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## Dietary behaviors and the influence factors of pregnant women in Chengdu city

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**Background:** As the quality of life increase rapidly, more and more pregnant women show the tendency of overweight. 73% of pregnant women body mass index (BMI) is above the world health organization standards in China. Overweight women have higher probability to suffer from pregnancy complications. Dietary behaviors have a big effect on weight gain of pregnant women.

**Aim:** Aim of this study is to get the information about maternal diet of pregnant women in Chengdu city and analyze the influence factors of related behaviors.

**Methods:** Use self-made questionnaires to investigate the dietary behaviors of 600 pregnant women each term in four hospitals in Chengdu city. All the data collected were typed in via Epidata, and were analyzed by SPSS17.0.

**Results:** Pregnant women in different terms shows unhealthy dietary behaviors, including dietary bias, excessive intake of fruit and milk, smoking and drinking. The knowledge of dietary behaviors is mainly from family, friends, newspapers and magazines, and the proportion of health care workers are lowest. Structural equation modeling shows pregnant women's degree of education, family per capita income and mother's degree of education are the main influence factors, the standardized regression coefficients are 0.226, 0.168 and 0.217.

**Conclusion:** The overall dietary behaviors are good. Medical and health workers should give full play to the role and complete related health education. Change the diet related attitudes of pregnant women and the main member of the family to change their unhealthy dietary behaviors.

### Biography

You Huaxuan is a Chinese registered Nurse, Post-graduate Student, majoring in Mental/Psychological Nursing at West China School of Medicine, Department of Nursing, Sichuan University and completed her Graduation at West China Medical School of Sichuan University.

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