



## ASSESSMENT OF NUTRITIONAL KNOWLEDGE OF LACTATING MOTHER IN RURAL AREA

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### ABSTRACT

**Introduction:** Nutrition knowledge is the understanding of different types of food and how food nourishes the body and influences health. Nutrition education to women is a good starting point for the introduction of better dietary habits.

**Aim:** The purpose of the study was to assess the nutritional knowledge of selected lactating women.

**Methods:** The sample for the study was, 25 lactating women's in rural area. The study finding revealed that 56% of the lactating mothers have the knowledge about nutritional needs during pregnancy period.

**Result:** In view of 96% of women belongs to age group 20 to 35, on one mother was there below 20 years, 32% women belongs to secondary education, 52% of women belongs to graduates and 16% belongs to post graduation. Nobody came under illiterate and primary education group

**Conclusion:** The study finding revealed that 56% of the lactating mothers have the knowledge about nutritional needs during pregnancy period. Lactating mothers have knowledge regarding their diet. This is due to literacy very few women have less nutritional diet.

**KEYWORDS :** malnutrition, women's health, rural

### Introduction

Nutrition knowledge is the understanding of different types of food and how food nourishes the body and influences health. Although breastfeeding is one of the most natural functions of a woman's body, knowledge about lactation can make breastfeeding a success for both the mother and infant. Parents should make decisions about feeding their infant(s) based on accurate information, thus providing information to the lactating mother should be an integral part of prenatal care. Nutrition education to women is a good starting point for the introduction of better dietary habits. A need exists for establishing a nutrition education activity in maternal and child health centres in order to teach women better methods of feeding themselves during pregnancy and lactation and their infants before and throughout the weaning period. Knowledge about nutrition should be largely diffused to the public through the mass media. Nutrition knowledge affects food choice and preparation. Knowledge particularly given to women is a powerful weapon against malnutrition since increased knowledge and skills enable women to earn higher incomes and thus enhance household food security and improve the quality of day to day care women gives themselves and all members of their household, especially children. It empowers women to make optimal choices for nutritious and safe food. Women seem to be motivated to change during pregnancy and in the postpartum period, thus it is important to determine whether they have appropriate knowledge of food intake guidelines that have been developed by health authorities.

### Aim

The purpose of the study was to assess the nutritional knowledge of selected lactating women.

### Materials and Methods

The data collection tool used for generating the necessary data for assessing the nutritional knowledge of lactating mothers in rural area. The sample of study were, 25 lactating women's in rural area. The design adopted for the study was descriptive survey design.

### Result

The study finding revealed that about 56% of the lactating mothers have the knowledge about nutritional needs during pregnancy period and 44% of the mothers have a faulty believes or

misconception about having some foods during pregnancy. In view of 96% of women belongs to age group 20 to 35, on one mother was there below 20 years, 32% women belongs to secondary education, 52% of women belongs to graduates and 16% belongs to post graduation. Nobody came under illiterate and primary education group. 68% women belongs to non-vegetarian and 32% belongs to vegetarian pattern. 76% are house makers, 12% are government workers and 12% are working for private sectors.

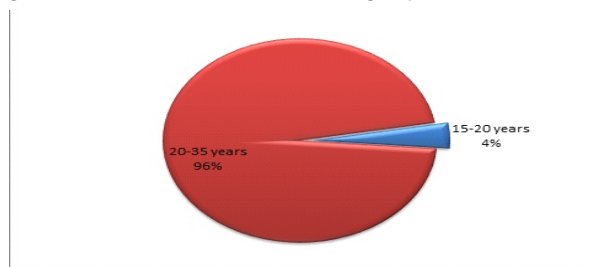


Figure 1 Distribution of age wise

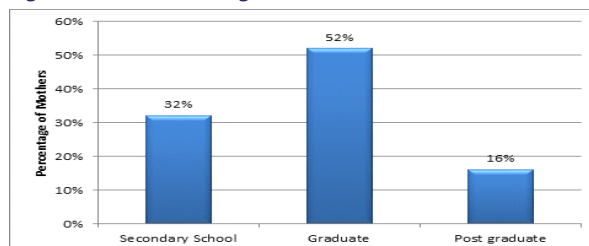


Figure 2 Distribution on educational qualification

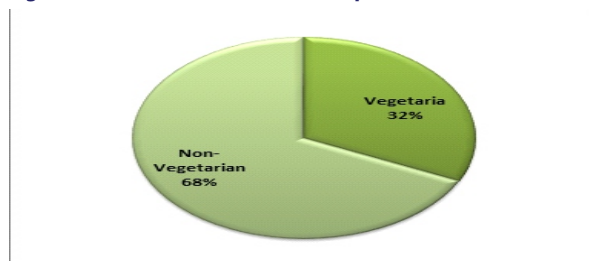


Figure 3 Distribution on diet pattern

**Conclusion**

The study finding revealed that 56% of the lactating mothers have the knowledge about nutritional needs during pregnancy period. Lactating mothers have knowledge regarding their diet. This is due to literacy, very few women have less nutritional diet.

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