Prevalence of Food Insecurity in Pregnant Women in Khorramabad city of Iran and its Relation

with General Health and Some Related Factors

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Background and goal: Food insecurity can lead to undesirable health outcomes in different groups. Since pregnant women are among vulnerable groups of society and their lack of food safety may cause complications during pregnancy, the aim of this study is to investigate the food safety status and some of the factors related to general health in pregnant women referred to health care centers in Khorramabad City the capital of Lorestan Province in western Part of Iran.The position of Iran in the World map of Food Security and Iran staus of Lorestan Province are shown in Figures 1 and 2(Bagherzadeh et al) Respectively

Materials and Methods: This study was performed on 148 pregnant women selected by random cluster sampling from eight comprehensive health centers in Khorramabad. Food security was assessed by Radimer-Cornell questionnaire . Also, General Health Questionnaire (GHQ) with 28 questions and Nutrition Evaluation form was completed for each subject by health center nutritionist through interview. For data analysis, statistical tests such as Student T test, Chi Square were used to identify the related factors of logistic regression.
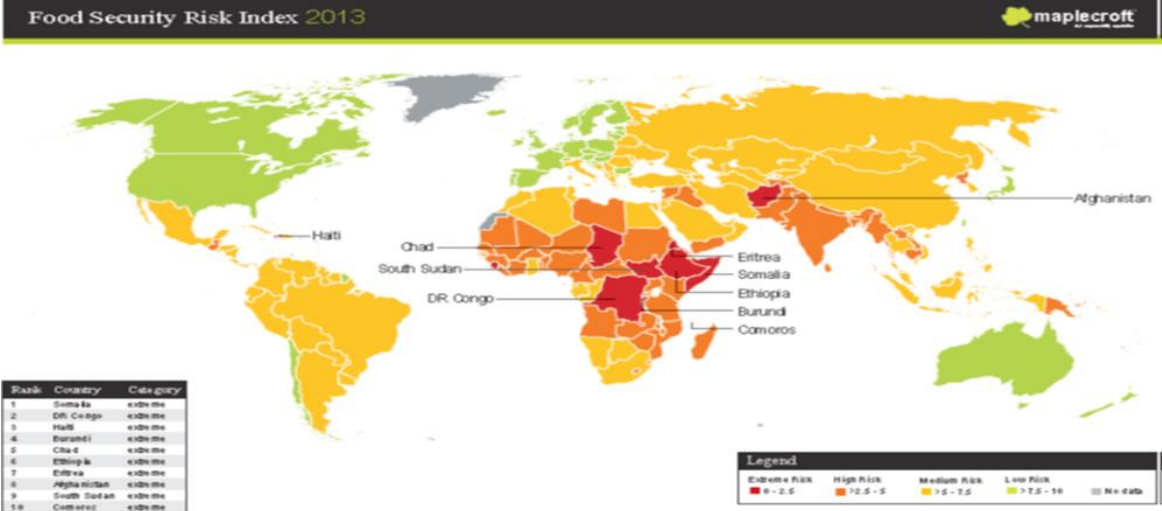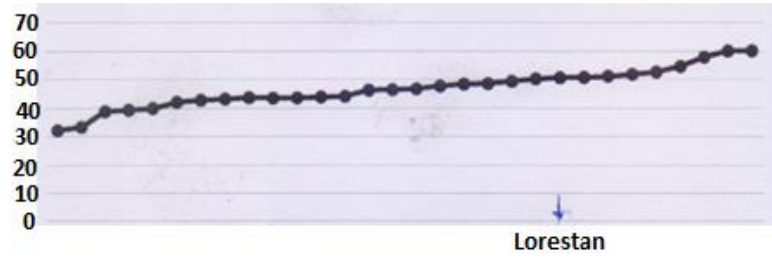
Figure1:   Map of World Food Security Status .

Adopted from https://maplecroft.com : 2013 and2017 Reports.

** Iran is located in the yellow color region of the world which stands for moderate

status of food security.

Location of Mean of Food Insecurity of Lorestan Provice among all provinces of Iran

Adopted from Bagherzadeh et al > Applied Economics (3),2017: 76

Results:

The status of food security of studied groups is in figure3. The results showed that food security of pregnant women was significantly correlated with education level, number of previous pregnancies, pre-pregnancy BMI and weight gain range based on pre-pregnancy BMI (P<0.05). Also, there was a significant negative relationship between the food insecurity of pregnant women and their general health scores in all four subscales (P<0.05). There was no significant relationship between the age and history of abortion in pregnant women with food security.

Percent

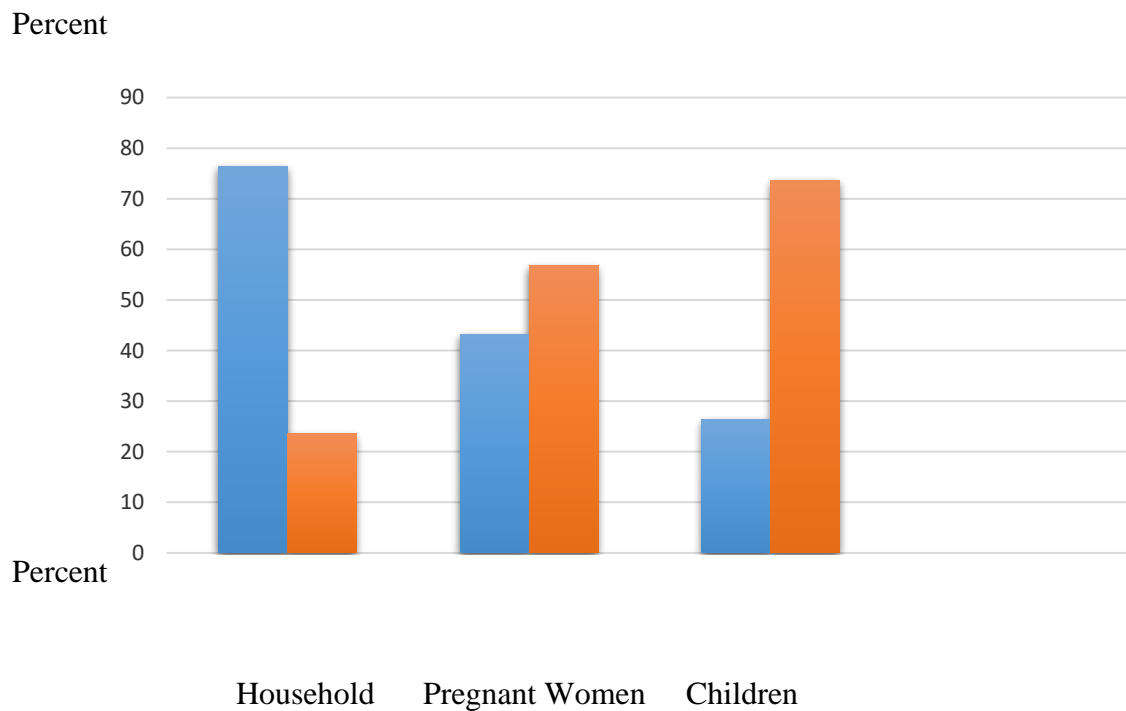Percent

Household   Pregnant Women   Children

Figure3-   Status of Household Food Security of Studied Households

*Blue color stands for food insecure staus   ** Orange color stands for food secure status

Conclusions:

Number of previous pregnancies, pre-pregnancy BMI and weight gain range in terms of pre-pregnancy BMI had a significant negative correlation with food security in pregnant women. Also, with increasing the level of education, the level of food insecurity in pregnant women significantly decreased. According to statistics, there was no significant relationship between the age and history of abortion in pregnant women with food security. Finally women in food insecure households are more likely to show lower general health scores which this may place them at higher risk.