

**Socio-Cultural and Economic Factors Affecting the Dietary Pattern of Pregnant Women
in Ona-Ara Local Government, Oyo State**

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Ibadan, Oyo State, Nigeria.**

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Degree in Public Health**

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Certification

This is to certify that **Abimbola Ajoke, AGBOOLA** with matriculation number LCU/PG/002273 carried out this research work titled “Socio Cultural and Economic Factors Affecting the Dietary Pattern of Pregnant Women in Ona-Ara Local Government, Oyo State “in the Department of Public Health, Faculty of Public health, Lead City University, Ibadan for the award of Master’s Degree in Public Health (MPH) and this has not been previously submitted.

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Dedication

This work is dedicated to this work to God.

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Abstract

Maternal nutrition during pregnancy is crucial to both mother and child's health and well-being. Inadequate nutrition during pregnancy can lead to a range of negative health consequences, including low birth weight, preterm birth, and developmental delays. This study aimed to assess socio- cultural and economic factors affecting dietary pattern of pregnant women in Ona Ara Local Government Area of Oyo State. A facility-based cross-sectional study was used with a sample size of 341 pregnant women. An adopted questionnaire was used to collect data and the data was analyzed using Statistical Package for Social Sciences (SPSS) and statistical significance was set at $p < 0.05$. 51.6% pregnant women do not adhere to these taboos and beliefs, 32.3% were classified as having a prudent dietary pattern. 34% were classified as having a mixed dietary pattern. 33.7% were classified as having a western dietary pattern. Marital status, ethnicity and number of meals per day were factors influencing dietary pattern among the respondents.

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