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Analiza sposobu odżywiania się kobiet z terenów wiejskich i miejskich po zajściu w ciążę

Analysis of eating habits among women from rural and urban areas after becoming pregnant

Streszczenie

Wstęp. Nieprawidłowe odżywianie kobiet ciężarnych może mieć negatywny wpływ na rozwój płodu i przebieg ciąży. Racjonalna dieta kobiety w czasie ciąży powinna dostarczać odpowiednią ilość energii, a także zawierać niezbędne składniki odżywcze w prawidłowych ilościach i proporcjach.

Cel. Celem pracy była ocena zachowań żywieniowych kobiet w ciąży.

Materiał i metody. Badaniami objęto 100 kobiet ciężarnych w wieku 21-38 lat z terenów miejskich i wiejskich z różnych okolic Świdnika. Informacje dotyczące żywienia otrzymano na podstawie wywiadu ankietowego.

Wyniki. Stwierdzono m.in. niedostateczne spożycie ryb oraz wysokie spożycie słodczy. Spożywanie owoców i warzyw stwierdzono na zadowalającym poziomie. Niepokojącym faktem było spożywanie produktów fast food wśród przyszłych matek.

Wnioski. Wśród badanej grupy przyszłych matek stwierdzono występowanie błędów żywieniowych tj. dojadanie między posiłkami, niedostateczne spożycie ryb. Bardzo ważne jest prowadzenie działań z zakresu edukacji zdrowotnej w ramach opieki perinatalnej promującej zdrowe odżywianie.

Abstract

Introduction. Improper eating habits among pregnant women may have a negative impact on fetal development and pregnancy. Balanced diet during pregnancy period should provide women with the right amount of energy as well as contain essential nutrients in the correct quantities and ratios.

Aim. Evaluation of nutritional habits among pregnant women.

Material and methods. The study was conducted among 100 pregnant women aged 21-38 years from urban and rural areas from different neighborhoods of Świdnik. Information on diet was obtained based on questionnaire survey.

Results. Inadequate intake of fish and high intake of sweets was reported. Fruit and vegetables intake was found to be at satisfactory level. Habit of eating fast food products among expectant mothers remains as worrying issue.

Conclusions. Among examined group of expectant mothers, incorrect eating habits such as getting on food between meals and insufficient consumption of fish was reported. It is important to carry out activities in the field of health education in perinatal care that promotes healthy eating.

Słowa kluczowe: nawyki, kobiety, ciąża.

Keywords: habit, women, pregnancy.

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INTRODUCTION

Health is a fundamental value for every man consciously and increasingly appreciated along with the growth in the overall culture of the public health. According to many scientists healthy behavior is a direct factor which greatly determines health. Overall behavior of pregnant women must be considered as favorable health behaviors due to the fact as all unhealthy behaviors (smoking, alcohol abuse, substance use or bearing calories) not only adversely affect the health of women but also contribute to abnormal fetal development [1]. Proper nutrition during pregnancy is very important to ensure a healthy pregnancy and optimal child development in the womb. Healthy eating is not only a frequent and regular food intake but also appropriately balanced diet. Balanced diet during pregnancy time should provide women with the right amount of energy and contain essential nutrients in the correct quantities and ratios. Inappropriate diet of pregnant women appears when the daily menu does not fully cover the increased demand for various nutrients. Sometimes the meals consumed each day by women do not contain enough micronutrients such as iron and iodine, which can lead to various health problems for the mother and her developing baby.

The daily diet of women should include appropriate amounts of vitamins, elements and fluids. A very important factor in lifestyle and diet is the level of nutritional knowledge, which allows you to choose healthy lifestyles [2]. It was shown that with the increase in health education increases the frequency of consumption of fruits and vegetables and dark bread [3]. The diet of pregnant women should be wholesome in terms of nutrition, or satisfy the increased nutritional needs of pregnant women. They have to eat varied meals, rich in natural products and less processed, which do not contain residues of chemical fertilizers, pesticides and heavy metals. All the necessary nutrients (proteins, fats, carbohydrates, trace elements, vitamins) and appropriate drinks should be taken in appropriate quantities and proportions.

AIM

Controlled changes in dietary habits during pregnancy are very important because they determine the life and health of not only the future mother but most of all a child. Therefore, the aim of this study was to assess the diet of women during pregnancy period.

MATERIAL AND METHODS

The study involved 100 pregnant women aged 21-38 years from urban and rural areas from different neighborhoods of Świdnik region. Information concerning eating habits of the respondents was obtained in the second trimester of pregnancy on the basis of questionnaire containing 35 questions regarding eating habits and diet after becoming pregnant. The obtained results were analyzed statistically.

RESULTS

The average age of the studied population was 26.5 years with the largest group of respondents aged 25-30 years.

Among the respondents there were women pregnant for the first time and as well as multiparous. Breakfast is the basic element of each menu. Survey results show that both women from rural and urban areas are aware of the importance of breakfast as the first meal of the day and they do eat breakfast (city 80%, rural 75%). The recommended interval of 4 hours between meals applies to 44% of women from the city and 40% from the countryside. The question if the respondents eat between meals more than before pregnancy was answered affirmative by 76% of women from the city and 73% of women from the countryside. Respondents were also questioned about their knowledge of the products, which contain fiber. The analysis showed that 69% of women from urban areas and 58% from rural areas were aware of which products contain fiber. Daily consumption of raw vegetables is common among pregnant women in rural areas (53%); unfortunately, only 40% of women from the city eat raw vegetables several times a day. Similar situation was noticed with the reference to the consumption of fruit. Consumption of fruit several times a day was reported by 58% of pregnant women, in rural areas 53% and 42% of women from the city. The survey showed that nearly half of the pregnant respondents eat sweets and pastries daily (45% of the city, rural areas 49%) which can result in excessive weight gain in pregnancy. In response to a question about the daily consumption of cereal products, 69% of respondents from the countryside and 65% of pregnant women from the city answered affirmative. When analyzing the consumption of milk several times a day, it was noted that milk and dairy products were consumed by 34% of women from the city and 49% of women from the countryside. Both groups – the women from the city and from the village eat poultry and eggs several times a week (42% of the village, 45% of a town). Another analyzed aspect of nutrition was consumption of red meat. Daily consumption of red meat during pregnancy was reported by 45% of pregnant women from the city and 40% of pregnant women from the countryside. Unfortunately, after analyzing the consumption of fish it was found that half of women from cities and villages did not eat fish at all (49% of the city, village 46%). Other pregnant women (51% of the city, village 54%) ate fish once a week. It was reported that the intake of fast food among pregnant women was low – fast food products reached only 3%, and it referred to the women in the city. Folic acid is a very important part of the diet of a pregnant woman. The vast majority (73.5%) of the total respondent group did not take folic acid before becoming pregnant, and after being informed about the pregnancy, all women took folic acid as dietary supplement. With reference to the question about products which contain folic acid, only 38% of women from the city and 36% of women from the countryside declared they knew in which products folic acid was included. Another component of the diet which was analyzed was intake of iron. Fifty-one per cent of urban women and 55% of women in the village knew which products contain iron. Results of the survey show that not all pregnant women eat well during the pregnancy time. When respondents were asked if they thought their eating habits should be changed during pregnancy, as much as 1/3 of respondents answered that there was no need for change (34% of the city, village 35%).

DISCUSSION

Proper nutrition is an important factor affecting health. It involves the systematic intake of properly balanced nutrients. Proper nutrition plays a particularly important role during the time of pregnancy. Proper nutritional behavior of pregnant women provides optimal pregnancy and health of the mother [4,5]. A very important factor in proper fetal development is diet rich in folic acid, which protects baby from neural tube defects [6]. The analysis of dietary behaviors among pregnant women showed an irregularity in their diet during pregnancy time. One of the problem was the intake between meal times, which can cause excessive weight gain during pregnancy and is dangerous for both mother and child. A pregnant woman should eat three full meals a day and two smaller ones - lunch and afternoon meals. The total intake of food, which contains animal protein among the surveyed respondents, was found to be satisfactory. Very low consumption among respondents was found with regard to the sea fish consumption - the main source of polyunsaturated fatty acids n-3. As many as half of the respondents did not eat fish. Insufficient consumption of fish in pregnancy has also been found in studies conducted by Suliga E. [7].

The results of many authors have demonstrated the positive impact of high fruit and vegetable intake on the birth weight infants [8,9]. In this study, the respondents quite often ate vegetables and fruits. The presence of raw fruits and vegetables in diet is very important due to increased bioavailability of iron. M. Gacek [10] obtained similar results. Reports confirm that iron deficiency in pregnancy may be the cause of low birth weight infants and preterm delivery. The prevalence of anemia due to iron deficiency among pregnant women reaches 6-30%. [11]. Anaemia among pregnant women is so common that sometimes not enough attention is taken into the problem. In Poland, the most common anemia among pregnant women is anemia associated with iron deficiency – 75-87% of all cases. In second place there is anemia caused by lack of folic acid, and then – vitamin B12 [12]. In our study, almost half of the women declared daily consumption of red meat. Our study showed that three quarters of the surveyed group did not use folic acid supplementation before pregnancy. The human body cannot produce folic acid and therefore it is necessary to supply this ingredient in food and supplements [13]. We need to be aware that folic acid supplementation among women in reproductive age reduces the incidence of central nervous system defects. The recommended intake of folic acid is about 3 months before a planned pregnancy, 0.4 mg and should be continued to 12 weeks of gestation [14]. The obtained analysis showed that half of pregnant women did not limit the intake of sweets. Similar results were obtained by Wawrzyniak et al. [15], who confirmed a large percentage of sweets in the diet of pregnant women. It must be remembered that these products are a source of so-called “empty calories” and very often result in excessive weight gain. Another worrying issue is the consumption of fast-food products among pregnant women. However, in the conducted studies it concerned only a small percentage of survey respondents. Rational nutrition in pregnancy is an extremely important factor for proper development of the fetus and the mother's health because it is vital to conduct education activities of prenatal health care

programs. Proper medical care of every pregnant woman should include advice on nutrition and possible vitamin and mineral supplementation to a diet in order to keep it well balanced.

CONCLUSIONS

1. Improper eating habits such as food consumption between meals, inadequate consumption of fish, consumption of fast food products were noticed among pregnant woman
2. It is important to carry out activities in the field of health education in the perinatal care that promotes healthy eating.

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