

Characterization Of Eating Habits In Pregnant Women That Attend Six Health Centers In Chilpancingo Guerrero, Mexico.

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ABSTRACT

Introduction: Nutritional status and eating habits of pregnant women are factors directly related to her health and that of her child. It is, therefore, a very suitable to incorporate healthy habits. **Objective:** To characterize the eating habits of pregnant women attending six health centers in Chilpancingo Guerrero. **Method:** A quantitative study, observational, transversal and comparative type in which 93 women from six health centers in Chilpancingo, Guerrero, Mexico with a questionnaire of 36 questions for evaluation statistical program was used were surveyed was performed SPSS V. 20 and tab in Excel. **Results:** The age group of pregnant women is predominantly 19-25 years with 49.5%, 42.9% was obtained in optimal weight, while 36.3% was found in overweight, followed by 17.6% obese first degree and last, but not least 3.3% with second degree obesity, foods that add greater relevance pregnant women in their food is meat and vegetables with nearly three quarters of the total, the preferred food for pregnant during dinner are cereal, cookies and milk, which is more than 50%, and more than half of pregnant women have the habit of eating snacks. **Discussion:** compared with other studies we can say that there are similarities between them, as in the populations of the studies mentioned there is a poor diet and despite knowing the consequences it may cause both for themselves and for product and ignore do not change their eating habits. **Conclusion:** More than half of pregnant women began their pregnancy with an optimal weight, some of them with overweight and obese grade 1 and 2, the underlying causes of overweight and obesity during pregnancy are lack of exercise, poor diet, causing to future mothers tendency to suffer frequent backaches, cramps, fatigue, gestational diabetes and to end the pregnancy are more likely to require surgery and delivering a macrosomic product.

Keywords: Pregnancy, Overweight and Obesity, Nutrition, Food Habits..

Introduction

Nutritional status and dietary habits of pregnant women are factors directly related to her and her child's health. It is, therefore, a very adequate period to incorporate healthy lifestyle habits, a balanced and complete diet in this physiological stage of a woman's life is the best help to prevent premature births and maternal complications such as diabetes mellitus, hypertension and overweight or obese (Herrera et al 2008).

Mexico is in an epidemiological and nutritional transition characterized by an increase in obesity and chronic noncommunicable diseases related to nutrition. The prevalence of overweight and obesity in women of reproductive age older than 20 years is 71.9% according to the WHO; this increasing prevalence is a major public problem of health, since obesity during pregnancy produces several physiological changes in which are compromised the respiratory, cardiovascular and gastrointestinal systems of the woman. So the same present obstetric complications such as spontaneous abortions, gestational diabetes, preeclampsia,

preterm delivery and increased number of cesarean sections. Obesity during pregnancy also carries neonatal and fetal risks as prematurity, macrosomia, birth defects, genetic malformation and fetal death (sanchez et al 2010).

There are circumstances that may compromise maternal nutritional status: for example the economic situation, poor eating habits, overweight or obese at baseline or during pregnancy because most of the pregnant do not know how to feed themselves and also, the consequences of poor nutrition during their gestational period.

Objectives/Purpose of the study

To characterize the eating habits of pregnant women attending six health centers in Chilpancingo Guerrero.

Methodology

The type of study was quantitative and comparative, the sample design was by convenience in a total of 93 pregnant women attending antenatal health centers Indeco, San

Miguelito, Universal, Alameda, San Juan and Col. PRI in Chilpancingo Guerrero, the technique used was interview, using a questionnaire of 36 items validated by a pilot test applied to 10% of a population with similar characteristics, for the capture and analysis of the information collected statistical package (SPSS) version 20 was used (Hernandez-Sampieri et al 1991).

Result/Findings

The age group of pregnant women is predominantly 19-25 years with 49.5%, 42.9% was obtained in optimal weight, while 36.3% was found in overweight, followed by 17.6% obese first degree and last, but not least 3.3% with second degree obesity, foods that add greater relevance to pregnant women is meat and vegetables with nearly three quarters of the total, the preferred food for pregnant women during dinner are cereal, cookies and milk, which is more than 50%, and more than half of pregnant women have the habit of eating snacks.

Discussion

Compared with other studies we can say that there are similarities between them, as in the populations of the studies mentioned there is a poor diet and despite knowing the consequences it may cause both for themselves and their unborn child, they do not change their eating habits. Obesity is a prevalent problem in pregnancy possibly due to lack of information or why it is not always correct, therefore authors suggest the need to create multidisciplinary teams (nutritionist, nurse, doctor, psychologist, among other health professionals) who are responsible for designing and evaluating educational programs with specific strategies, it should be noted that customs regarding the feeding habit of pregnant women are contradictory to which should be taken to carry a good pregnancy, the same happens with our study population which is also a clear example of the need to implement a multidisciplinary team to carry out a good prenatal care to help promote and maintain an optimal state of wellness in pregnant women and babies in the future.

Conclusion

More than half of pregnant women began their pregnancy with an optimal weight, some of them with overweight and obese grade 1 and 2, the underlying causes of overweight and obesity during pregnancy are lack of exercise, poor diet, causing the future mothers a tendency to suffer frequent backaches, cramps, fatigue, gestational diabetes and to end the pregnancy are more likely to require surgery and delivering a macrosomic product.

The age group in which dominance of overweight was bigger was of 19 to 23 years, while the group with the highest grade 1 of obesity was 34 years and grade 2 was from 29 to 33. Of the six health centers which resulted in greater incidence of overweight was the indeco center, while the highest obesity grade 1 was the Alameda center and more frequently from obesity 2 was the Universal center.

Recommendations for further studies

- Conduct research on nutrition of every woman in gestation to reduce rates of overweight and obesity.
- Studies on prenatal care and family support for pregnant minors to timely identify overweight.
- Research on the benefits of physical exercises like yoga to reduce overweight and obesity in pregnant women.

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