

## Nutritional Knowledge and Practices among Lactating Mothers

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### Abstract

Diabetes mellitus (DM) also known as 'sugar' is a chronic non communicable disease (NCD) which has emerged as one of the leading global health problems associated with the pancreas in the production of insulin leading to hyperglycemia (WHO, 2014). Globally, according to the international Diabetes Federation (IDF), 352 million adults were reported to have impaired glucose tolerance which is a high risk of developing diabetes by 2045 (Bommer, 2018). The scientific research evidence shows the predisposing factors to diabetes are: advancing age, family history, excessive body weight, excessive alcohol consumption, physical inactivity, stress, unhealthy diet and chronic use of steroids among others.

The objectives of the study will be to: To assess nutritional status, nutritional knowledge and lastly the dietary diversity among patients with type two diabetes in Nakuru County hospital.

The study methods to be used will comprise of; contains study design, study area, study population, inclusion and exclusion criteria, variables, sampling techniques, sampling size determination, data collection tools instruments, data collection procedure, piloting, validity and reliability, data analysis and ethical considerations.

**Keywords:** Diabetes Mellitus (DM); Non Communicable Disease (NCD); International Diabetes Federation (IDF)

### Introduction

Breastfeeding is occurring as a result of physiological processes of hormonal action. During the pregnancy specific hormones are produced. These includes progesterone and oestrogen. These hormones are produced prior to the physiological process of lactation. This is achieved through development of breast for enough milk production. This will also enable proper nutrients and energy storage within the body.

It is mostly known globally that; breast milk is the early food for the newborns. This is because of its easy digestibility, and synthesis by the child. Lactation increases the nutritional requirements for

the baby since most of nutrients are lost through colostrum. Fortunately, breastmilk development depends on the diet the mother consumes and stores from her body. The process of converting nutrients to breastmilk is achieved through good nutritional status of the mother. Study evidences reveals that women with good nutrition status, has enough milk production that supports the growth of the infant to the fullest.

Despite the fact milk composition and its volumes varies, the stages of lactations, health status, and socio-economic characteristics are key determinant of lactation on a daily basis. For instance, Poor economic status may reduce the consumption frequency

among lactating mothers. Also, poor breastfeeding techniques fueled by inadequate nutrition knowledge leads to disproportionate milk production during nursing of the baby. Some of the socio-cultural divergent opinions may bring adverse impacts to the lactating mother. For example, some communities view breastfeeding as an evil act against cultural beliefs as opposed to others.

The health workers with different capacities are at a good position to champion for maternal nutrition with an aim of promoting breastfeeding in very many scenarios. For example, through establishment of breastfeeding corners, community breastfeeding initiatives, child breastfeeding on demand among others. Exclusive breastfeeding for the first six months with appropriate introduction of timely, adequate, safe and properly feed still remains a remarkable recommendation supported by World Health organization. Thereafter, the introduction of complementary feeds should be done gradually to enable the baby to properly adapt to the food items from different sources slowly by slowly.

The nutrition status of the mother is also fundamental. This is because of additional increase in energy by 500 kilocalories. With poor nutrition status of the mother, it can lead to malnutrition and also may predisposes the mother to other underline illnesses like anaemia and inter uterine growth retardation. This is caused by poor nutrient intake, poor household food security, poor maternal and child health services among others. During lactation it is also good for the mother to take control of what the child eats. Some infants may have a habit of eating nonfood items such as soils stone which may accelerate the development of worms inside of their bodies.

Even though several studies being carried out, very scanty and limited information exists on the accurate nutrient's compositions of the breastmilk. This is because many studies revolved around maternal knowledge without inclusion of nutrition related facts on current issues during breastfeeding. Therefore, little is known. The aim of this article is to determine the nutrition knowledge and dietary practices during breastfeeding [1-16].

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