



Prevalence of food taboo during pregnancy in Ethiopia: A systematic review and meta-analysis

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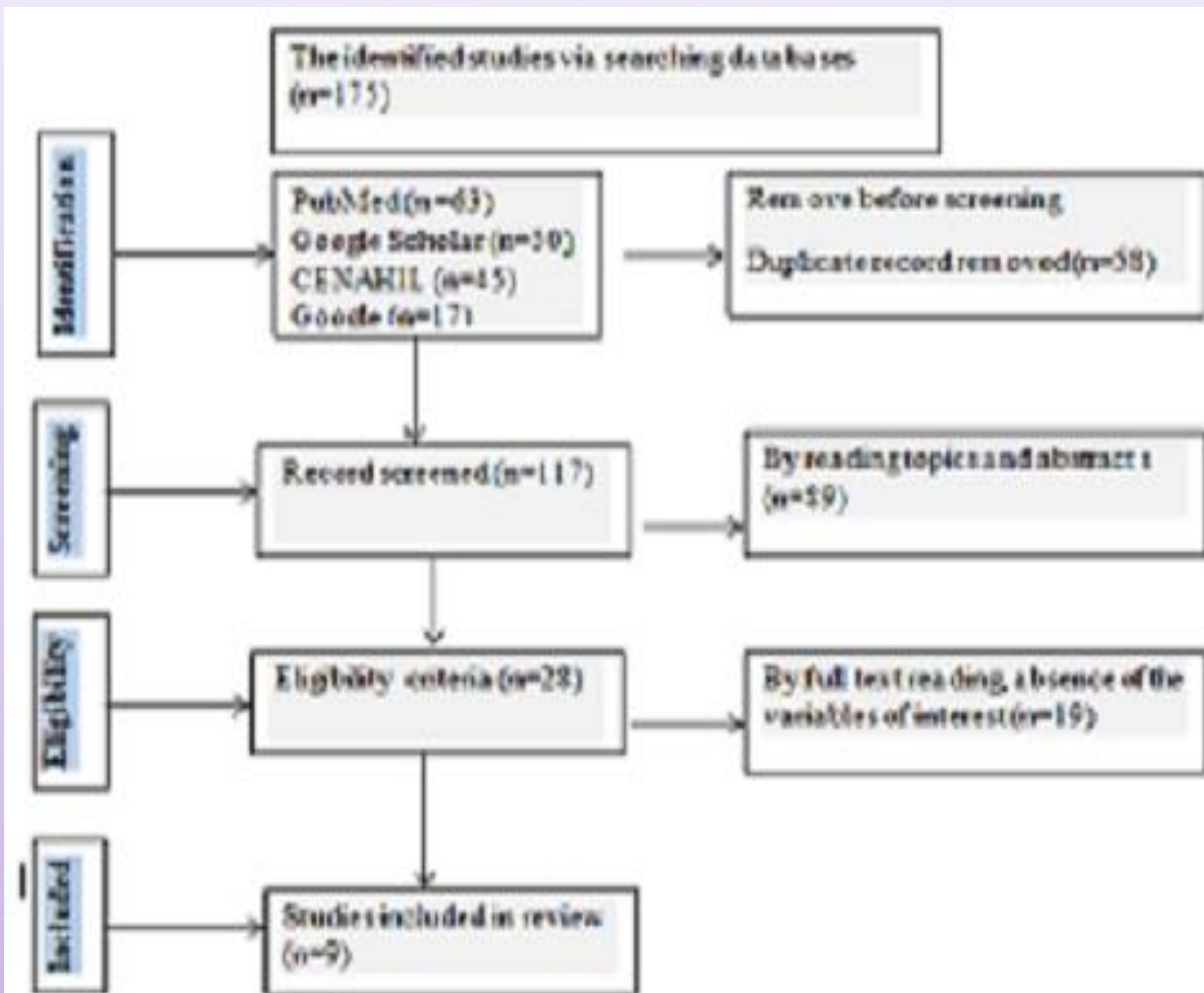
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Introduction

- Food taboo is one of harmful cultural practices that affect women and fetal health pregnancy¹. It is the restriction of specific food types as a result of cultural, religious norms or traditional belief which is mainly happen during pregnancy².
- WHO report of 2018 indicated, for many pregnant women food taboo was the main causes of nutritional deficiencies³. Evidence show that food taboos linked with African cultures that nutritional valuable foods; chief sources of Carbohydrates, proteins, minerals and vitamins prohibited during pregnancy⁴⁻⁶.
- In Ethiopia there is scarce pooled data regarding food taboos during pregnancy. Thus, the focus of this study is to fill the gap.

Methods



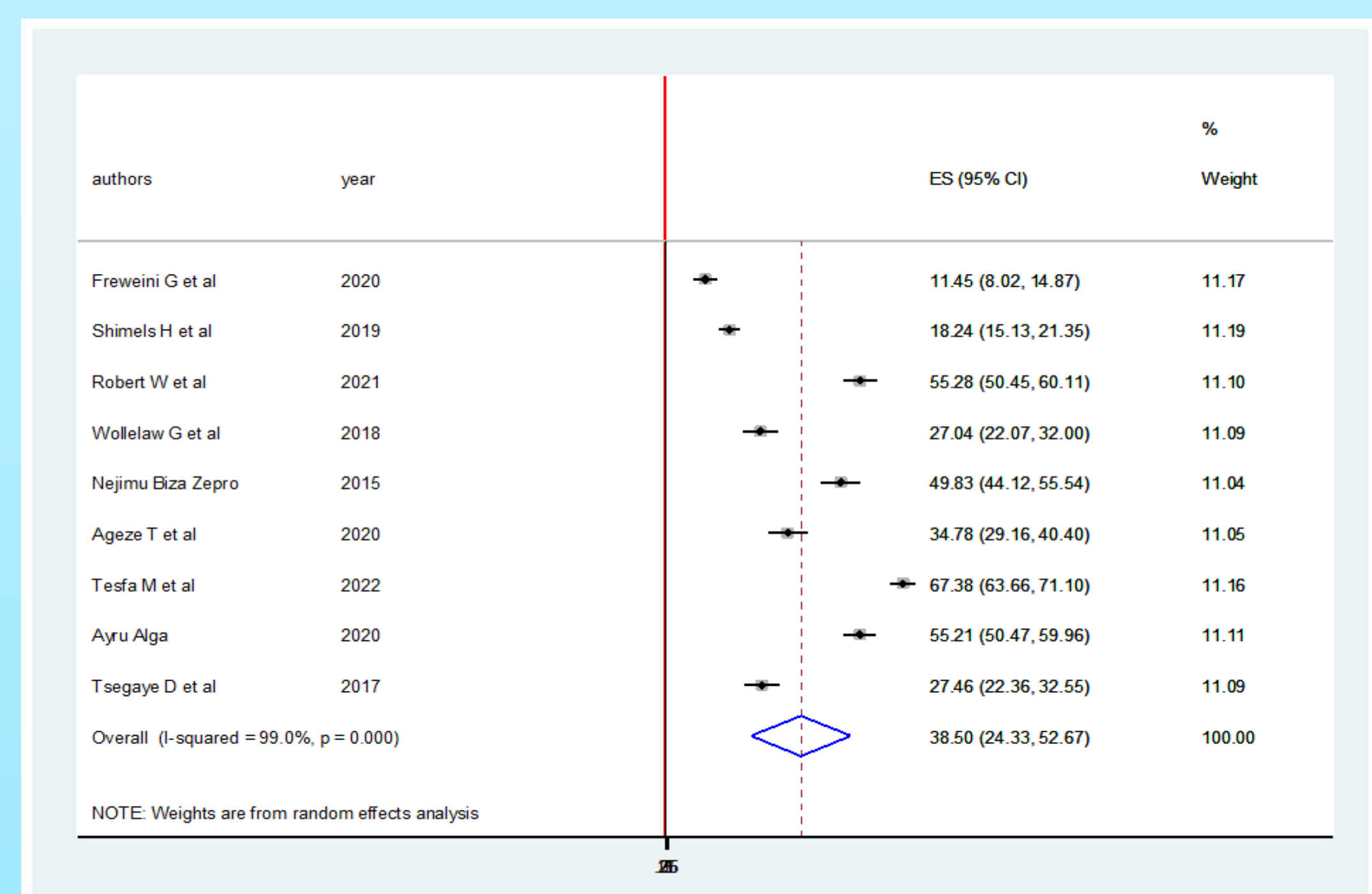
Results

Characteristics of the study

S. no	Authors	year	Region of Africa	Study design	Residence	Reponse rate	Sample size	Cases	Q. Score
1	Freweini G et al	2020	Tigray	Cross sectional	Urban	100%	332	38	0
2	Shimels H et al	2019	Addis ababa	Case-control	Urban	100%	592	108	0
3	Robert W et al	2021	Oromia	Cross sectional	Urban	96.45 %	407	225	0
4	Wollelaw G et al	2018	Amahar	Cross sectional	Urban and rural	97.7%	307	83	0
5	Nejimu Biza Zepro	2015	Oromia	Cross sectional	Urban and rural	100%	295	147	0
6	Ageze T et al	2020	Gambella	Cross sectional	Urban and rural	100%	276	96	0
7	Tesfa Mengie et al	2022	Somali region	Cross sectional	Urban and rural	95.9%	610	411	0
8	Ayru, Alga	2020	BGumuzi	Cross sectional	Urban and rural	100%	422	233	0
9	Tsegaye Demissie et al	2017	SNNPR	Cross sectional	Urban and rural	100%	295	81	1

Magnitude of food taboo During pregnancy in Ethiopia

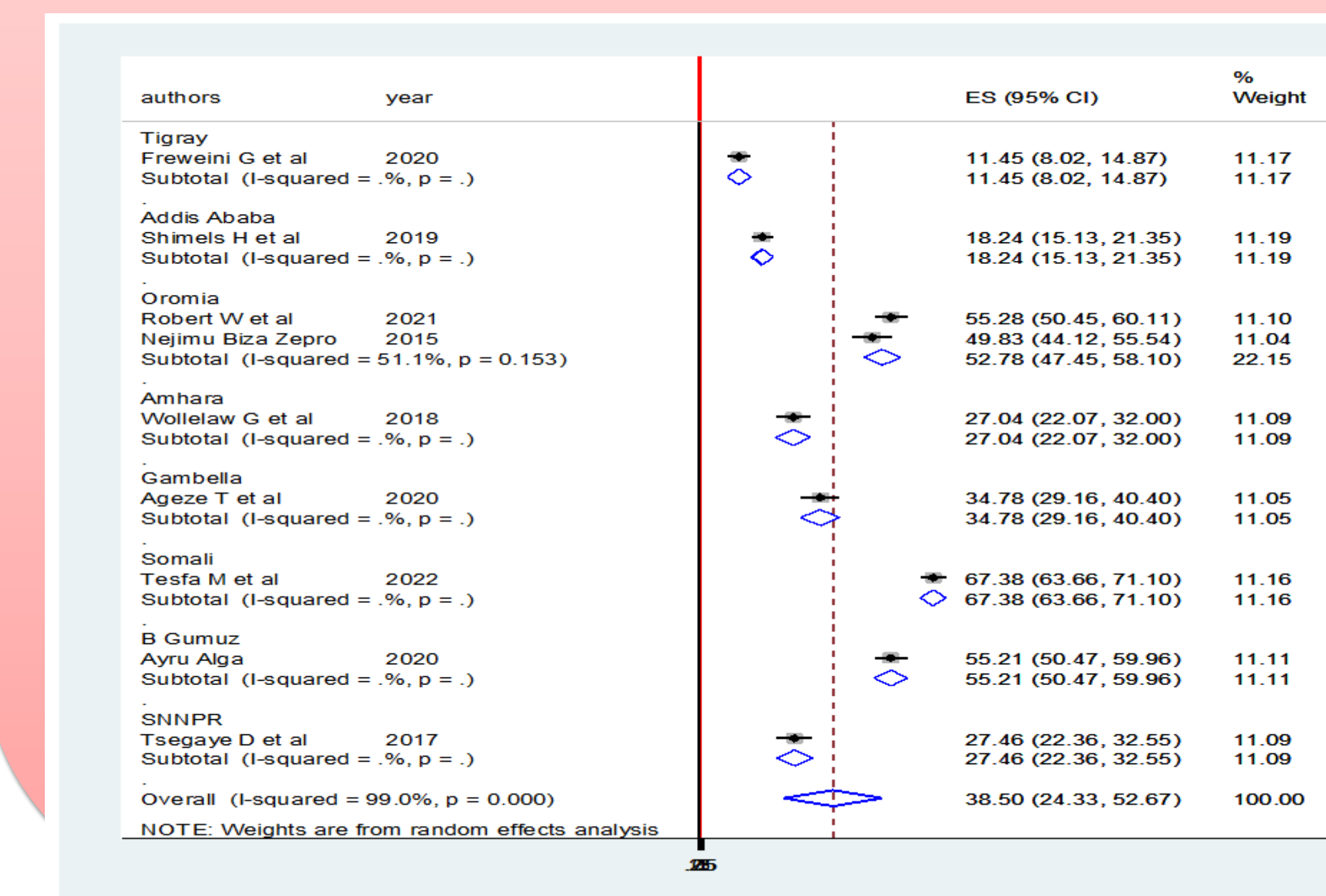
In a random effect model, the pooled prevalence of food taboo among pregnant women in Ethiopia was 38.50 (95% CI = 24.33-52.67); significant heterogeneity observed among studies ($I^2 = 99\%$, p value <0.001).



Results

Subgroup Analysis Regions

- The highest and the lowest magnitude of food taboo during pregnancy was reported in Somali 67.38(63.66-71.10) and Tigre region 11.45(8.02-14.87) respectively.



Conclusion

- There is a considerable magnitude of food taboo 38.50 (95% CI = 24.33-52.67) during pregnancy among pregnant women in Ethiopia.
- Even though variation in the magnitude of food taboos across regions; it is a public health issue of the country.
- Therefore, incorporation of nutrition education into the basic antenatal care programs is vital.

Acknowledgement

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