

Poster presentations  
Theme 1: Patient empowerment

PP1

### **Knowledge, attitude, and practices relating to nutrition and their associated factors among pregnant mothers in the Chankanai MOH area**

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**Background and objectives:** Nutrition plays a major role in maternal and foetal wellbeing. Nutritional deficiencies such as protein-calorie malnutrition and other micronutrient deficiencies are common among pregnant mothers in Sri Lanka. The aim of this study was to describe the knowledge, attitude and practices, and other factors influencing nutrition during the antenatal period among pregnant mothers attending antenatal clinics in Chankanai MOH area.

**Methods:** A descriptive cross-sectional institution-based study was conducted from December 2018 to February 2020 among 281 pregnant mothers attending antenatal clinics in Chankanai MOH area. Data were collected using an interviewer-administered questionnaire.

**Results:** Among 281 participants, 18.9% (n=53) had good knowledge, 73.3% (n=206) had satisfactory knowledge and 7.8% (n=22) had poor knowledge. With regards to beliefs and practices, attitudes of pregnant mothers were found to be satisfactory. With respect to dietary diversity, consumption of additional meals, and avoidance of certain food items, they had satisfactory nutritional practices. When factors associated with knowledge on nutrition were considered, level of education was found to be significant (p=0.001).

**Conclusion:** This study showed that knowledge, attitude, and practices on nutrition among pregnant mothers in the Chankanai MOH area were satisfactory, irrespective of the differences in demographic, socioeconomic and maternal factors.

**Keywords:** Antenatal Period, Pregnancy, Nutrition, Knowledge, Attitude, Practice