

**Effectiveness of Nutritional Education on Knowledge, Attitude and Food Choices
among Pregnant Women in Ibadan Semi-Urban Areas, Oyo State**

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Certification

This is to certify that Iyabode Olufunmike ADEKANMBI with matriculation number LCU/PG/003284 carried out this thesis work titled "Effectiveness of Nutritional Education on Knowledge, Attitude and Food Choices Regarding Diet among Pregnant Women in Ibadan Semi-urban Areas, Oyo State" in the Department of Nursing Science, Faculty of Basic Medical And Health Sciences, Lead City University, Ibadan, Oyo State, for the award of Masters in Nursing Science, and that this has not been previously submitted.

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Date

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Date

Dedication

This research work is dedicated to God Almighty and my children.

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Acknowledgement

First and foremost, my deepest gratitude goes to the Almighty God for his divine favour and protection over me through-out my programme.

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‘Even though the above-mentioned institution and persons have assisted in the process of this research work, I stand responsible for the errors, if any found in the work’.

Abstract

Inadequate knowledge of pregnant women on nutrition in semi-urban Nigeria contributes significantly to adverse maternal and neonatal outcomes. This study assessed the effectiveness of a nutritional education intervention (NEI) on knowledge, attitude, and food choices among pregnant women in Ibadan Semi-urban Areas, Oyo state. A quasi-experimental pretest-posttest design was employed with 118 pregnant women (59 per group) from Primary healthcare centers in Ibadan. The experimental group received a structured Nutritional Education Intervention (NEI), while the control group received family planning education. A Statistical Package for the Social Sciences (SPSS) version 25 was used to analyze the data using descriptive statistics and inferential tests, including Analysis of Covariance (ANCOVA), to determine the effectiveness of the intervention at a significance level of $p < 0.05$. At baseline, groups were comparable with no significant differences in Knowledge (Experimental: 16.4 ± 2.3 vs Control: 16.2 ± 2.3 , $p = 0.668$), Attitude (39.7 ± 7.8 vs 39.4 ± 6.8 , $p = 0.803$), or Food choices (41.1 ± 7.5 vs 40.9 ± 8.3 , $p = 0.926$). Post-intervention, the experimental group showed significant improvements. Knowledge scores increased to 18.8 ± 1.8 versus 16.3 ± 2.2 in controls ($p < 0.001$). The proportion with excellent knowledge rose to 71.2% ($n = 42$) from 20.3% ($n = 12$). Attitude scores improved to 44.7 ± 6.1 ($p < 0.001$), with 91.5% ($n = 54$) exhibiting a favourable attitude. Food choice scores increased to 48.4 ± 5.1 ($p < 0.001$), and 42.4% ($n = 25$) demonstrated high adherence to healthy choices. Analysis of Covariance (ANCOVA) confirmed significant main effects of the intervention on knowledge ($F = 55.436$, $p < 0.001$), attitude ($F = 34.2$, $p < 0.001$), and food choices ($F = 40.872$, $p < 0.001$). The nutritional education intervention significantly enhanced knowledge, improved attitudes, and positively influenced healthier food choices among pregnant women. It is recommended that Nutritional Education should be integrated into routine antenatal care to improve maternal and child nutrition by the Government.

Community Health Nurses should involve family members particularly husbands, mother-in-laws in nutritional education programmes to build a supportive home environment.

Keywords: Nutritional Education, Pregnant Women, Knowledge, Attitude and Food Choices.

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List of Acronyms

Abbreviation	Meaning
CHN	Community Health Nursing
LGAs	Local Government Areas
IOM	Institute of Medicine
BMI	Body Mass Index
RDA	Recommended Dietary Allowance
DHA	Docosahexaenoic Acid
IU	International Unit
IUGR	Intrauterine Growth Restriction
DNA	Deoxyribonucleic Acid
NTDs	Neural Tube Defects
LBW	Low Birth Weight
GWG	Gestational Weight Gain
GDM	Gestational Diabetes Mellitus
U.S	United States
SES	Socio Economic Status
NEI	Nutritional Education Intervention
TT	Tetanus Toxoid
ANC	Antenatal Clinic
TPB	Theory of Planned Behaviour
PHCs	Primary Health Centres
ANCOVA	Analysis of Covariance
IBM	International Business Machine
SPSS	Statistical Package for the Social Science
SD	Standard Deviation

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