

Abstract

Original Article

Knowledge, Attitudes and Behaviors of Pregnant Women about Food Safety: A Cross Sectional Survey

Sezer Er Guneri, PhD

Assistant Professor, Ege University Faculty of Nursing, Obstetrics and Gynecology Nursing Department, Izmir, Turkey

Selma Sen, PhD

Assistant Professor, Celal Bayar University, High School of Health, Midwifery Department, Manisa, Turkey

Duygu Gulec Satir, PhD

Research Assistant, Ege University Nursing Faculty, Obstetrics and Gynecology Nursing Department, Izmir, Turkey

Rusen Ozturk, PhD

Research Assistant, Ege University Nursing Faculty, Obstetrics and Gynecology Nursing Department, Izmir, Turkey

Nuray Egelioglu Cetisli, PhD

Assistant Professor, Izmir Katip Celebi University, Health Science Institute, Obstetrics and Gynecology Nursing Department, Izmir, Turkey

Ahsen Sirin

Professor Doctor, (Retired), Ege University Nursing Faculty, Obstetrics and Gynecology Nursing Department, Izmir, Turkey

Correspondence: Duygu Gulec Satir, PhD, Research Assistant, ^aEge University Nursing Faculty, Obstetrics and Gynecology Nursing Department, 35100 Bornova Izmir, Turkey
E-mail: duyugulec50@hotmail.com

Abstract

Aim: The aim of this study was to determine knowledge, attitudes and behaviors about food safety of pregnant.

Materials and Methods: The study was conducted on 265 pregnant in obstetrics and gynecology department of one public hospital in Izmir/ Turkey between June 2011 and June 2012. It is a cross-sectional descriptive study. In the study, a four-section- questionnaire that was created in parallel with related literature was used as data collection tool.

Results: Pregnant women's 75.5 % were at the age of 18-30, 36.6 % of them were literate/ primary school graduate, 83.0 % of them were housewives, and 60.0 % of them were in their 3rd trimester. Pregnant gave wrong answer to the questions how to wash hands appropriately when starting preparing food 68.3%, how to thaw frozen meat 69.4%, where to buy healthy milk 91.7%. Pregnant believe that cooked meals should be kept at room temperature until they cool (80.0%), but 78.2% of them keep them waiting, while storing or cooking foods, instructions written on their packages are important (90.6%), but 80.8% of them follow the instructions.

Conclusions: Pregnant women didn't receive education about food safety. Pregnant women's awareness and positive attitudes have not turned into behaviors adequately. It is vital importance that pregnant should accurately and completely be informed about food safety by health professionals.

Key words: Pregnancy, Food Safety, Knowledge, Attitude, Behavior.