

Summary

Introduction: Many health problems in pregnant women are partly the result of inadequate nutrition. Much progress has been made in improving the nutritional situation in Dakar, but this remains a concern to this day. Promoting dietary diversity is an effective way to combat any type of nutrient deficiency. This study aims to investigate the determinants of dietary diversity among pregnant women in the Dakar region.

Method: This was a cross-sectional, descriptive and analytical study with a three-stage survey. The calculated sample was 292 pregnant women. Socio-demographic, economic, pregnancy-related data, and data on nutrition practices and knowledge were collected using a questionnaire and an observation grid. The collection took place from 01 November to 15 December 2017 among pregnant women in the Dakar region. Data were entered using epi info software and analyses were performed with R. A simple linear regression was used to find the explanatory factors of dietary diversification. The fit of the regression model was performed by the Hosmer Lemeshow test. Odds ratios were measured with an alpha risk of 5%.

Results: A total of 300 pregnant women were surveyed in two different health districts. The mean dietary diversity score was 5.47, the median was 5 and the standard deviation was 1.24. Factors associated with dietary diversity were age - 1.14 [-1.8; -0.48], place of follow-up 0.39 [0.12; 0.67], number of children 0.56 [0.25; 1.1], mineral water consumption 0.27 [0.001; 0.5] and husband's income 0.79 [0.24; 1.35].

Discussion-Conclusion: The Dietary Diversity Score was average, although it is important to note a real lack of dietary variety among women, which must be corrected by quality communication during prenatal consultations, but also the training of midwives in nutrition remains indispensable.