

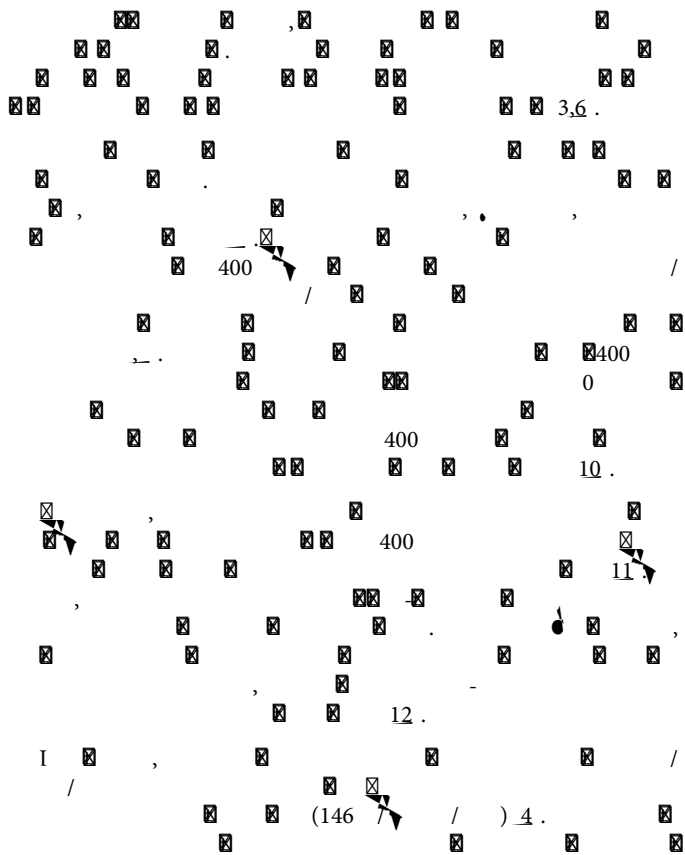
deaths per year from non-communicable diseases such as cardio vas

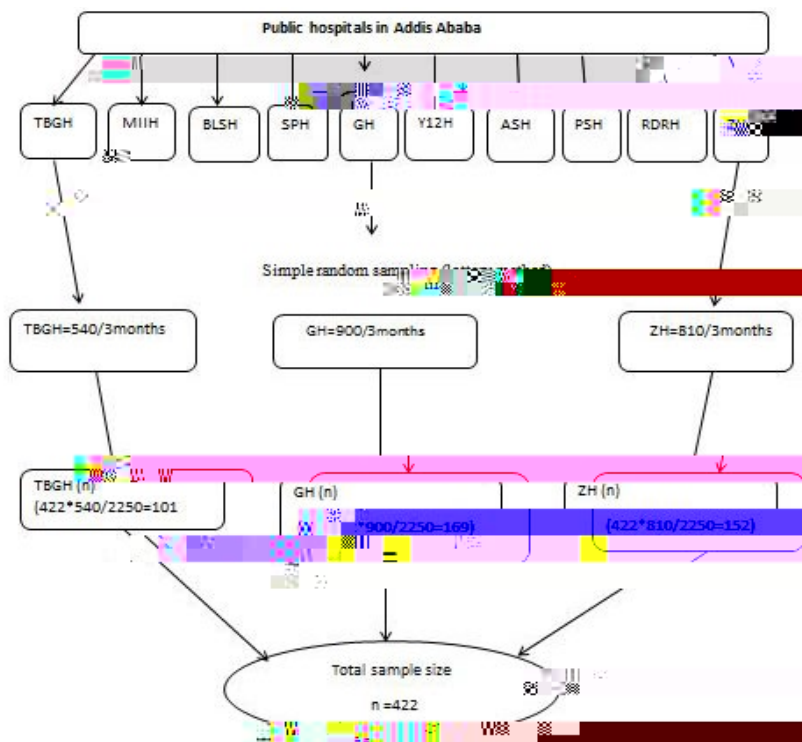
Objective: The main objective of this study was to assess fruit and vegetable consumption among women of reproductive age attending maternal and child health centers in Addis Ababa, Ethiopia.

Methods: A cross-sectional study was conducted in Addis Ababa, Ethiopia. A pretested interviewer administered questionnaire was used to collect data. A simple random sampling method was used to select the study population. Data analysis was conducted to summarize the information on fruit and vegetable consumption and its association with non-communicable diseases.

Result: The study showed that fruit and vegetable consumption was significantly associated with non-communicable diseases. Women who consume fruit and vegetables daily had a lower risk of non-communicable diseases compared to those who do not consume them.

Conclusion and Recommendation: In this study adequate fruit and vegetable consumption was significantly associated with non-communicable diseases. Women's occupation, marital status and having communication between family members were also associated with non-communicable diseases. Therefore, health care providers should encourage women to consume fruit and vegetables daily to reduce the risk of non-communicable diseases.





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