

Physical Activity Interventions and Maternal Health Outcomes in Nigeria: A Meta-Analysis of Randomized Controlled Trials

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Abstract : Background: Physical activity is essential for improving maternal health outcomes, particularly in low- and middle-income countries like Nigeria. Objective: The aim is to evaluate the effectiveness of physical activity interventions on maternal health outcomes among Nigerian pregnant women. Methods: Systematic review and meta-analysis of randomized controlled trials (RCTs) conducted in Nigeria, published in English, and focusing on physical activity and maternal health outcomes. Results: Ten RCTs (N=1,200) were included. Physical activity interventions significantly reduced the risk of gestational diabetes, hypertension and preterm birth. Also, the study found that brisk walking and aerobic exercise were more effective than yoga. Conclusion: Physical activity interventions improve maternal health outcomes among Nigerian pregnant women. Policy changes and public health programs should prioritize physical activity promotion during pregnancy. This study informs healthcare providers, policymakers, and researchers on the effectiveness of physical activity interventions in improving maternal health outcomes in Nigeria.

Keywords : physical activity, maternal health, Nigeria, randomized controlled trials

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