



Faculty of Applied Health Sciences Technology



Assessment and Intervention Program to Raise Nutritional and Health Awareness of Females in the Reproductive Age and their children in Alexandria Rural Area "Houd 10"

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❖ Project Summary:

- **Project Idea:** Assessment of nutrition status of rural women to tackle any nutritional problems and evaluation of their nutritional knowledge aiming at providing targeted educational sessions to raise their awareness and improve their nutritional knowledge.
- **Project Phases:** The project was carried out in three phases

Phase I:

1. Designing a questionnaire to measure the nutritional knowledge and awareness of rural women in Houd 10
2. Taking the approval from stakeholders (CAPMAS, Ministry of social solidarity, and National Security agency)

Phase II:

- Collection of data (interviewing of the women, anthropometric measurements, and laboratory investigations)

Phase III:

- Designing and implementing educational programs through conducting awareness seminars in Houd 10 (rural area) through illustrative posters and lectures
- Recollecting data through post-intervention questionnaire to assess the changes in the nutrition knowledge of the rural women

❖ Project Aim:

- To assess the nutrition status and awareness of rural women.
- To assess the nutritional knowledge and the awareness of rural women.
- To conduct nutrition education program to raise the awareness of the rural women in the target areas.
- To evaluate the nutritional knowledge and the awareness after intervention program.