Impact of nutrition education on pregnant and lactating mothers
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ABSTRACT
The present work was undertaken to study knowledge of the pregnant and lactating mothers regarding consumption of nutrients, and to evaluate changes in knowledge and practice status of the subjects due to nutrition education imparted to them. One hundred and fifty pregnant and lactating mothers with at least one living child were purposely selected. The nutrition education was provided to these subjects. The inferences were drawn with the help of suitable statistical tools, wherever felt necessary. Majority of the overall subjects had no knowledge of protein and vitamins at initial phase of the nutrition education. The change in knowledge status during post evaluation period was significant in illiterate mothers only. Insignificant changes in other educational categories indicated high level of pre-knowledge. Further, significant amelioration in knowledge and practice aspects (mean ± SD scores) were observed due to nutrition education. These findings suggested significant impact of nutrition education imparted to the pregnant and lactating mothers.

Key words: Knowledge, Practice, Nutrition education, Score