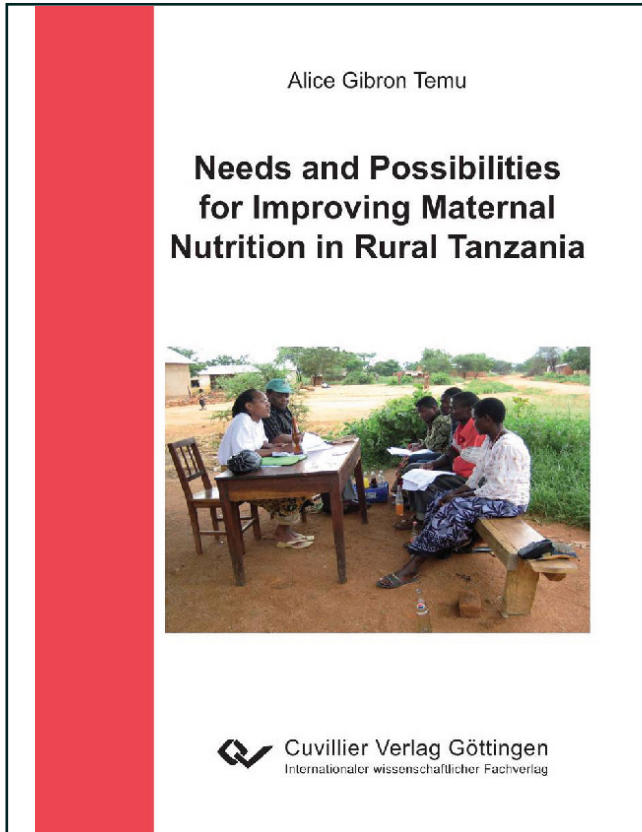




Alice Temu (Autor)
**Needs and Possibilities for Improving Maternal
Nutrition in Rural Tanzania**



<https://cuvillier.de/de/shop/publications/945>

Copyright:
Cuvillier Verlag, Inhaberin Annette Jentsch-Cuvillier, Nonnenstieg 8, 37075 Göttingen,
Germany
Telefon: +49 (0)551 54724-0, E-Mail: info@cuvillier.de, Website: <https://cuvillier.de>

Table of Contents

List of Figures	ii
List of Tables	iii
List of Pictures	iv
List of Appendices	iv
Abbreviations	iv
1 Introduction	1
2 Methods and Materials	12
2.1 Study area	13
2.2 Study design	13
2.3 Quantitative data collection	17
2.4 Qualitative data collection	22
2.5 Statistical analysis	27
2.6 Ethical consideration	30
3 Results	31
3.1 Compliance	31
3.2 Demographic and Socioeconomic Characteristics	31
3.3 Food production and livestock keeping	36
3.4 Food security	39
3.5 Food variety scores and dietary diversity	39
3.6 Food choice and food frequency	44
3.7 Anthropometric and biochemical data	47
3.8 Sanitation and infectious disease	54
3.9 Availability, accessibility and utilization of health care services	59
3.10 Women's knowledge, awareness and practices regarding the importance of micronutrients in pregnancy and the outcome	64
4 Discussion	68
4.1 Strategies to improve maternal health	68
4.2 Consequences of maternal malnutrition	69
4.3 Challenges to improve maternal nutrition	71
4.4 Nutritional status of women in Malinzanga village and its relation to food insecurity and infections	73
4.5 Interaction of micronutrient deficiencies and infections	99
4.6 Knowledge, awareness and perception of women on micronutrients and their importance to maternal health	101
4.7 Availability, accessibility and utilization of health care services	104
5 Conclusion and Recommendations	114
5.1 Conclusion	114
5.2 Recommendations	116
Summary	121
Zusammenfassung	125
Muhtasari	129
References	133
Appendices	140
Acknowledgements	163
Declaration (Eidesstattliche Erklärung)	165