

SURVEY OF VITAMIN A KNOWLEDGE AMONG MOTHERS IN ESIE, IKEREKU, IKEJA & OGBA COMMUNITIES

**PRESENTED AT NUTRITION SEMINAR “THE ROLE OF
VITAMIN A IN ACHIEVING THE MILLENIUM
DEVELOPMENT GOALS”**

**AT LAGOS SHERATON HOTEL, LAGOS,
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RESULTS (KEY FINDINGS)

- Socio Demographic Data of the Respondents in the Four Project Areas N=625.
- Ikeja + Ogba (381), Ikereku & Esie (244)
- **Age Range:** 15-45years
- Ikeja + Ogba < 25(11.8%); 25-34(48.8%); 35-44(27.3%); >44(4.9%)
- **Stay** (years) Range 1-45; Mean 8years.

RESULTS (KEY FINDINGS)

Level of Education

- Ikeja + Ogba None (3.1%), Primary(12.1%), Secondary(55.9%). Tertiary(23.4%).
- Ikereku + Esie None (16.8%), Primary (38.9%); Secondary(28.3%); Tertiary(16.0%)



Occupation

- Ikeja + Ogba: Unemployed (1.6%); Sales work (50.9%);
- Ikereku + Esie: Unemployed (4.9%); Farming (14.8%); Sales work (29.5%).

Table 3: Acquaintance with Vitamin A and definition

Location	Hear about Vitamin A	Never heard Vitamin A	Vitamin	Chemical	Drug	Food	Other
Ikeja	59.3	40.7	6.3	-	12.7	1.6	79.4
Ogba	74.5	25.5	20.8	-	35.9	2.6	40.6
Ikereku	77.9	22.1	42.6	-	22.1	13.1	22.1
Esie	91.8	8.2	13.9	-	74.6	4.1	7.4
Ikeja + Ogba	66.9	33.1	13.6	-	24.4	2.1	59.8
Ikereku + Esie	84.8	15.2	28.3	-	48.4	8.6	14.7
All combined	73.9	26.1	19.4	-	33.8	4.6	42.2

Table 4: Knowledge of Functions of Vitamin A

Location	% Function of Vitamin A					
	Sight	Skin	Reproduction	Growth	Fight Diseases	Other
Ikeja	19.0	3.7	-	3.7	3.2	70.4
Ogba	33.3	6.8	0.5	14.6	7.3	37.5
Ikereku	2.5	2.5	13.9	36.1	23.0	22.1
Esie	33.6	10.7	-	18.0	31.1	6.6
Ikeja + Ogba	26.2	5.2	0.3	9.2	5.2	53.8
Ikereku + Esie	18.0	6.6	7.0	27.0	27.0	14.3
All combined	23.0	5.8	2.9	16.2	13.8	38.4

Table 5: Consequences of Vitamin A Deficiency (%)

Location	% Function of Vitamin A					
	Sight	Growth	Reproduction	Skin	Fight Diseases	Other
Ikeja	0.5	-	-	-	2.6	96.8
Ogba	24.5	6.8	0.5	5.2	12.5	50.5
Ikereku	1.6	19.7	27.9	8.2	-	27.0
Esie	37.7	12.3	0.8	9.8	30.3	9.0
Ikeja + Ogba	12.6	3.4	0.3	2.6	7.6	73.5
Ikereku + Esie	19.7	16.0	14.3	9.0	23.0	18.0
All combined	15.4	8.3	5.8	5.1	13.6	51.8

Table 6: Knowledge of Local foods that are good source of Vitamin A

Location	% Source		
	Plant	Animal	Others (Meals/Mineral/Drinks e.t.c
Ikeja	19.0	4.8	76.2
Ogba	53.6	0.5	45.8
Ikereku	52.5	10.7	36.9
Esie	78.7	18.9	2.4
Ikeja + Ogba	36.5	2.6	60.9
Ikereku + Esie	65.6	14.8	19.7
All combined	47.8	7.4	44.8

Table 7: Respondents' Knowledge of foods fortified with Vitamin A

Location	Know food fortified with Vit. A		Food list				
	Yes	No	Salt	Sugar	Flour	Veg. Oil	Peak
Ikeja	0.5	99.5	-	0.5	-	-	-
Ogba	8.9	91.1	1.6	1.0	-	-	0.5
Ikereku	0.8	99.2	-	-	-	1.6	-
Esie	1.6	98.4	-	-	0.6	-	-
Ikeja + Ogba	4.7	95.3	0.0	-		-	-
Ikereku + Esie	1.2	98.8	-0	-	0.4	0.8	-

Table 8: Sources of Information on Vitamin A (%)

Location	Newspaper & Magazine	Radio	TV	Friends/ Relations	Text books	Health Others	Can't Rm. None
Ikeja	-	3.2	10.1	6.3	9.0	19.0	52.4
Ogba	2.1	3.6	5.7	6.3	10.9	40.6	30.8
Ikereku	4.1	22.1	1.6	5.7	0.8	42.6	23
Esie	-	9.0	1.36	3.3	-	85.2	-
Ikeja + Ogba	1.0	3.4	7.9	6.3	10.0	29.9	41.4
Ikereku + Esie	2.0	15.6	1.6	4.5	0.4	63.9	11.9
All combined	1.4	8.2	5.4	5.6	6.2	43.2	29.9

Table 9: Proportion of Children that received Vitamin A

Location	Vitamin A Received		
	Yes(%)	No(%)	Don't know
Ikeja	17.5	38.1	44.4
Ogba	52.6	18.2	28.6
Ikereku	76.2	23.8	-
Esie	87.6	8.3	4.1
Ikeja + Ogba	35.2	28.1	36.8
Ikereku + Esie	81.9	16.0	2.1
All combined	53.4	23.4	23.1

Table 10: Percentage distribution of Mothers according to BMI (N625)

Location	Ikeja	Ogba	Ikereku	Esie	Combined
<18.5(under nutrdition)	32.7	59.8	67.5	81.6	59.8
18.5 – 24.99 (Normal)	40.0	29.5	27.5	16.3	29.7
25.0 – 29.99 (Over weight)	27.3	10.7	5.0	3.0	10.5
Mean BMI	24.7	23.7	17.5	14.9	20.9S

Table 11: Percent distribution of children by MUAC scores (N=349)

Location	MUAC (%)		
	≤12.5	12.5-13.5	>13.5
Ikeja	2.5	7.5	90.0
Ogba	2.3	6.8	90.9
Ikereku	16.0	5.0	79.0
Esie	3.3	15.9	80.8
Ikeja + Ogba	2.4	7.1	90.5
Ikereku + Esie	8.5	11.4	80.1
All combined	6.7	10.2	83.2

FGD

- Ignorance of Vit. A
- No local name for Vit. A.
- Not aware of functions of Vit. A
- Poor Knowledge of food sources (coloured vegetables).
- Dissemination of Health information through women's Trade Union

DISCUSSION

- Vit. A and Zinc could save 25% of the 12 million children.
- Nationwide (Nigeria) about 30 and 20% of our U5 children were deficient in Vit. A and Zn respectively.
- 19% and 48% of our pregnant women were deficient in Vit. A and Zn respectively.
- By 2010, our country has been estimated to lose 9.7 billion USD due to deficiencies of Iron, Iodine, and vitamin A.

DISCUSSION (CONT.)

- How far are our Governments moving towards achieving Vit. A elimination?
- Is the message getting to the grass roots?
- From our Survey Poor Knowledge on Vit. A, functions and food sources.
- Rural performance better than urban respondents.

CONCLUSION

- Although about 73% of the respondents have had about Vit. A before, majority could not explain what it is.
- Poor knowledge of the true function of Vitamin A.
- Knowledge of good food sources of Vit. A was fair, but it was very poor on fortified foods.

CONCLUSION

- Health workers were the main sources of information on nutrition and Vit. A.
- Respondents in Rural Communities appeared to be more knowledgeable on Vit. A than urban counterparts.

RECOMMENDATION

- Need for a coalition- building process that will effectively link Vitamin A deficiency control to national, mother and child survival (MOH, Development Partners and Private Sectors).
- Effective Training of Health Personnel on VAD control.
- Flexible Vitamin A delivery mechanism and mobile posts.
- Effective Social Information, Communication and Mobilization (Regular country wide mobilization campaign VADC)



THANK
YOU
FOR YOUR
ATTENTION