

D. Midwife's Pregnancy Nutrition Knowledge

Midwives became aware that 1000 first days life is an important period from pregnancy until the age of 2 years which determined the length of the period of the next rest period of life, that called as window of opportunity. This period consider as a chance for fulfil necessary nutrients from fetus to adulthood .

They also got depth knowledge about the relationship between nutrition and low birth weight (LBW). Less nutritional intake increases the risk of low birth weight, as well as infectious diseases or concomitant. Therefore, LBW infants indicate that nutrition of pregnant women were less.

Midwives got to know that during pregnancy, the baby was conceived in need of energy and nutrients for the growth and development of the fetus. Therefor, a pregnant woman requires extra energy to function fetal growth. The amount of energy and nutrient needs of protein, iron, and folic acid pregnant women are Protein = 75 g / hr + 300 g; Iron = 27 g / hr + 30-50 g, Folic acid = 200 mg during pregnancy.

All learning nutrition class activities that have been implemented in this study are considered beneficial for posyandu cadres and cadres nutrition, midwives. The seriousness is evident from the many questions submitted during the class. In addition, there is a demand for the class continuously in the future. The increase knowledge of the cadre and midwives may support the MDG's goals in decreasing maternal death and stunting children [11].

IV. CONCLUSIONS

The Food Nutrition class conducted in this study, increased food nutritional insights of most (80%) of cadre. The learning nutrition class increased nutrition knowledge insight of posyandu cadres and nutrition cadres by 40 per cent. These increase knowledge are necessary for nutrition education activities for mothers and their low body weight

and toddlers or BGM and stunted children in integrated health centre or posyandu. These knowledge has become a strenght of cadre in performing tasks in table IV for nutrition counseling and growth monitoring monthly.

After attending learning nutrition class of Balanced Nutrition, 75 percent of posyandu cadre subject increased insight about balanced diet for family. About 95 percent of midwife increased their knowledge about pregnancy nutrition, nutrition cycle, including breastfeeding and the advantage of mothers breast milk in preventing wasting and stunting children. Midwife become more aware about the important of Nutrition in 1000 first days of life, especially useful in motivating pregnant women who served in the health centre monthly.

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