

“ Nutrition education through Alliance for developments based on the Health belief model is an effective approach for improving pregnant adolescent nutrition knowledge and dietary practice”

## Effect of nutrition counseling on Nutrition Literacy and dietary practices of pregnant adolescents in West Arsi Zone, Central Ethiopia, a cluster randomized controlled trail

Adane Tesfaye<sup>1,2</sup>, Dessalegn Tamiru<sup>1</sup>, Tefera Belachew<sup>1</sup>

Author affiliations

<sup>1</sup> [Department of Nutrition and Dietetics, Faculty of Public Health, Institute of Health, Jimma University, Jimma, Ethiopia]

<sup>2</sup> [Department of Nutrition, School of Public Health, College of Medicine and Health Science, Dilla University, Dilla, Ethiopia]

### INTRO AND OBJECTIVE

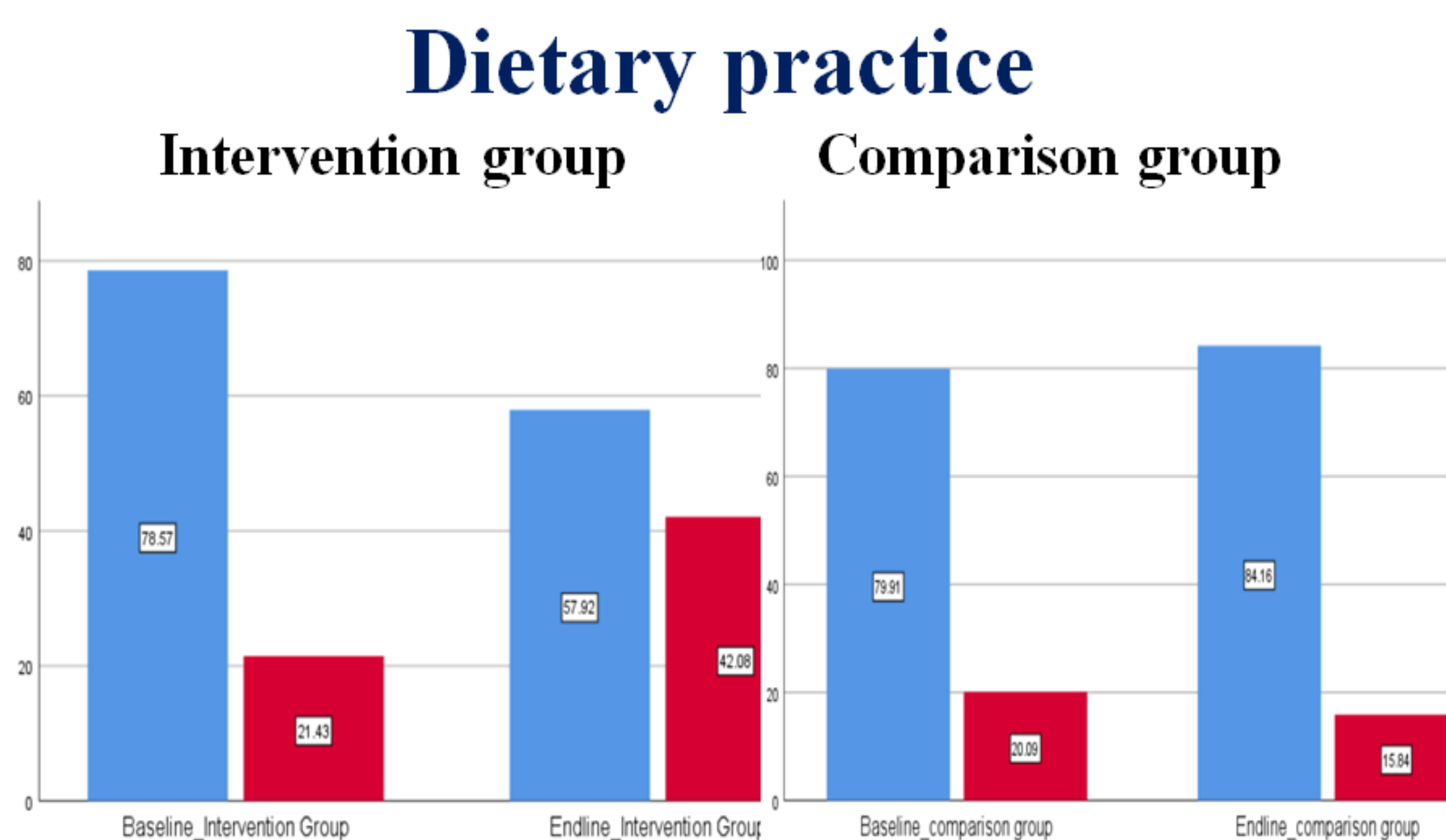
There is a gap in community-based interventional studies examining the impact of nutrition education on nutritional knowledge and dietary practices among pregnant adolescents; therefore, the aim of this study was to explore the effect of nutritional behavioral change communication interventions through AFDs on the knowledge and dietary practices of pregnant adolescents in the West Arsi Zone, Central Ethiopia.

### METHODS

This study was conducted from August 2022 to July 2023. Each pregnant adolescent in the intervention group attended four counseling sessions. Adolescents in the control group attended the routine nutritional counseling provided by the health care system. Generalized estimating equations were used to evaluate the effect of the intervention. Difference-in-differences was employed to estimate the net treatment effect

### RESULTS

pregnant adolescents in the intervention group had an AOR which was 3.7 times that of the comparison group in appropriate dietary practices [AOR =4.2, 95% CI=2.6, 5.3]. The odds of good nutritional knowledge increased in both groups, however, the NBCC group had an increase 5.5 times (95%CI: 3.8, 8.1) that of the comparison group.



### CONCLUSIONS

Nutrition education through alliance for development is an effective approach for increasing the proportion of pregnant adolescents who practice appropriately and have good nutritional knowledge.