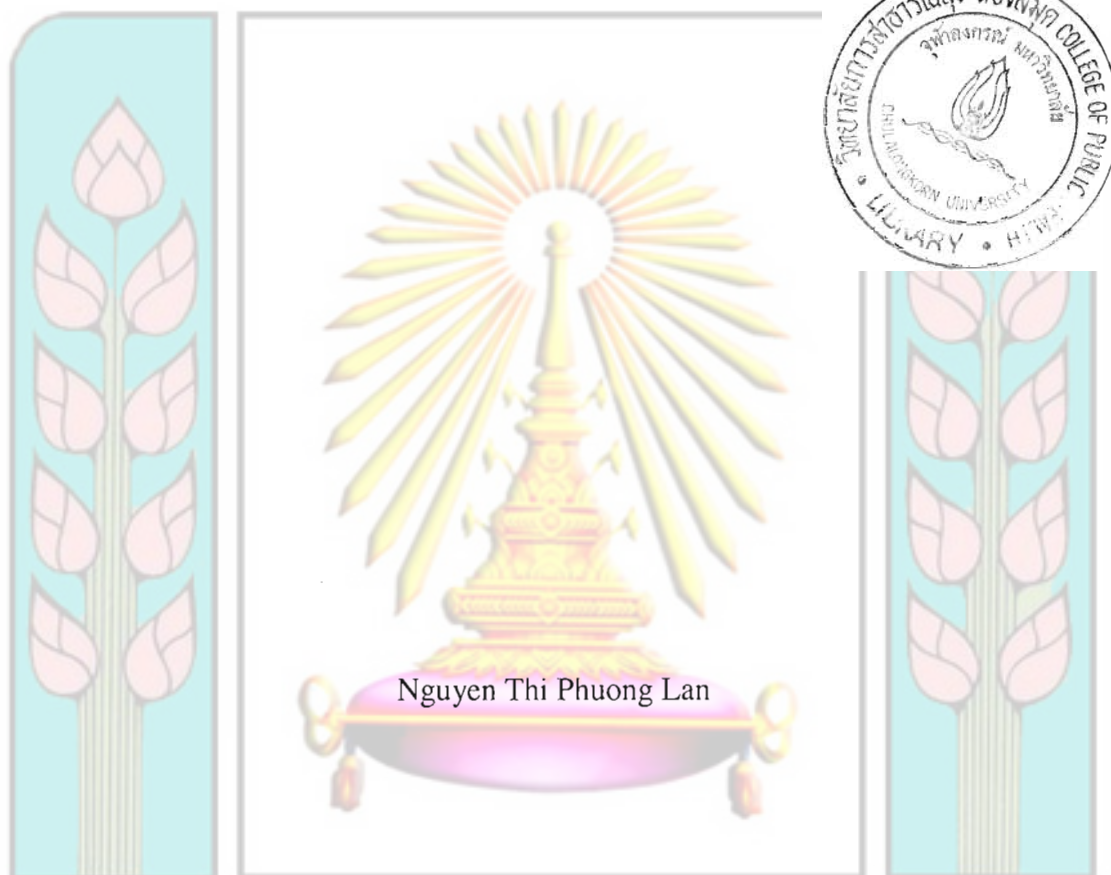


NUTRITION EDUCATION PROGRAM : A CONTROL TRIAL INTERVENTION  
TO IMPROVE KNOWLEDGE AND PRACTICE OF MOTHERS ABOUT GIVING  
DIETARY INTAKE TO CHILDREN AT THE AGE OF WEANING PERIOD IN  
DONGHY DISTRICT, VIETNAM



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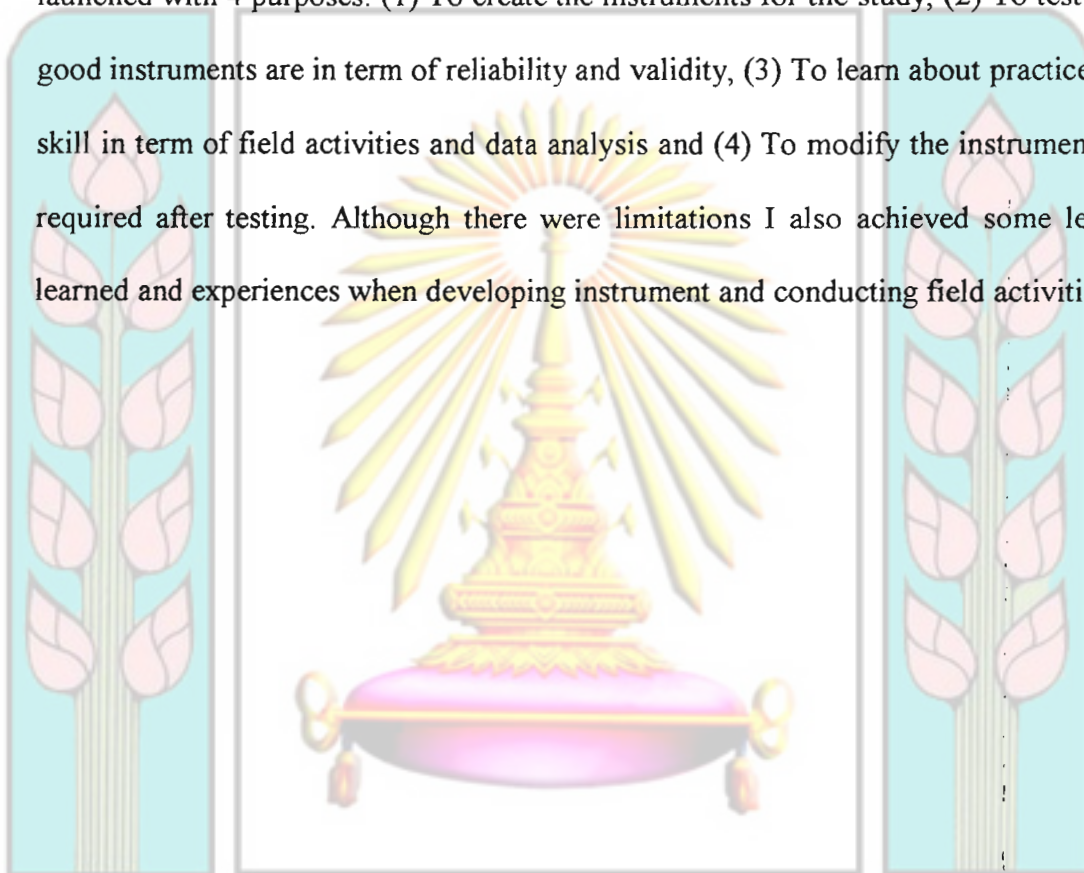
## ABSTRACT

The study deals with the issue of Protein Energy Malnutrition and incorrect dietary intake among children in Donghy district, Vietnam. The prevalence of PEM in whole country is 33.8 %; In Donghy district, PEM prevalence is 40.4 %. PEM has much short term and long term physical and mental effects and leads to decrease 2.4 % GDP every year if only calculated by decreasing labor efficiency. When analyzing cost-benefit they showed that if spending one million VND, would result in a benefit of 8.56 billion VND. The PEM prevalence is the highest at 4-24 months of age. It is strongly associated with mother's practice about giving dietary intake. Factors affect knowledge and practice of mothers about giving dietary intake are analyzed in the essay. Therefore the PEM prevalence can be decreased if knowledge and practice of mother could be improved.

**Nutrition Education Program:** A control trial intervention to improve knowledge and practice of mothers about giving dietary intake to children at the age of weaning period in Donghy district, Vietnam was given as a part of wider program to solve the problem. The general objective of the study is to assess effectiveness of nutrition education program to women with child under 1 year old in improving knowledge and practice of mothers about giving breast feeding and weaning food. The study will use a strategy base on Green and Kreuter model including 3 components: Mobilizing the support of community member, training educators and develop material and educate mothers and other member in the community. The intervention was divided into five stages: (1) Baseline survey; (2) Create structure of program; (3) Develop material and train the educators; (4) Implement the health education program; (5) Evaluation. The

program will be conducted within 1 year and then evaluate by using pre and posttest in both control and intervention group.

In order to prepare for the study in the real study area, the data exercise was launched with 4 purposes: (1) To create the instruments for the study, (2) To test how good instruments are in term of reliability and validity, (3) To learn about practice and skill in term of field activities and data analysis and (4) To modify the instruments as required after testing. Although there were limitations I also achieved some lesson learned and experiences when developing instrument and conducting field activities.



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