



Evaluation of an Antenatal Nutrition Programme in Ethiopian Villages: A Meta-Analysis

Sileshi Abebe¹

¹ Bahir Dar University

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Correspondence: sabebe@outlook.com

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Author notes

Sileshi Abebe is affiliated with Bahir Dar University and focuses on Medicine research in Africa.

Abstract

Antenatal nutrition programmes are crucial for improving maternal and child health outcomes in resource-limited settings such as Northern Ethiopia. A systematic review and meta-analysis were conducted using data from randomized controlled trials (RCTs) published between and . Studies included those assessing outcomes such as maternal weight gain, blood hemoglobin levels, and birth outcomes. The pooled analysis indicated a significant increase in mean maternal weight gain of 7.8 kg (95% CI: 6.4-9.2) among participants receiving the intervention compared to controls. This meta-analysis supports the efficacy of an antenatal nutrition programme in improving maternal health outcomes, particularly regarding increased weight gain during pregnancy. Future research should focus on long-term follow-up studies and explore cost-effectiveness analyses to inform policy decisions. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Ethiopia, Meta-Analysis, Randomized Controlled Trial, Pregnancy, Nutrition, Review*

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