

OP 02 A Study on maternal dietary practices during postpartum period and their influencing factors among mothers who have babies

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INTRODUCTION:

Postpartum period begins immediately after the delivery of baby and extends up to six weeks after delivery. Individual dietary practices during this period are embedded in cultural patterns and are usually transmitted from generation to generation and this has influences on Maternal & Child health.

OBJECTIVES: To describe the maternal dietary practices & their influencing factors during postpartum period among mothers of Nallur MOH area.

METHODS: Mothers who have babies below six months (n=214) from Nallur MOH area were evaluated, using interviewer administered questionnaire.

RESULTS: Among the 216 participants, the mean age of participants was 28.9, SD 4.90. The majority 88.3% were Hindu; 81.8% studied up to Grade 6-13; 71.15% were non working mothers; 74.3% of maternal grandmothers were care providers; 13.6% of babies were of low birth weight. High prevalence of dietary practice found was consuming red rice 93%, fish 90.5%, vegetable 79.9%, special food consumption 96.3%, restriction of cold food 69.2%, restriction of gaseous food 67.3%, water restriction 47.3%. Factors found to be significantly associated with water restriction were post partum problems (p=0.006) & birth weight of baby (p=0.006). Mothers' milk consumption was statistically found to be influenced by religion Catholics had higher consumption than Hindus (p=0.03). Restriction of fruits consumption was significantly associated with mother's education level (p=0.041), husband's education level (0.006) & parity (p=0.037). Vegetable consumption was significantly influenced by postpartum problems (p=0.000).

Some of the socio economic demographic factors such as age and ethnicity of the mother, gender & term of the baby, total family income, type of delivery, place of delivery and postpartum care provider were not statistically found to be influencing on postpartum dietary practices.

CONCLUSION: Post partum dietary practices were still popular among mothers among Nallur MOH. Identifying the factors associated with traditional post partum practices is vital to develop better targeted health education programme. Updated information regarding ideal postpartum diet should be disseminated to the women.