal care practices among rural populations in developing countries. A comprehensive literature search identified and analysed randomized controlled trials (RCTs) that implemented community-based nutrition interventions for pregnant women. Studies were included if they reported outcomes related to antenatal care practices such as regular prenatal visits, nutritional counseling, and dietary adherence. The analysis revealed a significant increase in the proportion of participants who received at least one antenatal visit ($p < 0.05$) after the intervention compared to baseline levels. Community-based nutrition interventions can effectively enhance antenatal care practices among rural women farmers, although further research is needed to understand sustained effects and cost-effectiveness. Public health initiatives should integrate community nutrition programmes into existing healthcare systems in northern Ghana to support maternal and child health outcomes. Meta-Analysis, Antenatal Care, Nutrition Intervention, Community-Based Programmes, Rural Women Farmers 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: African, Ghanaian, Meta-Analysis, Community-Based, Nutrition, Intervention, Antenatal

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