Knowledge, attitude, and practice (KAP) survey on dietary practices in prevention of malnutrition among mothers of under-five children

M Edith*, Lakshmi Priya

M Edith, Master Trainer (Nurse), National Skills Lab, Majidia Hospital, Jamia Hamdard University, New Delhi.

Lakshmi Priya
Professor, Department of Child Health Nursing, Bishop’s College of Nursing, CSI, Mission compound, Dharapuram, Tirupur District, Tamil Nadu.

* Corresponding Author

Abstract

Introduction: Protein Energy Malnutrition is a leading nutritional problem in India. This causes mortality and morbidity among children and can impair physical and cognitive development of the children. The study aimed at assessing the Knowledge, Attitude, and Practice (KAP) regarding dietary practices in prevention of malnutrition among mothers of under-five children. Materials and Methods: A descriptive survey using interview method was carried out to collect data among 200 mothers of under-five children. Information regarding demographic data, knowledge, attitude, and practice on dietary practices in prevention of malnutrition was collected using a structured interview schedule. Results: Majority 112(56%) of mothers had moderately adequate knowledge and moderately adequate practice 116(58%) regarding dietary practices in prevention of malnutrition. Favourable attitude towards dietary practices in prevention of malnutrition was found among majority 112(56%) of the mothers. Conclusion: Adequate knowledge of mothers regarding dietary pattern of under-five children will enhance the attitude and practice to prevent malnutrition.

Keywords: Knowledge, Attitude, Practice, Dietary practices regarding malnutrition, Under-five children