

## Appendix A – FGD discussion guide

MODERATOR: Begin by customary greetings and welcome to all participants. Follow this with self introduction of participants so they get to know each other by name. Explain the purpose and procedures for the group discussion. Allow participants to ask questions or make clarifications before proceeding with discussion.

- I. Questions on broad health issues
  - a. What do you see as the main maternal and child health problems in your community? How can these problems be reduced or solved?
  - b. What are you doing to improve the health of women and you children in this community? PROBE for things that they are doing that they did not do before.
  - c. What do you think makes it difficult for women in your community to make changes to improve their health and their children's health?
  - d. Which health services are important for women and children in your community?
  - e. What other health services would you like to be provided in this community?
- II. Questions on nutrition related issues
  - a. How important do you think nutrition is for you to be healthy?
  - b. How important do you think nutrition is for women and children to be healthy?
  - c. What changes when women become pregnant?
  - d. What do women eat when pregnant? What do they not eat? PROBE: what are the reasons for eating or not eating certain foods during pregnancy?
  - e. How do you feed your children? What foods are suitable for pregnant and breastfeeding women and infants to eat? And what foods are unsuitable?
  - f. What support for eating well and keeping healthy do women and children in your community currently receive from health workers? What additional support would you like to receive?
  - g. What support for eating well and keeping healthy do women and children in your community receive from community members? What additional support would you like to receive?
  - h. How have these benefitted women and children in your community?
  - i. Our study wants to make it easier for women to eat well and be healthy in pregnancy. How might you be able to help us do this?
  - j. What nutrition interventions would you like to see in your community?