

### **Knowledge, attitude, and practice of Nutrition Preconception among Women of reproductive age attending OPD at Kambuga Hospital, Uganda:**

*Kamara Daniel<sup>1</sup>*

<sup>1</sup>Nutritionist, Bwindi Community Hospital-UGANDA,

<sup>1</sup>Corresponding Author Email: dankamara2017@gmail.com

#### **Abstract**

Nutrition Pre-conception care has been neglected yet it is fundamental for better maternal and perinatal outcomes since it improves the birth outcomes, reduces the number of babies born prematurely or with low birth weight, and addresses pregnancy adverse outcomes. Globally Nutrition Preconception care contributes to 45% of maternal child-related complications. This study employed a descriptive cross-sectional design using quantitative data collection methods to obtain data on the knowledge, attitude, and practice towards nutrition preconception care from women of reproductive age, participants were selected using convenience sampling; data was collected using structured questionnaires, analyzed using Microsoft Excel and results presented using descriptive statistics in frequency tables and figures. Majority of the women (60.3%) defined nutrition pre-conception care as individualized care given to people considering pregnancy, (39.7%) reported that only women of reproductive age were the ones in need of pre-conception nutrition care, majority reported that nutrition pre-conception care should be started at least 3 months before pregnancy (47.6%); majority 89(70.6%) had sufficient knowledge, majority agreed that preconception nutrition care has great advantage/changes for pregnancy and delivery outcome(60.3%); however, (38.1%) were indecisive whether omission of preconception nutrition care leads to irreversible damage to the fetus and more than half (53.2%) agreed that providing pre-conception nutrition care services to developing countries like Uganda is a luxury service, (87.3%) had negative attitude towards nutrition preconception care,(69.0%) reported not taking any vitamin or mineral supplements in preparation for pregnancy and majority of the women (65.1%) had inappropriate practice towards nutrition preconception care. There was a high level of knowledge on nutrition preconception care among the women, however, majority had a negative attitude and therefore, inappropriate practice towards nutrition preconception care.

**Keywords:** Nutrition, Pre pre-conception care, Reproductive Age, Knowledge, Attitude.