

**An Educational Intervention to Increase Frequency of Consumption of Iron and Folate from Supplements and Dietary Source among Women of Childbearing Age from Mvomero District of Morogoro, Tanzania**

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**Abstract**

Fifty-three percent of pregnant women in Tanzania are anemic mostly due to iron and folate deficiencies, and the condition is more prevalent in pregnant teenagers (86%), which can lead to poor pregnancy outcomes. The purpose of this study was to evaluate the effectiveness of a six week education intervention designed to increase the frequency of consumption of iron and folate from supplements and dietary sources among women of childbearing age from Mvomero District of Morogoro, Tanzania. Eighty women (40 mother-daughter pairs) were recruited from the Nassoro Seif secondary school district. Seventy-nine women completed an iron questionnaire, sixty-seven women completed a folate questionnaire; and sixty-seven women completed an EFNEP 24 hour recall at baseline. Chi square was used to assess changes between pre- and post-surveys. For all participants there was a significant increase in knowledge ( $p = 0.000$ ) and awareness ( $p = 0.000$ ) about iron and folate as well as a significant increase in self-efficacy ( $p = 0.000$ ) for choosing iron and folate-rich foods. In addition, participants increased the frequency of consumption of folate and iron-rich foods ( $p = 0.000$ ) from baseline to post-intervention. These results suggest that this educational intervention was effective for increasing knowledge and awareness of iron and folate as well as self-efficacy and frequency of consumption of iron and folate-rich foods.