Engaging family members to support prenatal micronutrient supplementation in Western Kenya

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Project overview

Formative Research
Project overview

Formative Research → Trials of Improved Practices
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Formative Research \(\rightarrow\) Trials of Improved Practices \(\rightarrow\) Implemented through antenatal care
I will remind and encourage her to take Calcium and IFAS everyday for a healthy mother and baby.

My help and encouragement really matter!

Visit the nearest health facility for more information.

Calcium and IFAS
Calcium, Iron and Folic Acid Supplements
Who did they choose?

- Elder women: 23%
- Children: 14%
- Friends: 8%
- Peer female relatives: 2%
- Other male relatives: 1%
- Spouse: 52%

n=914
Satisfaction and plans to continue

- Not Satisfied: 0%
- Somewhat Satisfied: 10%
- Very Satisfied: 80%
- Will not Continue: 100%
- Unsure: 100%
- Will Continue: 90%

n=914
Reminder support

In the morning he asks me if I have taken my pills, and if I have forgotten he will look for them and bring them to me...His reminding me has really helped me take the pills as directed.

- 24-year-old multigravida
Improved relationships

My mother-in-law and I sit together and chat away and when it is time for the pills she reminds me. Before we never used to sit together and talk. She used to go away at lunchtime, but these days she makes sure she is around so that I can take my medicine.

-17-year-old primigravida
Excessive reminders

Sometimes if you are not feeling well or are tired and maybe somebody is persisting, at times you tell him to get off your case, and he persists. When somebody keeps persisting, I don’t like it.

- 37-year-old multigravida
Family members’ roles during pregnancy

I am happy because when a girl comes to your homestead and she is pregnant you need to support her so that even when she goes to her home, her people can see that she is healthier than when she left their home.

-Mother-in-law
Improved relationships

When your wife is healthy, you feel proud...if she has a safe delivery and the baby is healthy, it is to your benefit. Also, when you are helping and reminding her to take her pills it improves your relationship and brings you closer. It builds your marriage together.

- Husband
Adherence partners

- Women chose who to ask for adherence support
- Most women appreciated adherence reminders and support
  - Women without support networks
  - Women who do not want support
- Providing adherence support was consistent with family members’ roles during pregnancy