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Causes of anemia in pregnant women of the state of azad kashmir: A cross-sectional survey

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ABSTRACT
Background: Epidemic of anemia is considered to be a significant threat to pregnant women or women in child bearing age. Anemia is one of the major nutritional health disorders affecting significant proportion of population not only in developing countries but also in developed countries. This threat is more alarming in developing countries where poverty, illiteracy may contribute to high risk for causes of anemia. Objective: The purpose of the current study was to investigate the main causes of anemia in pregnant women in the State of Azad Kashmir, Muzaffarabad and to investigate the relationship between education and anemia. Methods: A descriptive cross sectional study was conducted over a sample of 433 pregnant women. The Chi- square test has been used to assess the statistical significance of different risk factors with Hb% (Heamoglobin) of the respondent. The multiple logistic regression model was used to get the most significant risk factors of anemia. Results: The study shows that the most dominant risk factors of the anemia were age at the time of marriage at different age categories that are 16 - 20 (OR = 3.945) (OR Odds ratios) with 95% C-I (confidence interval) (0.294 to 52.985), 21 - 25 (OR = 2.316) with 95% C-I (0.192 to 27.932) and 26 - 30 (OR = 4.179) with 95% C-I (0.347 to 50.320). Education at different education levels that is illiterate (OR = 1.191) with 95% C-I (0.005 to 87.279) and primary (OR = 1.179) with 95% C-I (0.009 to 156.200). Hb% at different levels 3 - 4 g/dl (OR = 1.220) with 95% C-I (0.299 to 4.984), 5 - 6 g/dl (OR = 2.221) with 95% C-I (0.679 to7.263) and 7 - 10 g/dl (OR = 1.384) with 95% C-I (0.408 to 4.689). Monthly income < 10,000 (OR = 2.296) 95% C-I (0.385 to 13.677), 11,000 - 15,000 (OR = 3.623) 95% C-I (0.678 to 19.31) and 16,000 to 20,000 (OR = 2.158) 95% C-I (0.441 to 10.563). Age of last child born 1 year (OR = 1.711) 95% C-I (0.399 to 7.341), 2 year (OR = 1.284) 95% C-I (0.304 to 5.421) and <1 year (OR = 2.224) 95% C-I (0.552 to 8.952). Daily eating habits, just like previous (OR = 2.415) 95% C-I (0.652 to 8.948), less than previous (OR = 3.671) 95% C-I (0.868 to 15.522). Previous history of miscarriage (OR = 1.258) 95% C-I (0.103 to 0.647), suffered in any hemorrhagic disease (OR = 1.529) 95% C-I (0.592 to 3.949). Nature of the work Exhaustive (OR = 1.961) 95% C-I (0.805 to 4.779).

KEYWORDS
Odd Ratio; Logistic Regression; Anemia; Chi-Square; Pregnant Women

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