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Title: evaluation of the level of knowledge and attitude of mothers about nutrition behavior who refer to birjand urban centers in 87
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Abstract: Abstract:
Background : One of the most important goals in the first years of child health is to achieve a balanced and correct nutrition. Family is the place where security of food and nutrition is made during daily life. In fact, mother of the family has the main rule in supporting children' nutrition. Childhood is special time during which suitable nutritional behavior is being made. Family and child's relationship with life are both effective in constructing nutritional behavior in this age. This study was designed to determine the knowledge and attitude of mothers covered by urban centers in Birjand about children nutritional behavior.

Methods: In this descriptive – analytical study, the mothers referred to the Birjand urban centers with children under 5 were selected. The obtained data were analyzed by SPSS software, using chi-square Test, ANOVA (one-way), Tukey statistical test and Pearson correlation coefficient. P≤0.05 was considered statistically significant.

Results: From 294 mothers, 83.7% were aware about the mechanism of iron absorption. 65.6% knew when to consume iron drop, 82.7% knew beneficial minerals and vitamins. 64.6% knew about complication vitamin A deficiency. The mothers' knowledge about nutrimental behavior in the average term and their opinion was evaluated in good term.

Conclusion: Considering the average level of knowledge and attitude of mothers about nutritional behavior in children, need retraining family physician and staff about nutrition are important. It is proposed to do a comprehensive plan on prevention of malnutrition in high- risk areas.

Key word: nutrition, knowledge, attitude, birjand
Presentation: Poster