



INTERNATIONAL HEALTH CONFERENCE IIUM 2011 IHCI 2011

Theme

*“An Applicability of Modern Scientific Technologies
towards Health Research”*

Dated

7th - 8th DECEMBER 2011

at

VISTANA HOTEL KUANTAN

*In Conjunction with the celebration of
Ibn al-Haytam's al-Manāẓir Millennial Anniversary*

Organized by :
Kulliyyah of Nursing
International Islamic University Malaysia (IIUM)

KNOWLEDGE ON NUTRITION AND FREQUENCY OF FOOD INTAKE RICH IN IRON AMONG PREGNANT WOMEN VISITING PERINGGIT COMMUNITY POLYCLINIC MELAKA (PCPM)

HALIZA HASAN

Kulliyah of Nursing, International Islamic University Malaysia, Malaysia

Email: hbaliza@iiu.edu.my

Introduction: Adequate maternal nutrient intake during pregnancy is essential to ensure satisfactory birth outcomes and prevent adverse effect. Inadequate intake of iron in pregnancy can cause anemia which increases risk of maternal mortality. Hence, a diet rich in iron should be included as an important health education planning on nutrition for pregnant women. **Methodology and materials:** This study used the descriptive study design. The questionnaire used in this study was distributed to pregnant women who attended antenatal check-up in Peringggit Community Polyclinic Melaka (PCPM) from 4th January 2011 until 2nd February 2011. The statistical used in this study were chi-square and ANOVA to analyse the data and to examine the relationship between knowledge and frequency intake. **Results:** The findings in this study showed that: there was significant difference in the pregnant women's knowledge on nutrition; frequency of food intake rich in iron; significant relationship between occupation, household income, household income expenditure for food and knowledge on nutrition (p -value = 0.001); but, there was no significant relationship between knowledge on nutrition and frequency of food intake. **Conclusion:** The data obtained from this study used questionnaire on pregnant women's diet recall for the last one to two months should being combined with the 24hours diet recall for more accurate results. Hence, further study on pregnant women's knowledge and dietary intake using a questionnaire with more details should be conducted to obtain accurate result.