A descriptive study on the pre-gravid food intake among the mothers with gestational diabetes mellitus in a selected hospital in Negeri Sembilan

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Gestational Diabetes Mellitus (GDM) or diabetes during pregnancy has become more prevalent in Malaysia. GDM has brought about the various adverse health conditions and increasing in the maternity and fetal morbidity rates. Studies have revealed and identified the types of food intake as one of the risk factors for developing GDM. The purpose of this study was to identify the foods consumed by the GDM mothers one month before their pregnancy in a selected hospital in, Malaysia. This was a quantitative study guided by Nola Pender Health Promotion Model. A non-probability convenient sampling method was used and 53 participants from the selected Hospital in Malaysia took part in completing the questionnaire. The data of the study was collected through a self-administered questionnaire. The findings of the study revealed that 81.1% of the mothers with GDM liked to eat fried banana and curry puff during their tea break and 71.1% of them consumed nasi lemak for their breakfast which contained mainly oils and fats. Besides that, 77.4% of the GDM mothers took rice or meet which was high carbohydrates food for their lunch and 73.6% of them had rice or meet for their dinner. Dishes such as fish, meat and vegetable came along with the rice giving a considerate amount of consumption as well among the mothers with GDM. In conclusion, this study has helped in determining the food intake of the mothers with GDM.

Biography
Kavitha Ramanathan has completed Master’s in Nursing (Maternity Nursing) from Sri Ramachandra Medical College and Research Institute (Deemed University) in India. She is the Principal Investigator of this Research article. She is presently working as Lecturer in this esteemed institution. She has done poster presentation in an International Scientific Conference in Malaysia. She also has the privilege of being a speaker in a Midwifery Symposium 2014 in Malaysia.

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