



## The Effect of Dietary Patterns on Hypertensive Disorders of Pregnancy: Propensity Score Matched Case-Control Study

### Kelemu Tilahun Kibret

University of Newcastle, School of Medicine and Public Health, Australia

Dietary patterns are considered a modifiable factor that may influence the occurrence of hypertensive disorders of pregnancy (HDP) and can be a target for intervention for the prevention of these adverse outcomes. The effect of dietary patterns on HDP in resource-limited settings has not been well researched. Therefore, this study aimed to assess the effect of dietary patterns during pregnancy on HDP. In this study a case-control study was conducted with 340 pregnant women (71 cases and 269 controls) in North Shewa Zone, Ethiopia. Data were collected through an interviewer-administered questionnaire and maternal anthropometry measurements. After propensity score matching, a multivariable logistic regression model was used to identify the independent predictors of HDP by adjusting for the confounders. A p-value of < 0.05 was statistically significant. A high dietary diversity score (Adjusted Odds Ratio (AOR) = 0.47; 95% CI: 0.23, 0.96) was associated with a lower odds of HDP. Occupation (merchant) (AOR= 3.77 (95% CI: 1.20, 11.88), first pregnancy (AOR= 21.4; 95% CI: 3.5, 130.8) and high hemoglobin level (AOR= 2.11; 95% CI: 1.57, 2.85) were associated with an increased odds of HDP. Diet is an amendable factor, and the promotion of diversified diet is an important approach to prevent the occurrence of HDP.



**Biography:** Kelemu has completed his BSc in Public Health from Haramaya University (Ethiopia) MPH in Epidemiology from Addis Ababa University (Ethiopia). He is a PhD candidate at the University of Newcastle, Australia. He has published more than 18 papers in reputed journals

1. Multidrug resistant tuberculosis in Ethiopian settings and its association with previous history of anti-tuberculosis treatment: a systematic review and meta-analysis.
2. Multidrug-resistant tuberculosis management in resource-limited settings..
3. Adverse events in the treatment of multidrug-resistant tuberculosis: results from the DOTS-Plus initiative.
4. Treatment outcomes among patients with multidrug-resistant tuberculosis: systematic review and meta-analysis.
5. Prevalence of drug-resistant pulmonary tuberculosis in India: systematic review and meta-analysis.

[9th World Congress on Public Health, Epidemiology and Nutrition, April 08-09, 2020](#)

**Abstract Citation:** [Kelemu has completed his BSc in Public Health from Haramaya University \(Ethiopia\) MPH in Epidemiology from Addis Ababa University \(Ethiopia\). He is a PhD candidate at the University of Newcastle, Australia. He has published more than 18 papers in reputed journals, Global Public Health 2020, April 08-09, 2020, pp:0-1.](#)