

## عنوان مقاله:

Food Security among Pregnant Women and Its Relationship with Body Mass Index in Eastern Iran

## محل انتشار:

فصلنامه تغذیه و امنیت غذایی، دوره 8، شماره 3 (سال: 1402)

تعداد صفحات اصل مقاله: 10

## نویسندگان:

Zohreh Zadeahmad - *Department of Public Health, School of Health, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran*

Elham Charoghchian Khorasani - *Department of Health Education and Health Promotion, Mashhad University of Medical Sciences, Mashhad, Iran*

Mohammad Saeed Jadgal - *Tropical and communicable diseases research center, Iranshahr University of Medical Sciences, Iranshahr, Iran*

Mahin Kiyani Mask - *Department of midwifery, Torbat jam faculty of medical sciences, Torbat jam, Iran*

Maryam Tatari - *Vice Chancellery of Health, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran*

Nayyereh Kasiri - *Department of Public Health, School of Health, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran*

## خلاصه مقاله:

Background: Food insecurity is recognized as a serious public health problem worldwide. Since pregnant women are among the most vulnerable groups and their food insecurity may cause complications during pregnancy and on their newborns, the aim of this study is to investigate the relationship between food security and body mass index (BMI) of pregnant women in eastern Iran. Methods: This cross-sectional study was conducted on ۳۳۵ pregnant women in ۱۰ health centers in the east of Iran. Participants were selected by random cluster sampling. Data were collected using standard questionnaires including ۱۸-item household food security survey module (HFSSM) designed by the U.S. Department of Agriculture (USDA) and nutritional evaluation forms. Results: The mean scores of the HFSSM of all pregnant women were  $۷.۲ \pm ۴.۳$ . The household food security of pregnant women was significantly related to the occupation of spouses, mother's education, monthly salary, private home, and mother's age ( $P < ۰.۰۵$ ). There was no significant relationship between food security and BMI ( $P = ۰.۹۸$ ). Conclusions: Based on the results, few people have food security. Pregnancy in older age, lower-income, and education affected the household food security. Appropriate strategies and policies are necessary to combat this problem.

## کلمات کلیدی:

Household food security, Pregnant women, Food insecurity, Body mass index

## لینک ثابت مقاله در پایگاه سیویلیکا:

