

Background:

Pregnancy is a crucial period of woman's life where socio demographic factors affect her health as well as determine the health of future generate . Pregnancy is associated with physiologic changes that result in increased plasma volume and red blood cells and decreased concentrations of circulating nutrient-binding proteins and micronutrients. In many developing countries, these physiologic changes can be aggravated by under nutrition, leading to micronutrient deficiency states, such as anemia, that can have disastrous consequences for both mothers and newborn infants. Multiple micronutrients are often taken by pregnant women in developed countries, but their benefits are limited, except for prophylactic folic acid taken during the periconceptional period .

Method:

This was cross sectional analytic . The study comprised of 50 pregnant women attending Babylon hospital for maternity and children .Variables considered for the study were: Age Socio-economic-status, educational level, health problem , utilization of health services. Majority of pregnant woman had inadequate protein & calorie consumption during pregnancy.

Results:

Regarding to the health problems, the most of the health problems during pregnancy are anemia if it reached (30%) in the number of people (15), anemia as found to be more common whose age at first pregnancy was >20 years (58%) age at marriage >20 years(44%) , in IInd trimester of pregnancy (54%) .

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Government primary health care centers services were utilized by (44%) but (40%) received iron & folic acid tablets.

Conclusions :

1-In current study, the most of participants age numbered (22) of total 50 are from (20-29) years old with majority of participants had sufficient economic situations .Economic status important because they are also more likely to choose less expensive processed foods.

2-In the current study, regarding dietary practices, about of pregnant women had eat meals regularly (three times per day) , eat some small meals during the day and eat vegetables and fruits.

3-The most of the health problems during pregnancy are anemia it reached . This means that there is an iron deficiency even in normal healthy Iraqi women at childbearing age before they got pregnant and percentage of iron deficient pregnant women increases with time during pregnancy.

Recommendations :

1-Effective intervention directed towards pregnant women involving health services and the women themselves with the aim of improving the health conditions of pregnant women and their newborns.

2- Encourage among other things, a healthier diet during pregnancy and the correct development of pregnancy and childbirth (The right nutrition choices now can benefit your baby both in the short term and in the long term) .

3- There is the need to educate pregnant mothers especially the younger ones on the need to utilise maternal healthcare services including ANC .

4- Plan the right time to get pregnant , if you are choosing to become pregnant at a time when you know that you're at your healthiest, that increases your chances of having a healthy pregnancy and a healthy birth.

Key words:

Dietary Diversity , Nutritional status, Pregnant women, Hemoglobin