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BOOK OF ABSTRACTS



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DIETARY PATTERN AMONG PREGNANT WOMEN IN TEACHING HOSPITAL, BATTICALOA

Kethujan P¹, Kamaleswary K¹, Katugaha BHMLU¹, Widushani W1,
Thirukumar M²

¹ Faculty of Health Care Sciences, Eastern University, Sri Lanka

² Department of Clinical Sciences, Faculty of Health-Care Sciences, Eastern University, Sri Lanka

Background: Dietary pattern analysis has emerged as an alternative and complementary approach to examining healthy life. Promoting healthy diets and lifestyles help to reduce the global burden of diseases. The dietary patterns of whole families are represented by women specially mothers. Dietary patterns in population are influenced by economic, socio-cultural and educational factors.

Objective: To describe the dietary pattern and factors influencing on it among pregnant women in Antenatal clinic, Teaching hospital, Batticaloa.

Methods: This was a cross sectional descriptive study on dietary pattern among pregnant women in ANC clinic, Teaching hospital, Batticaloa. A total of 200 women were selected via simple random sampling method with exclusion of pregnant women, who were not willing to participate in the study. Interviewer administered questionnaire was used, which comprised tools for analyzing the dietary pattern and factors influencing on it, with the help of food based dietary guide lines, Health Ministry, Sri Lanka.

Results: All participants were having three main meals and were predominantly non-vegetarians. Nearly 46.5%, 8.5%, 11.5%, 20% and 14% of women were having recommended amount of cereals and tubers, vegetables, protein, fruits and milk products respectively. 49.5%, 40.5% and 36% women were taking preferably parboiled rice, rice flour and mixed flour (Wheat + rice). Following factors were found to be influencing the dietary pattern: weather changes, festivals and family preference. Monthly income and household crowding had no significant influence on food consumption.

Conclusion: Nearly half of the participants lack recommended dietary intake. Identified practices on food choice in pregnancy in this study warrants awareness programmes to improve the healthy dietary practices among this group.

Keywords: Pregnant women, Dietary pattern, Influencing factors