

Can Antenatal mothers recognize antenatal diet during pregnancy?

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ABSTRACT

A health is a wealth, because a healthy person can gain wealth but money can not gain health particularly during pregnancy. The maternal balanced diet provide sufficient energy and nutrients to meet the mother's need, as well as the needs of the growing fetus, as well as for lactation. Food is only source of nutrition for growing fetus. Pregnant lady needs 300 calorie extra to maintain pregnancy diet must be mixture of major components and minor components of foods. ¹

Pregnancy diet must include the carbohydrate, protein, fat and vitamins, minerals, iron, folic acids, calcium. Teenagers already have high nutrient requirement for growth and development and therefore there is potential competition for nutrients. Furthermore a large proportion of teenagers girls have low intake of a range of nutrients that are important during pregnancy, particularly folate, calcium, and iron. ²

Index terms: Antenatal mothers, Antenatal diet, Recognition, Group Health Awareness Programme

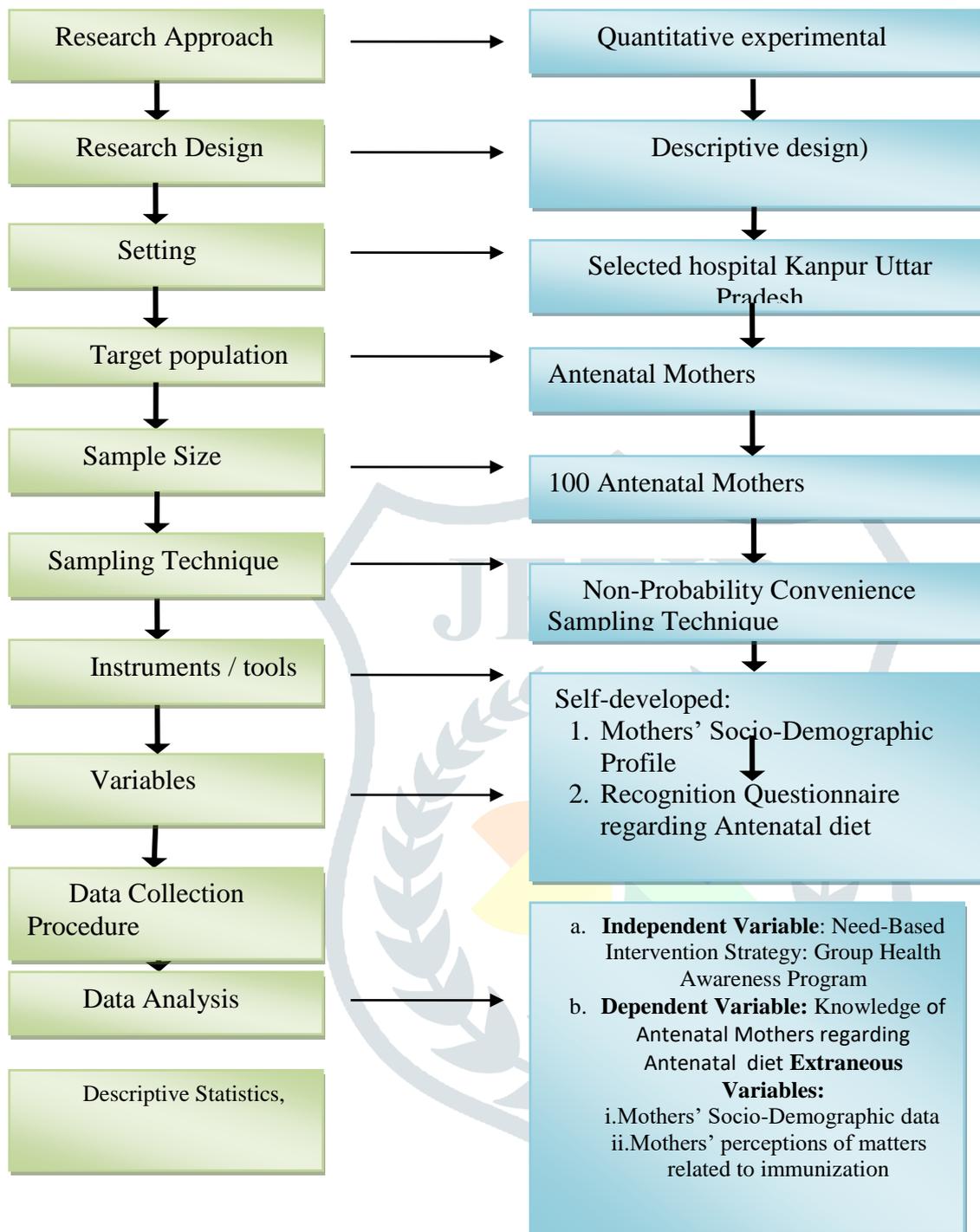
1. INTRODUCTION:

Pregnant women should try to have at least two portions of fish per week, one of which should be oil rich. Moreover around 40% of women aged 19-34 years currently have an iron intake below the lower reference nutrient intake (LRNI) ³. Pregnant women are therefore advised to consume plenty of iron rich foods during pregnancy and in some cases, supplementation may be necessary. ⁴This includes Thiamin, riboflavin, folate and vitamin A, C and D as well as energy and proteins ⁵. A birth weight of 3.1-3.6 kg has been shown to be associated ⁶ with optimal maternal and fetal outcomes for a full term infant. (Low Birth Weight) LBW (Birth weight < 2.5 kg) is associated with increased infant morbidity and mortality, as well as an increased. ⁷

This study was conducted by Dr. Farha Azmi, lecturer explore the knowledge regarding antenatal diets among pregnant women. The research statement for the study is **Recognition of antenatal diet during pregnancy among antenatal mothers selected hospital Kanpur, U.P** Objectives of the study was to recognize antenatal diet during pregnancy among antenatal mothers.

2. METHODOLOGY

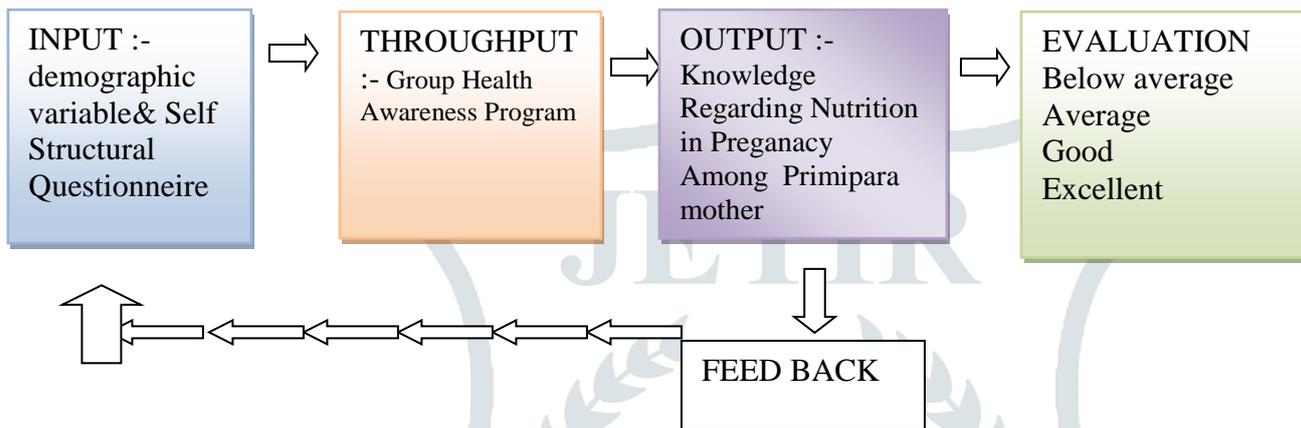
Methodology indicates the steps, procedures and strategies for gathering efficacious and dependable data for the problem under study to meet the research objectives. It deals with the process of organizing the procedure for gathering valid and reliable data for investigation



2.1 LIMITATIONS OF THE STUDY

- 1 .Primipara mothers
- 2 .Age below 40.
3. Sample size-100.
4. ANC OPD of selected hospital

CONCEPTUAL FRAME WORK



Feedback was not included in the research study

3. RESULTS :

This section described characteristics of 100 relatives under the study in mental hospital, Rohtak. The data obtained described the sample characteristics pertaining to their age, education status, occupation, religion, family income, type of family, place of residence.

Table 1: Percentage distribution of samples according to their demographic characteristics.

N=100

SL NO.	Variable	Frequency	Percentage
1	Age in years		
	a) 18-24	7	7
	b) 25-31	26	26
	c) 32-38	51	51

SL NO.	Variable	Frequency	Percentage
	d) 39 years and above	16	16
3	Education status		
	a) Illiterate	0	0
	b) Primary (1-5)	6	6
	c) Secondary +2	57	57
	d) Graduate and above	37	37
4	Occupation		
	a) House wife	29	29
	b) Service	55	55
	c) Business	8	8
	d) Other	8	8
4	No. of children		
	a) 1	12	12
	b) 2	86	86
	c) More than 2	2	2
6	Religion		
	a) Sikh	36	36
	b) Hindu	39	39
	c) Muslim	19	19
	d) Christian	6	6

SL NO.	Variable	Frequency	Percentage
7	Family income		
	a) <5000	8	8
	b) 5001- 10000	24	24
	c) 10001- 2500	62	62
	d) More than 25000	6	6
8.	Type of family		
	a) Joint	28	28
	b) Nuclear	72	72
9.	Place of residence		
	a) Urban	66	66
	b) Rural	34	34

Table -1 shows majority number of relatives 51(51%) were 32-38 year 26(26%) relatives were between 25-30 year, 7(7%) fell in the category of 18-24 year and above, 16(16%) 39 year above. With regard to education status of relatives 57(57%) were secondary and 6(6%) were primary regarding the occupation of relatives 55(55%) had services 8(8%) business and other, house wife 29(29%). The great majority of Hindu 39(39%), 6(6%) were Christian.

Majority 62(62%) family income 10001-25000, more than 25000 6(6%).Relative were from joint family 28(28%) and nuclear family 72(72%).Considering the residence of relatives 57(57%) were from the rural area and 66(66%) were from urban.

Table 2: Percentage distribution of samples according to their knowledge assessment scores

N= 100

Knowledge assessment	Frequency	Percentage
Below average (0 – 7)	32	32
Average (8 – 11)	45	45

Good (12 – 14)	21	21
Excellent (≥ 15)	02	02

Table-2 shows majority of the relatives 45 percent had average knowledge, 32 percent had below average knowledge, 21 percent of good knowledge and only 02 percent of excellent knowledge on

4. CONCLUSION:

The chapter deals with analysis and interpretation of data to assess the knowledge among relatives of antenatal mothers with a view to conduct Group Health Awareness Program . Analysis of the data is done in accordance with the objectives. It is done by using the descriptive and inferential statistics that is calculating percentage, mean, standard deviation and ‘Chi-square’ test . tables and diagrams are used to depict the findings.

5. BIOGRAPHY OF AUTHOR

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