Study protocol

Development and implementation of NEC for pregnant women

Phase 1
Budget securing
Training data collectors
Formulation of teaching materials using existing nutrition guidelines and the construct of behavioral theories: HBM

Phase 2
Intervention
Stage 1 of the intervention
Training of trainers
Stage 2 of the intervention
Nutrition Education by trained ANC providers to pregnant women

Pregnant women assessed for eligibility (n=230)

Excluded (n=4)
Meet exclusion criteria of the study

Intervention group (n=226)

Baseline assessment of intervention group (n=226)

Implementation of intervention (n=226)

Immediate assessment of intervention group (n=226)

Lost follow up (n=11) due to abortion (4) and immigration to another country (7)

Week 6 assessment of intervention group (n=215)

Key: ANC-Antenatal Care
HBM-Health Belief Model
NEC-Nutrition Education Counseling