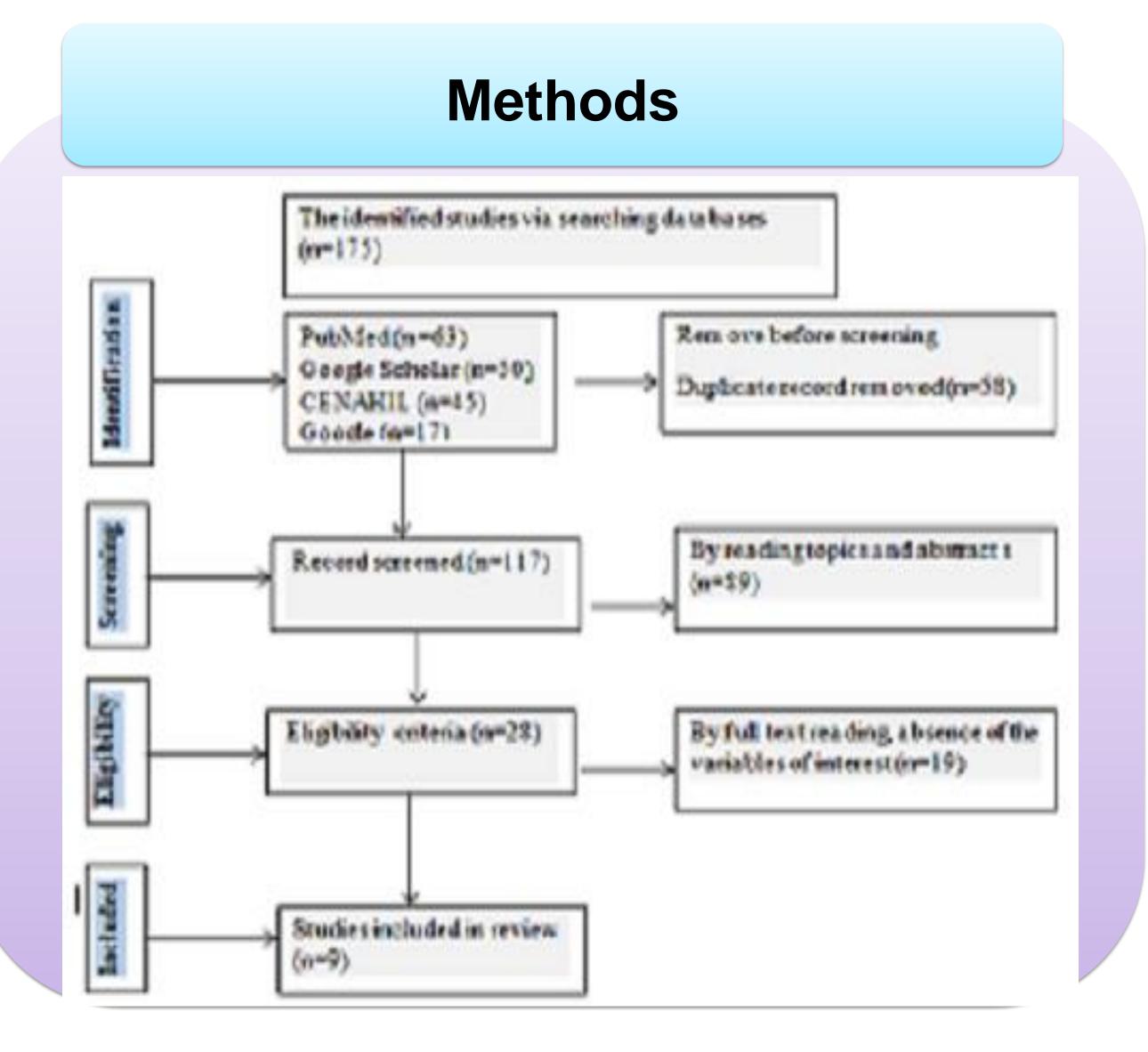


# Prevalence of food taboo during pregnancy in Ethiopia: A systematic review and metaanalysis

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## Introduction

- Food taboo is one of harmful cultural practices that affect women and fetal health pregnancy <sup>1</sup>. It is the restriction of specific food types as a result of cultural, religious norms or traditional belief which is mainly happen during pregnancy <sup>2</sup>.
- WHO report of 2018 indicated, for many pregnant women food taboo was the main causes of nutritional deficiencies <sup>3</sup>. Evidence show that food taboos linked with African cultures that nutritional valuable foods; chief sources of Carbohydrates, proteins, minerals and vitamins prohibited during pregnancy <sup>4-6</sup>.
- In Ethiopia there is scarce pooled data regarding food taboos during pregnancy. Thus, the focus of this study is to fill the gap.



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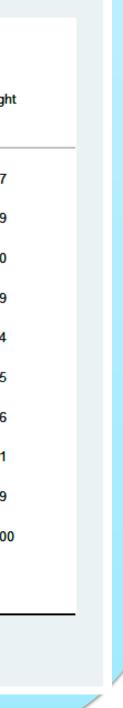
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# Results

	Ch	ara	cteri	stics	of th	ne s	tud	У	
S. no	Authors	year	Region of Africa	Study design	Residenc e	Repon se rate		Cases	Q. Score
1	Freweini G et al	2020	Tigray	Cross sectional	Urban	100%	332	38	0
2	Shimels H et al	2019	Addis ababa	Case- control	Urban	100%	592	108	0
3	Robert W et al	2021	Oromia	Cross sectional	Urban	96.45 %	407	225	0
4	Wollelaw G et al	2018	Amahar	Cross sectional	Urban and rural	97.7%	307	83	0
5	Nejimu Biza Zepro	2015	Oromia	Cross sectional	Urban and rural	100%	295	147	0
6	Ageze T et al	2020	Gambella	Cross sectional	Urban and rural	100%	276	96	0
7	Tesfa Mengie et al	2022	Somali region	Cross sectional	Urban and rural	95.9%	610	411	0
8	Ayru, Alga	2020	BGumuzi	Cross sectional	Urban and rural	100%	422	233	0
9	Tsegaye Demissie et al	2017	SNNPR	Cross sectional	Urban and rural	100%	295	81	1

Magnitude of food taboo During pregnancy in Ethiopia In a random effect model, the pooled prevalence of food taboo among pregnant women in Ethiopia was 38.50 (95%) CI = 24.33-52.67); significant heterogeneity observed among studies ( $I^2 = 99\%$ , p value < 0.001).

year			ES (95% CI)	
2020	*	   	11.45 (8.02, 14.87)	
2019	+	     	18.24 (15.13, 21.35)	
2021			55.28 (50.45, 60.11)	
2018		   	27.04 (22.07, 32.00)	
2015			49.83 (44.12, 55.54)	
2020		     	34.78 (29.16, 40.40)	
2022		-	<b>67.38 (63.66, 71.10)</b>	
2020			55.21 (50.47, 59.96)	
2017		1	27.46 (22.36, 32.55)	
%, p = 0.000)		$\geq$	38.50 (24.33, 52.67)	
	2020 2019 2021 2018 2015 2020 2022 2022	2020 2019 2021 2018 2015 2020 2022 2020 2017 	2020 2019 2021 2018 2015 2020 2022 2020 2022 2020 2017 	$2020$ $\bullet$ $11.45 (8.02, 14.87)$ $2019$ $\bullet$ $18.24 (15.13, 21.35)$ $2021$ $\bullet$ $55.28 (50.45, 60.11)$ $2018$ $\bullet$ $27.04 (22.07, 32.00)$ $2015$ $\bullet$ $49.83 (44.12, 55.54)$ $2020$ $\bullet$ $34.78 (29.16, 40.40)$ $2022$ $\bullet$ $67.38 (63.66, 71.10)$ $2020$ $\bullet$ $55.21 (50.47, 59.96)$ $2017$ $\bullet$ $27.46 (22.36, 32.55)$



### Results

### **Subgroup Analysis Regions**

• The highest and the lowest magnitude of food taboo during pregnancy was reported in Somali 67.38(63.66-71.10) and Tigre region 11.45(8.02-14.87) respectively.

authors	year			ES (95% CI)	% Weight
Figray		-			
Freweini G et al Subtotal (I-squared :	2020 = .%, p = .)	\$		11.45 (8.02, 14.87) 11.45 (8.02, 14.87)	11.17 11.17
Addis Ababa					
Shimels H et al	2019	+		18.24 (15.13, 21.35)	11.19
Subtotal (I-squared :	= .%, p = .)	$\diamond$		18.24 (15.13, 21.35)	11.19
Dromia			~		
Robert W et al Nejimu Biza Zepro	2021 2015			55.28 (50.45, 60.11) 49.83 (44.12, 55.54)	11.10 11.04
Subtotal (I-squared :			$\overline{\diamond}$	49.83 (44.12, 55.54) 52.78 (47.45, 58.10)	22.15
Amhara	,		-		
Wollelaw G et al	2018			27.04 (22.07, 32.00)	11.09
Subtotal (I-squared :	= .%, p = .)	$\diamond$		27.04 (22.07, 32.00)	11.09
Gambella					
Ageze T et al	2020			34.78 (29.16, 40.40)	11.05
Subtotal (I-squared :	= .%, p = .)			34.78 (29.16, 40.40)	11.05
Somali					
Fesfa M et al	2022			67.38 (63.66, 71.10)	11.16
Subtotal (I-squared :	= .%, p = .)		$\diamond$	67.38 (63.66, 71.10)	11.16
3 Gumuz					
Ayru Alga	2020			55.21 (50.47, 59.96)	11.11
Subtotal (I-squared :	= .%, p = .)		$\diamond$	55.21 (50.47, 59.96)	11.11
SNNPR		_			
Esegaye D et al	2017	<b>二</b>		27.46 (22.36, 32.55)	11.09
Subtotal (I-squared :	70, p = .)	$\sim$		27.46 (22.36, 32.55)	11.09
Overall (I-squared =	99.0%, p = 0.000)		>	38.50 (24.33, 52.67)	100.00
NOTE: Weights are f	rom random effects analys	is			

# Conclusion

- There is a considerable magnitude of food taboo 38.50 (95% CI = 24.33-52.67) during pregnancy among pregnant women in Ethiopia.
- Even though variation in the magnitude of food taboos across regions; it is a public health issue of the country.
- Therefore, incorporation of nutrition education into the basic antenatal care programs is vital.



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