

Supporting good nutrition for healthy pregnancies

Each group post their answers in one of the columns.

Group 1

↻ ANONYMOUS 10/20/23 1:21PM

Thanks for your reply, Group 1!

Q1: You're absolutely right, that eggs are a healthy source of protein as well as some vitamins and minerals. However, pregnant women should make sure the eggs are well cooked (not lightly cooked or raw), to avoid possible infections. They do not cause baldness in children or babies.

It's also not true that eating camel meat will prolong the pregnancy, and camel meat, if cooked well, would be a good source of protein.

♡ 1 🗨 3

Anonymous 10/28/23 1:01PM

I support this idea.

Anonymous 11/14/23 1:45PM

To continue the marking responses: Q2).

a) You are right that adolescents are at greater risk of anaemia, and good nutritional advice about this can help reduce anaemia, along with ensuring they take micronutrients. Adolescents may also need more knowledge about what a healthy diet constitutes.

b) For women over 35y, they need nutritional support like any pregnant women.

c) You are right, however, that for pregnant women with HIV, and especially if they have AIDS and/or TB, good nutrition is a critical component of management of HIV. this is because it contributes to:

- reducing risk and frequency of other infections;
- delaying progression from HIV infection to AIDS;
- a healthy appearance and weight; gaining strength, maintaining and building muscle, and
- having energy to remain active, and reducing side effects of the HIV medicines, antiretrovirals (ART).

You will learn more about HIV and TB in the module on Sexual & Reproductive Health.

You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 1:46PM

Q3:

Thank you for identifying clinics and hospitals - they should indeed be able to provide trained health providers who can provide nutritional advice and services. It's not clear to me what nutrition services are provided at the 'Rehabilitation Center' - I wonder if this is a specialised nutritional rehabilitation centre? Group 2 have identified other possible services in Kakuma - please do take a moment to look at their answer to see if these are services that the communities you serve can access.

Well done, Group 1! From Sara Nam

↻ ANONYMOUS 10/18/23 10:22AM

KAKUMA/KENYA

MEMBERS

1. Sabri Musa Kodi
2. Sarah Mutoni
3. Micah Idriss Ayub

- 4. Ekela Fungo
- 5. Bashir Muhamed

Activity One

Quiz 1

An egg

According to our community believes when a pregnant mother eats an egg, she will give birth to a child with bald head. In such belief some of women from the community may not be eating eggs due to myths and of cause for a pregnant women are advice to eat aggs since it adds protients.

Camel

We also believe that when a women ate a camel meat while she is pregnant, she may give birth at the period of 12 months which is equivalent to the gestation period of camel.

Quiz 2

Under 18 girls

When under 18 years old girl is pregnant, high risks of complications in pregnancy and childbirth:

- High blood pressure
- Prolonged labour
- Obstructed labour
- Obstetric fistula
- Anaemia
- Eclampsia
- Death

Over 35 Women

when over 35 years old woman is pregnant the high risks of complications in pregnancy are:

- Diabetes
- Miscarriage
- Problems with the placenta
- High blood pressure
- Birth defects { such as down's syndrome}
- Stillbirths

Pregnant women with HIV\AIDS positive

such a victim needs an extra food to give her extra energy. by eating variety of nutritious such as fruits, vegetable, fats and oil.

Quiz 3

A pregnant women should visit the health facilities such as

1. Clinic and hospitals
 - a. For medications
 - b. Counselling
 - c. Nutrition

2. Rehabilitation center

♡ 1 🗨 0

Group 2

↩ ANONYMOUS 10/18/23 10:28AM

**Joel Makamba , Ezekiel Luka, Yar Majok,
Abuniran Ismail, Nania Ayub -Kenya (Kakuma)**

Activity 1.

Question 1.

a) A pregnant woman taking tobacco/drugs/alcohol will deliver too little and unhealthy child.

· This correct -it is scientifically proven that social drugs may compromise physical and mental health of the mother and the child

b) A pregnant should eat too much (eating for two/double the amount) to deliver a healthy baby.

· While the pregnant woman needs to increase quality, quantity and frequency in his nutrition the amount per meal has to be reduced instead. – the belief may result into poor diet on one hand, and over weight of the woman and the baby both of which may cause complications to the mother or baby during pregnancy, delivery and after delivery

Question 2

1. Women from low-income families
2. Pregnant Women
3. Single mothers/women heading their families
4. Women with mental health disorders
5. Women with disabilities
6. Elderly women
7. Women with chronic illness
8. Women with mental health issues

Question 3

Places where pregnant women get advice and nutrition services are:

- Ration centres - to collect general food rations
- WFP Bamba chakula/chapa - to collect supplemental shopping vouchers
- supplemental feeding centres- to collect supplemental food package
- Health centres- to get advice, assessment and treatment.
- Some NGOs implement livelihood support activities and special group support.

♡ 1 🗨 2

Anonymous 11/14/23 1:47PM

Hi Group 2 - see below my reflections on your work: Q1:
a) Correct -tobacco, 'recreational' drugs and alcohol all pose a risk to the health of the mother and baby, and should be avoided, especially during pregnancy and breastfeeding. Not only do they cause direct problems, but they also contribute to poorer nutrition. Smoking pipes or cigarettes in the same space as pregnant women, babies, children or any other person can contribute to their poor health, as well as that of the smoker.

b) If women are healthy and well-nourished, it's correct that they do not need to 'double' the quantity they usually eat. However, the WHO Guidelines for health pregnancies among under-nourished populations or women, education on increasing daily energy and protein intake is recommended for pregnant women to reduce the risk of low-birth-weight neonates. Additionally, in under-nourished populations, balanced energy and protein dietary supplementation is recommended for pregnant women to reduce the risk of stillbirths and small-for-gestational-age neonates. WHO also explain that obesity and overweight is also associated with poor pregnancy outcomes, as you have noted in your answer. Women with overweight are still expected to gain weight during their pregnancy, but not as much as women who are health or underweight. These women should not adopt diets to lose weight and you as CHWs, can advise that they get specialist nutritional support from a health provider trained in nutrition.

Anonymous 11/14/23 1:48PM

Q:2:
Well done on identifying a long list - I agree that list of vulnerable women you have listed are likely to need more nutritional support, especially if they are pregnant (although elderly women will not of course be pregnant. If a woman can be pregnant, she would not be considered 'elderly' :)). You have identify a long list, but do check responses from the other groups to see one or two additional vulnerable groups.

Q3:
This is a good list of services and resources available - thank you for sharing them, and I hope you can share these with other groups in Kakuma. It's great to hear that there are some livelihood support activities and special group support facilities - I wonder if these include any components about nutrition specifically?

You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Great work, Group 2! From Sara Nam

Group 3

↔ **ANONYMOUS** 10/18/23 12:05PM

Kakuma, Kenya

Kakuma-KENYA

Darasalem yakub Musa

Makelina Paul

Felicien Ryamukama

Chacha Nyadung

Malek Vianey

Activity 1

quiz 1

- people from various Communities in Kakuma refugee camp belief that, a pregnant woman should not eat a lot of food because she will give birth to high birth weight baby. This is incorrect because high birth weight may be due to healthy diet during pregnancy, diabetes mellitus and also consuming a lot may not result to high birth weight because a mother can consume a lot but unbalanced diet. This will have direct implications on the nutritional status of the mother because she will start limiting herself from taking enough instead of giving nutritional advice.
- Rwandese community belief that, a pregnant woman should not eat a goat meat because she will end up giving birth to a Chicky baby as a goat does. This is incorrect because there is no any connection between the goat and the genes of a human being but goat meat gives protein to human being. This will have nutritional implications to the nutrition of a mother suppose it's her favorite and there is no other meat available.

quiz 2

- Elderly women
- Women with Chronic illnesses i.e., anemic women, diabetic women, hypertensive women, Tuberculosis patients, Asthmatic women, women living with HIV and AIDS, Hepatitis, etc
- Adolescence girls
- pregnant women
- Women under post abortion care
- Disable women.
- Women with Mental health
- Women at Productive age
- Lactating women

Quiz 3

Antenatal Care unit ANC

Nutritional department

Community Health unit

♡ 2 🗨 7

Anonymous 10/18/23 12:19PM

These are really solid points agreed with you.

Anonymous 10/18/23 12:22PM

Here is name of one of our group members we forget to include:
Amina Yakub

Anonymous 10/18/23 12:32PM

Glad to learn various beliefs across the camp on pregnancy nutrition. Looking forward to learn more and change the perception as a community health personnel.

Anonymous 10/19/23 8:11AM

We note Amina's name here too. We will reply in the coming week to this and all the group work submitted. Thanks! Sara

Anonymous 11/14/23 1:49PM

Thanks for your responses - see my reflections, below. Q1:
- on the belief that a pregnant woman 'should not eating a lot of food', it's great to bring this up, as there are some more details to be aware of. Please see my response to Group 2 on Q1 b) for more info on this matter. You are right that women who have

diabetes are at risk of giving birth to babies who are high in birth weight, which can cause problems for the mother during labour, and for the baby after birth (the baby will need their blood sugar levels checked regularly). However, the higher birth weight of these babies is not necessarily because the mother has eaten too much during pregnancy. It is more about how the pregnant woman's body cannot regulate the amount of a sugar called 'glucose' or insulin (a hormone that regulates glucose levels) that crosses the placenta to the baby, and this can cause the baby to store more body fat. For more information on diabetes in pregnancy, check out this video from the NGO, Global Health Media, which shows and tells how diabetes is detected in pregnancy and what the pregnant woman with diabetes can do to stay healthy during the pregnancy and also after:
<https://globalhealthmedia.org/videos/diabetes-in-pregnancy-english/>

- On the beliefs about goat meat - you are absolutely correct that it is safe to eat goat meat, an excellent source of protein.

Anonymous 11/14/23 1:49PM

Q2:

- Most of the groups of or women and conditions you have listed are indeed groups who either need extra nutritional advice during pregnancy / preparing for pregnancy. For some of the women with chronic conditions, nutritional advice can not only benefit the health of their pregnancy and baby, but also improve their condition (eg. hypertension, anaemia). For others, they need extra support because their vulnerabilities make them more at risk of poor pregnancy health because of infections (hepatitis, HIV, TB), or because of they may need more support or knowledge to know how access and eat a normal, balanced diet (women living with disabilities, adolescents, women experiencing mental ill-health).

- Women receiving post abortion care don't have any particular nutritional needs, unless they have another vulnerability - I wonder what their particular needs are in your context?

You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 1:50PM

Q3:

Thank you for identifying clinics and hospitals - they should indeed be able to provide trained health providers who can provide nutritional advice and services.

Group 2 have identified other possible services in Kakuma - please do take a moment to look at their answer to see if these are services that the communities you serve can access.

Thanks for your good work, Group 3! Sara Nam

Group 4

↩ **ANONYMOUS** 10/18/23 1:04PM

kakuma, Kenya

MEMBERS

1. Difan Suleiman
2. Martha Osman
3. Sarah aker
4. Pham Hoth
5. Kuku Said
6. Makuei Gatdor
7. Asma Ahmed

Activity one.

Question one.

a) A camel meat: according to our community many people believe that when a pregnant woman eats a camel's meat she will not deliver until reaching 12 months of pregnancy. but this is incorrect because many people in the camp depends on camel meat as a source of food and proteins.

b) An elephant meat: One community believe that when a pregnant woman eats an elephant meat, she will deliver a baby with a mouth resembling the one of an elephant.

Question two.

a) a pregnant woman with HIV.

b) a pregnant woman with disabilities.

c) Adolescent pregnant woman.

Question three.

a) Nutrition Service----- hospital.

b) Nutrition Counselling---- hospital..

c) Supplemental Feeding Programs---- hospital.

♡ 2 🗨 5

Anonymous 11/5/23 2:53PM

Those two beliefs are absolutely incorrect due to the fact that all people in kakuma camp have been eating Camel 🐪 and elephant 🐘 meat including the pregnant women of the communities who had such belief yet there's never been any kind of conditions based on their perception. @makuei Gatdor

Anonymous 11/5/23 3:01PM

The major population in women here at kakuma refugee camp is marginalized. As a community health worker I have been encountering such cases including; 1- women who can't decide on what they like by themselves but only man does. 2- mentally-ill mothers 3- women who have no other support etc

Anonymous 11/14/23 1:59PM

Thanks for your work, Group 4! See my feedback on your responses below.

Q1:

You have correctly stated that it is not true that eating camel meat will prolong the pregnancy, and camel meat, if cooked well, would be a good source of protein, as long as it is cooked safely and well.

Similarly, elephant meat will not result in a baby taking on the mouth characteristics of an elephant. Again, if the meat is cooked well, it could be a good source of protein. Ideally, the meat should come from legal sources! As Mekuei Gatdor point, you could consider sharing this evidence that there are no cases of the feared conditions arising with your communities.

Anonymous 11/14/23 1:59PM

Q2:

You have correctly identified 3 groups of women who need extra support with nutrition during pregnancy. For more info on the needs of women with HIV, please my response to Group 2, Q.2 c) for more information on why this is important.

And, as per the comment from one of your peers above, most people in the refugee camp are marginalised for one or more reasons. This person also raises the very important point of the lack of decision-making power which will be linked to cultural behaviours about how a woman can move about (to market, etc), how much money she has control over, etc. As CHWs, you can play a role in modeling good behaviour in your own families, and continually and respectfully talking about the importance of women being able to contribute jointly to household decisions (including about what to buy and getting health care).

You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 2:00PM

Q3:

Thank you for identifying clinics and hospitals - they should indeed be able to provide trained health providers who can provide nutritional advice and services. It's good to hear that there are some supplemental feeding programmes. Do you know how to access these - it might be good to share knowledge and ideas with your peers in Kakuma so everyone is aware about the

service and who can access it (and how CHWs can advise women how to access them).

Group 2 have identified other possible services in Kakuma - please do take a moment to look at their answer to see if these are services that the communities you serve can access.

Thanks for your good work, Group 4! Sara Nam

Group 5

⇒ ANONYMOUS 10/18/23 1:35PM

DIFFA/NIGER REPUBLIC

GROUP MEMBERS:

- 1: Zubairu Sani
- 2: Lukuman Musa
- 3: Hafsat Abubakar
- 4: Goni Mustapha
- 5: Hamisu Muhammad

ACTIVITY 1

Question 1:

(a) According to our cultural believe, a pregnant woman consuming too much pepper powder in her food, may give birth to a child with high noise making, crying and absence of eyebrow.

(b) It is also believed that, a pregnant woman that over fed especially at a time close to her delivery period will pass ;large volume of stool.

Question 2:

Nutritional advice for such group of women may include the following;

- 1- Women with disabilities (Mental health)
- 2-Adolescents (Over aged)
- 3- Breastfeeding women
- 4- Chronic diseased women e.g HIV+, TB, etc.

Question 3;

The services to be rendered for the above women in this category are:

1- Regular visitation to their health facility for;

- (A) Antenatal care (ANC)
- (B) Nutritional care Unit
- (C) Basic health counselling

2: Rehabilitation center

♡ 5 🗨 8

Anonymous 10/18/23 1:37PM

I support this idea.

Anonymous 10/18/23 1:39PM

i am glad to be here.

Anonymous 10/18/23 1:52PM

i supported this idea

Anonymous 10/18/23 1:52PM

I am indeed in support with this idea too.

Anonymous 10/18/23 2:38PM

i also support and involved in this ideas

Anonymous 11/14/23 4:21PM

Hi - Sara Nam here. Thank you for submitting your work, Group 5. Please see my feedback below.

Q1:

- It's so interesting to hear the incorrect belief about how too much pepper powder will affect a baby's behaviour and appearance. This is of course not correct, but the interesting pattern is emerging from the beliefs held by your communities that eating some foods leads to the characteristics of how the food affects people affecting how a baby will behave or look. The myth about a missing eyebrow is curious...!

- Some women do pass a stool during the time of labour. This is not at all a problem for the mother or the baby, and the skilled birth attendance will be able to clear this away without any consequence. If the birth attendant is respectful this will be done discretely in a way to maintain the mother's dignity. Women should not deprive themselves of food in fear of this . As a CHW, you can reassure pregnant women who are worried about this that it is not abnormal, and does not cause any problems.

Anonymous 11/14/23 4:21PM

Q2:

- You correctly list some vulnerabilities among women that may mean they need additional or specialist support to improve their knowledge of, and access to good nutrition. Please see my responses to Group 1 response 1c) and to Group 2, response 2b) for more reflections on these groups.

- You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 4:22PM

Q3:

Thank you for identifying these services. It's good to hear that there is a nutritional care unit. I wonder what the difference is between this and a rehabilitation center..?

Group 2 have identified other possible services in Kakuma - please do take a moment to look at their answer to see if these are services that the communities you serve can access.

Thanks for your good work, Group 5! Sara Nam

Group 6

⇒ **ANONYMOUS** 10/18/23 2:08PM

DIFFA/NIGER REPUBLIC

GROUP MEMBERS

- 1; Simon Salissou
- 2; Hamsatu Abubakar Hamme
- 3; Shaaibu Ali
- 4; Umar Muhammad
- 5; Mele Ajama
- 6; Bello Sani

ACTIVITY 1

Question 1;

Based on our believes and tradition, a pregnant woman that mostly licks spoon, laddle will give birth to a baby with bare head especially around the back head.

Question 2;

The groups for highly considered women are listed

below:

1- Women in diseased condition example, HIV+, asthmatic, Tuberculosis, epilepsy, hypertension, cardiovascular-related diseases and hepatic.

2- Lactating mothers

3- Women with mental illness

4- Adolescent women

5- Women on GBV (Gender-Based Violence) case.

Question 3;

1- Phcc (Primary Health Care Centers)

2- Mother and Child Hospitals

3- Rehabilitation Centers.

♡ 6 🗨 9

Anonymous 10/18/23 2:11PM
i support this idea

Anonymous 10/18/23 2:13PM
i support this idea

Anonymous 10/18/23 2:15PM
i support this idea

Anonymous 10/18/23 2:15PM
i support this idea

Anonymous 10/18/23 3:05PM
i support this idea

Anonymous 10/18/23 10:38PM
i support this idea

Anonymous 11/14/23 4:34PM
Hello - Sara here. Thank you for submitting your work, Group 6. Please see my feedback below.

Q1:
- It's so interesting to hear the incorrect belief that about how licking a ladel or spoon will affect a baby's appearance (in a similar way to how in Kakuma, some people incorrectly believe eating an egg will result in a bald baby - group 1). This is of course not correct, but the interesting pattern is emerging from the incorrect beliefs held s that behaviours around food affect affecting how a baby will behave or look. As a CHW, you can reinforce that this is incorrect. However, it is correct that it is not hygienic practice for someone preparing food to lick a spoon them put it into a shared dish (in case any infections are passed on to other people who eat the dish).

Anonymous 11/14/23 4:34PM
Q2:
- You correctly list some vulnerabilities among women that may mean they need additional or specialist support to improve their knowledge of, and access to good nutrition. Please see my responses to Group 1 response 1c) and to Group 2, response 2b) for more reflections on some of these.
- I'm interested to know more about why, in your setting in Diffa, women who are seeking GBV services are considered especially vulnerable - ?
- You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 4:34PM
Q3:

Thank you for identifying these services. It's good to hear that there is a nutritional care unit. I wonder what the difference is between this and a rehabilitation center..?

It's not clear to me what nutrition services are provided at the 'Rehabilitation Center' , although almost all groups mention this - I wonder if this is a specialised nutritional rehabilitation centre? Group 2 have identified other possible services in Kakuma - please do take a moment to look at their answer to see if these are services that the communities you serve can access.

Thanks for your good work, Group 6! Sara Nam.

Group 7

↩ **ANONYMOUS** 10/18/23 2:35PM

DIFFA/NIGER REPUBLIC

GROUP MEMBERS

- 1: Yagana A. Umar
- 2: Tijjani Mohammed
- 3: Mohammed Hassan
- 4: Makinta Modu
- 5: Ali Tcheri
- 6: Hashimu Mohammed

ACTIVITY 1 (MODULE 2)

Question 1:

In this context, our beliefs on feeding in pregnant women is, when a woman is pregnant and involves her self in regular consumption of camel meat. It is believed that the woman will give birth to a child that will be delayed to start walking as expected in child growth.

Question 2;

The followings are group of women that requires a special concern during antenatal stages;

- (a) Women with disabilities example, deafness, crippling condition, blindness etc.
- (b) Elderly women
- (c) Women with diseases like, HIV+, TB, Anaemia, Asthmatic etc.
- (d) Lactating mothers
- (e) Adolescent or women in adolescent aged
- (f) Generally, pregnant women.

Question 3;

They should be educated and enlighten to adhere strictly to visit the following centers;

- 1- Nearest Health facility, hospital if any.
- 2- Rehabilitation centers.

♡ 4 🗨 8

Anonymous 10/18/23 2:36PM
in support of this idea too.

Anonymous 10/18/23 2:42PM
I also support this idea

Anonymous 10/18/23 2:42PM
I am highly supported

Anonymous 10/18/23 2:47PM

I believed and highly supported all the above ideas.

Anonymous 10/19/23 9:47AM

i fully supported this idea too.

Anonymous 11/14/23 5:51PM

Thank you for submitting your work, Group 7. Please see my feedback below.

Q1:

Thank you for sharing this incorrect belief. It's interesting that this myth about eating camel meat when pregnant is different to the belief that Group 1 shared.

Eating camel meat will not cause developmental delays in babies or children. As long as the meat is cooked safely, it can be an important source of protein. As CHWs, you can help to dispel this myth through communication, but also maybe by finding mothers with healthy babies who are developing as expected to share their experiences of eating camel meat with other pregnant women in your communities.

Anonymous 11/14/23 5:51PM

Q2:

- You correctly list some vulnerabilities among women that may mean they need additional or specialist support to improve their knowledge of, and access to good nutrition. Please see my responses to Group 1 response 1c) for more reflections on HIV and TB.

- It's true that lactating women have nutritional needs to ensure they drink enough fluid for their bodies to produce milk for the baby - a healthy diet for the mother means good nutrition for the breastfeeding baby.

- You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 5:52PM

Q3:

- It's correct that all health facilities should be able to provide nutritional advice, at minimum, and onward referral for specialist assessments and services when needed.

- Almost all the groups mention 'rehabilitation centers'. In Diffa, is this a centre specialising in only nutritional rehabilitation? Group 2 have identified other possible services in Kakuma - please do take a moment to look at their answer to see if these are services that the communities you serve can access.

Thanks for your good work, Group 7! Sara Nam

Group 8

↩ **ANONYMOUS** 10/19/23 11:40AM

Azraq camp

Members:

1. **Qasem Al-Ali**
2. **Mohammad Alsaadi**
3. **Marwa Al-Salamah**
4. **Baheja Al-Mutlaq**

Question one:

"Consuming **caffeine** in large amounts can be harmful to both the pregnant woman and the fetus". Caffeine is a nervous system stimulant, and excessive intake has been associated with various pregnancy-related issues, such as:

1. Elevated blood pressure: Caffeine can lead to elevated blood pressure, which can be problematic during pregnancy.
2. Increased risk of miscarriage
3. Impact on fetal weight

Question two:

pregnant women
older women
disable women
adolescent
single mother

Question three:

pregnant women can obtain advice and accurate information about nutrition and healthcare during pregnancy by visiting a nutrition specialist or a doctor specializing in pregnant women. It is always advisable to consult a medical professional to ensure optimal care for the health of both the mother and the fetus. These services can also be obtained at local health centers.

♡ 2 🗨 3

Anonymous 11/14/23 6:02PM

Hi -this is Sara Nam. Thank you for submitting your work, Group 8. Please see my responses below.

Q1:

- Absolutely - this is a correct understanding. as WHO explain, during pregnancy, caffeine clearance from the mother's blood slows down significantly. Results from some observational studies suggest that excess intake of caffeine may be associated with growth restriction, reduced birth weight, preterm birth or stillbirth. WHO recommend that for pregnant women with high daily caffeine intake (more than 300 mg per day, around 3 cups of moderate strength coffee), lowering daily caffeine intake during to reduce the risk of pregnancy loss and low birth weight neonates.

Anonymous 11/14/23 6:03PM

Q2:

- You correctly list some vulnerabilities among women that may mean they need additional or specialist support to improve their knowledge of, and access to good nutrition. Please see my responses to Group 1 response 1c) and to Group 2, response 2b) for more reflections on some of these

- I'm interested to know more about why, in your setting in Azraq, you think that older pregnant women may need more nutritional support - generally, there are no particular vulnerabilities to pregnant women who are older, unless they have other underlying or cross-cutting vulnerabilities.

- You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 6:03PM

Q3:

- It's correct that all health facilities should be able to provide nutritional advice, at minimum, and onward referral for specialist assessments and services when needed.

- Are there any specialist nutrition services or projects that you know of in Azraq? I see Groups 9 and 10 from Azraq mention some services run by INGOs as well as a 'nutrition and care centre'.

Thanks for your good work, Group 8! Sara Nam

Group 9

↔ **ANONYMOUS** 10/19/23 3:39PM

Azraq camp
Members group
1: Ahmad Al-Obidat
2: Maysoon Al-Khatib
4: Heba Debo
3: Aya Al-Zoubi

- **The first question**

There are many beliefs that pregnant women talk about in our country, including that if they eat a lot of honey during pregnancy, they will give birth to a child with a beautiful face and great intelligence. Also, if she eats a lot of sour and salty foods during the beginning of pregnancy, she will give birth to a male child

- **second question**

pregnant women
Women suffering from chronic diseases
Women who suffer from nutritional deficiencies
Teenage girls
Women with mental or physical disabilities
Women suffering from gender-based violence

- **The third question**

Qualified government health centers with medical staff specialized in nutrition
International Relief Committee centers
International Medical Corps centers
ANC Antenatal Care Unit

♡ 0 🗨 3

Anonymous 11/14/23 6:42PM

Hello Group 9 from me, Sara Nam. Please see my responses below.

Q1:

- This hope of eating honey leading to a beautiful intelligent baby is beautiful, but sadly not grounded in evidence. Honey is a safe and sweet treat for pregnant women. Women with diabetes can eat honey if their blood sugar levels are well controlled, but only in moderation and not frequently. Pregnant women with diabetes should discuss this with a health provider if honey is a part of their usual diet.

- Many people all over the world have beliefs and hopes that they can influence the sex of the baby by foods. There is not enough evidence to support these claims. As long as any food options are not unhealthy, these choices do not do any harm, although it is wise to advise parents-to-be that these beliefs are not evidence-based (so as to manage expectations).

- You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 6:43PM

Q2:

- You are right that all pregnant women need nutritional support and advice, especially those you have listed after, including those with chronic diseases and nutritional deficiencies who need to make sure their nutritional intake meets their extra needs to strengthen their immune systems and/or replace missing or deficient nutrients.

- Teenagers and women with disabilities may need extra support to raise their knowledge of what a healthy diet is and how to prepare meals during pregnancy and may need help accessing foods / nutrition packages.

- I'm interested to know why in Azraq, women who are suffering from GBV may need more support - this be to do with their ability to influence decision-making, purchase food or have access to food in their homes?

Anonymous 11/14/23 6:43PM

Q3:

- It's correct that all health facilities should be able to provide nutritional advice, at minimum, and onward referral for specialist assessments and services when needed.

- You mention INGO centres in Azraq - do these have specialist nutrition services? You might find it helpful to discuss what specialist services you know of with all your group in Azraq, so

you can share the knowledge with all the CHWs. In turn, you can then share this information with your communities.

Good work, Group 9 - thank

you for sharing it! Sara Nam

Group 10

⇒ ANONYMOUS 11/8/23 10:55AM

Azraq

Members:

1. Bahaa Mohammad
2. Ayham Al-Ghali
3. Fatima Al-Mousa
4. Fatima Al-Ali

Q1:

Pregnant women are advised to avoid eating cheese. There's a small chance that unpasteurized or soft-ripened dairy products may contain Listeria bacteria. This can cause an infection called listeriosis. Listeriosis can lead to miscarriage or stillbirth, or make your newborn baby very unwell. Soft cheeses with a white coating on the outside have more moisture. This can make it easier for bacteria to grow. Cooking cheese until it's steaming hot kills bacteria, reducing the risk of listeriosis.

Q2:

When it comes to making nutritional decisions, sorts of women require extra assistance:

1. Women with health issues like diabetes or pressure.
2. Women with a deficiency of vitamins and minerals.
3. Ladies who have a family history of eating disorders.
4. Women who experience severe food aversion or persistent nutritional issues.
5. Women with a specific ethnic background necessitate a distinct eating plan.

Q3:

Qualified international and government health centers such as:

1. Women's Clinic Center
2. Nutrition and care center
3. Local health center

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Anonymous 11/14/23 6:59PM

Thank you for submitting your work, Group 10. Please see my feedback below.

Q1:

- What you have said about cheeses is absolutely correct - well done. This applies to soft or unpasteurized cheeses, as you say, but hard cheeses or cheeses that have been pasteurized are safe for pregnant women to eat. Maybe you can share amongst your group the names of the cheeses so you can share these details with your communities.

- Were you able to identify any incorrect beliefs about eating during pregnancy, I wonder?

Anonymous 11/14/23 6:59PM

Q2:

- You correctly have listed several issues or circumstances where women will benefit from nutritional support, either to avoid

worsening of disorders (diabetes and chronic-pre-existing high blood pressure). For women who develop has -induced high blood pressure, this is caused by placental issues, and may not be influenced directly in the same way as for someone with chronic hypertension.

- For points 4 and 5, I agree that these women may need support to review and address their attitudes towards food (point 4), and advice to ensure good nutritional intake for point 5, if their diet limits some important sources of good nutrients.

- There is some research to show that eating disorders may be linked to familial causes or more commonly environmental factors, so those with family histories or who live with people who have eating disorders may need extra monitoring and counselling on good nutrition.

- You can also check the other groups' responses for more examples of women who are vulnerable to poor nutrition.

Anonymous 11/14/23 6:59PM

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Anonymous 11/14/23 6:59PM

Q3:

-You are correct that all health facilities should be able to provide nutritional advice, at minimum, and onward referral for specialist assessments and services when needed.

Group 9 have identified other possible services in Azraq - please do take a moment to look at their answer to see if these are services that the communities you serve can access.

Thanks for your good work, Group 10! Sara Nam

Group 11

Group 12

Group 13

Group 14

Group 15

