

Review of: "The Impact of Dietary Intake and Nutritional Status on Birth Outcomes Among Pregnant Adolescents: A Systematic Review"

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Potential competing interests: No competing interest

Review Report

Thank you for the opportunity to review the paper titled "The Impact of Dietary Intake and Nutritional Status on Birth Outcomes among Pregnant Adolescents: A Systematic Review." Adolescent pregnancy is particularly common in African nations, where literacy rates among females and overall nutritional status are often low. This situation is critical, as malnourished adolescent girls face increased risks during pregnancy, leading to higher rates of infant and maternal mortality. The study provides a comprehensive analysis based on literature published in various journals. I believe this paper will be valuable to other researchers in the field.

I have noted several observations and suggestions regarding this paper:

The authors utilized studies from 1995 to 2019, but many of these sources are outdated. Additionally, the specific countries considered in this review are not clearly identified.

It would be beneficial if the authors provided a detailed explanation of the criteria used for selecting the countries included in this review.

While it is widely recognized that nutritional intake affects the health of pregnant women and their children, the article should clearly outline any new insights or findings that it contributes to the existing body of knowledge.

Previous studies have consistently highlighted that improving dietary intake and accessing healthcare services are reduce morbidity and mortality. The authors should explain what new findings or perspectives this article adds to that understanding.

I am particularly interested in learning about the programs currently in place in the study areas that influence adolescent nutritional intake and health-seeking behaviors. It would be helpful if the authors provided information on these initiatives.

Household economic status and parental education are significant factors that affect adolescent health by influencing access to medical care. How do the authors account for and control these variables in their analysis?

Traditional and cultural practices play a prominent role in African nations. How do the authors address these factors in their study?

All the best to the authors.

Once again, thank you for this opportunity to review this important paper. I hope my comments/contribution will enhance the paper's quality.

Thank you.