Knowledge and Practices of Diet during Pregnancy among patients attending Ante-natal Care Clinic of Safdarjung Hospital

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Introduction

Maternal nutrition plays a deciding role in the progression of pregnancy and the health of the newborn. If the mother's intake is not sufficient it will limit the supply of nutrients to the foetus and may lead to foetal malnutrition. Fe deficiency will lead to decreased level of Hb and hence oxygen delivery to the foetus. Deficiency of folate is known to lead to neural tube defects.Hence nutrition requires special attention during pregnancy, particularly during the second and third trimesters. Unlike heredity or pre-existing conditions, diet is a modifiable factor and so determination of its knowledge and practices along with the factors affecting these is essential to figure out the lacunae and in finding solutions to them. This study was conducted to assess the knowledge and practices of diet during pregnancy among Indian women coming for regular ante-natal check-ups to the Obstetric OPD of Safdarjung Hospital, New Delhi, India.

Methods

This is a cross-sectional study conducted on 200 pregnant women visiting the ANC clinic of Safdarjung Hospital. A semi-structured interview schedule was developed for the study. The questionnaire consists of questions related to the demographic data, obstetric history, socio economic status, knowledge and practices about dietary habits during pregnancy. Data was collected by the investigators by personal interview using the semi-structured interview questionnaire. Microsoft Excel was used to analyse the results.

Results

The average age of women was 23.8 +/- 3.3 years with 97% subjects between 18-30 years of age. It ranges from 19-36 years. The average age at marriage was 20 +/- 2.3 years. It ranges from 16-28 years.Only 15.5% of the females were illiterate. Most (96%) were housewives. Most (44%) of them belonged to the lower middle class according to modified Kuppuswamy SES Scale. 76% of the pregnant females were anaemic (Hb<11g/dL). Other results will be depicted graphically in the complete presentation.