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**Title:** Evaluation of meal number consumed by lactating mothers and its correlation with infants anthropometric indices for nutritional education program planning

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**Abstract:** Evaluation of meal number consumed by lactating mothers and its correlation with infants anthropometric indices for nutritional education program planning

**Aim:** Nutritional education for lactating mothers is one of the important responsibilities of health care professionals. For getting the best result of education, assessment of mother’s nutritional knowledge is needed. Therefore we evaluated the number of meals consumed by lactating mothers and its correlation with infant’s anthropometric indices in Tabriz and its rural areas.

**Material and Methods:** Information on mothers' characteristics, anthropometric and 24-hour food recall collected from 182 urban and rural lactating mothers who exclusively breast feed their infants aged 90-120 days. Infant body weight and height were measured by accurately calibrated instruments and weight for age Z-score (WAZ) and height for age Z-score (HAZ) were calculated. Number of daily main meals, snacks and dietary intake of subjects were collected. Between-group comparisons were made by independent t test.

**Results:** Infants' mean WAZ and HAZ were in the normal range (0-1). After breakfast, evening and after dinner snack was omitted respectively in 16%, 3%, 32.1% of mothers. The WAZ (1.2) and HAZ (0.4) of infants with mothers consuming 6 meals /day were significantly higher than WAZ (0.3) and HAZ (-0.17) of infants with mothers who omitted one or more meal/day (P<0.05).

**Conclusion:** According to the results, since the consumption of snack in lactating mothers is necessary and because of the positive effect of mothers’ nutrition and especially number of meals on infants’ growth, more nutritional education program in order to improve nutritional status of lactating mothers is needed.

**Keywords:** lactating mothers, education, meal, infants, anthropometric indices

**Presentation:** Poster