



INTRODUCTION Poor nutrition is the main determinant or risk factor for sickness^{1-3,4}. Numerous efforts for improving nutrition have failed to gain the world's attention, even the Sustainable Development Goals (SDG)³. Zero hunger (SDG 2) only addresses severe manifestations of poor nutrition. Mothers in Nepal misunderstand the role of healthy eating to combat nutritional problems in their children¹. Their beliefs and attitudes can result in improper feeding of young children, particularly preschool-aged children^{1,2,4}.

OBJECTIVES:

To assess the knowledge, beliefs, and attitudes, about healthy diets amongst the poor mothers of rural & urban areas;
To identify the key barriers to providing the healthy diets and main challenges that faced by the mothers.

RESEARCH QUESTIONS?

1. What are knowledge and attitudes about food recommendation for preschool aged children amongst rural and urban mothers?
2. What challenges do these mothers face?

RESEARCH METHOD:

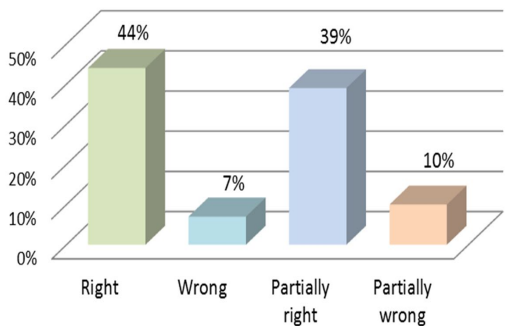
A cross-sectional questionnaire survey of 524 rural and urban mothers of the Pokhara valley of Nepal. The questionnaire comprised 66 questions (open-ended and structured) Data were analysed using computer software SPSS V22.0

KEY MESSAGES ^{1,2,4}

Further investigations on culture, religion and beliefs including food and health-seeking behaviours; **Strengthening** the capacity of existing Nutrition Section; **Effective and strong Advocacy and Coordination**; **Adaptation of sustainable multi-sectoral approach**; **Long-term interventions approaches**; **Focus on Agricultural development**; **Encourage and Emphasize to use locally available foods**; **Focus on awareness Strategy (3P awareness model)**; **Build the capacity of local government for effective implementation of Nutrition Programme**; **Develop a mechanism for proper reporting of nutrition activities across the community by all stakeholders.**

RESULTS ^{1,2,4}

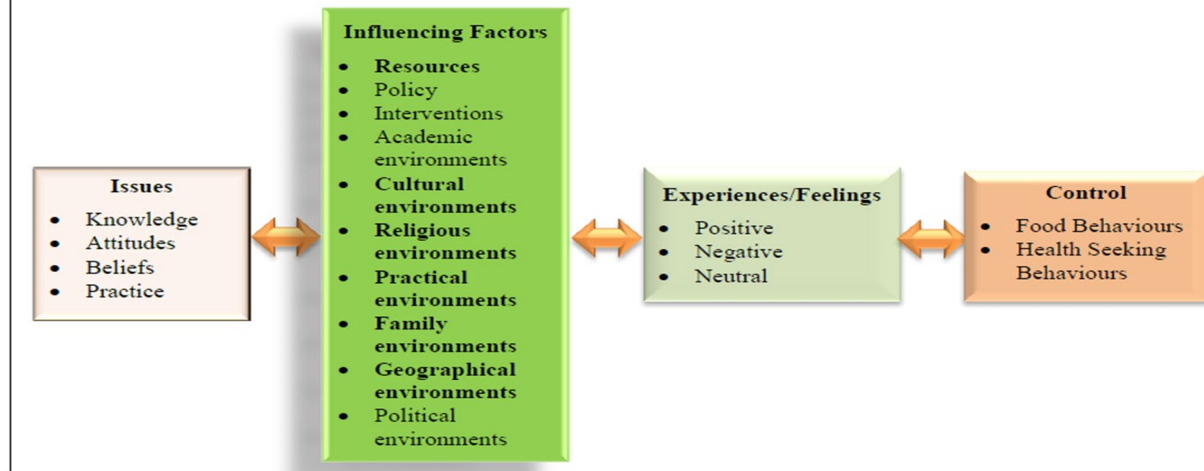
Mother's skill on selecting healthy foods through pictogram



CONCLUSIONS ⁴:

Beliefs about food practices are still strongly embedded in the society. Urban mothers had better food recommendations, whilst rural mothers faced huge barriers. Meat, fish, egg and dairy products are not provided to children due to cultural influences. Mothers had great faith in spiritual healers. Child feeding practices are found a poor compare to developed countries. Knowledge and attitudes towards nutritious food of rural and urban mothers are still poor. Approximately 20% of mothers are still believed that feeding of certain nutritious foods, during illness period, caused harm to their children.

Diversified Views (Multiple Opinions)



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