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IMPACT OF BREAST-FEEDING EDUCATION ON NUTRITIONAL AWARENESS OF MOTHERS IN SOUTH TERRAN, IRAN

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Abstract:

This semi-experimental study was conducted to investigate the impact of nutrition education on knowledge of mothers concerning breast-feeding in Giassi Charity Health Centre in the south of Tehran, Yaftabad. Breast-feeding and nutritional awareness of 104 randomly selected mothers was assessed before and after a one-month breast-feeding course (Three 90-minutes' sessions per week). The proportion of the mothers with high awareness before the course was 0.0% and increased to 83% after the course. In this study the effect of such independent variables as mothers' age and age at the first pregnancy, their education, number of children and physiological status, as well as family income on their nutritional awareness was determined. Statistical analysis (of both total score and individual question score changes) showed the nutrition education course to have had a positive impact on mothers' nutritional knowledge and awareness ($P < 0.001$, confidence limits 99.9%).

Keywords:

Breast-feeding education . Pregnant mothers . Lactating . Breast -milk

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