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Effect of malnutrition during pregnancy on pregnancy outcomes

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Pregnancy is a critical period during which maternal nutrition has a major effect on a mother's and baby's health. Lack of adequate nutrition of good quality and quantity during pregnancy can cause health problems for both the mother and her fetus. Maternal malnutrition increases the risk of gestational anemia, hypertension, miscarriages and fetal deaths during pregnancy, pre-term delivery and maternal mortality. For newborn, it can cause low birth weight, fetal intrauterine growth retardation that may have long life consequences on newborn development, quality of life and health care costs. Malnutrition also has an adverse effect on the development of the immune system of the newborn. Therefore, identifying maternal nutrition and fetal development relationship is critical. A prospective Cohort study of 150 pregnant women was conducted in maternal and child health care centers in Menoufia Governorate. There was a significant relationship between maternal malnutrition and maternal and newborn outcomes. Nutritional counseling needs to be an integral part of antenatal care in order to reduce the risk of maternal-fetal and newborn complications.

Biography

Safaa Salem has completed her PhD from Case Western Reserve University, Frances Bayne Bolton School of Nursing and Post-doctoral studies from the same University. She is a Faculty member at Menoufia University, School of Nursing, Obstetrics and Gynecology Department. She has published five papers in reputed journals and has been serving as Women's Health Services Counselor at Women and Child health care centers at Menoufia Governorate.

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