



History:

Received: June 16, 2019
Reviewed: June 20, 2019
Accepted: June
First Published:
Collection year: 2019
Status: Pending

Identifiers and Pagination:

Year: 2019
Volume: 4
First Page: 16
Last Page: 17
Publisher Id:
AdvFoodNutrSci.4.16
DOI:<http://dx.doi.org/10.21065/AdvFooNutrSci.4.16>

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Citation:

Wajiha S. Catch Out The Zinc
Paucity in Different
Considerations: Family Systems,
Blood Groups, Life Stages,
Socio-Economic Status and
Physical Activity of Undertakes.
Adv Food Nutr Sci. Vol. 4. 2019.
p 16-17.

Funding:

The authors received no direct
funding for this research.

Competing Interests:

The authors declare no
competing interests

Conference Abstract

ASSESSMENT OF DIETARY HABITS AND THEIR RISKS ASSOCIATED WITH HEALTHY PREGNANCY IN REGION CHAKWAL

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Abstract

Pregnancy is a critical period in which several physiological and metabolic changes occur that increases nutrient demand. Maternal nutritional status affects both mother and neonatal health. Globally, maternal mortality is in increasing trend, mainly due to malnutrition. Pakistan is one of the six countries which together contribute to 50% of global maternal deaths due to poor nutritional status and other physiological problems. The purpose of this survey was to assess the dietary habits of pregnant females and their risks associated with healthy pregnancy. Moreover, the prevalence of anemia, constipation and healthy weight gain during pregnancy were assessed. About 100 pregnant women of 3rd trimester (*i.e.* 28-40 weeks) were recruited from the hospitals of district Chakwal. Dietary habits were assessed by a structured interview based questionnaire that includes personal data, socio-economic status, general clinical examination, water intake, physical activity, anthropometrics, biochemical test and a food frequency table. By using statistical software, results showed that out of 100, 65% pregnant females belong to rural areas whereas 35% were from urban community. Majority were illiterate, 93% were housewives and only 7% were professional. Most of the women *i.e.* 57% belongs to low income families while 43% from middle income families. It was reported that, 57 female had normal pre pregnancy BMI while, rest of all were fall in underweight, overweight and obese category. Only, 36 females had normal haemoglobin level whereas prevalence of constipation was reported in 38 pregnant females. It was observed that, there was a significant relation ($P < 0.05$) between the intake of supplements, fruits, vegetables and meat consumption, their socio economic status with the prevalence of anemia. Similarly, pre pregnancy body mass index and

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consumption of fast food showed a significant association (*i.e.* $P < 0.05$) with gestational weight gain of pregnant females. Whereas intake of fiber rich foods (salads) and water intake showed highly significant ($P \leq 0.01$) results in relation to constipation. Furthermore, maternal education, socio-economic status and nutritional knowledge are significantly associated with the maternal dietary practices. There is dire need to create awareness regarding dietary diversity by nutritional counseling to reduce the risks of adverse pregnancy outcomes.

Key Words: Pregnancy, Malnutrition, Dietary Diversity.



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