

GWG KAP STUDY – FOCUS GROUP DISCUSSION GUIDE (FEMALE HOUSEHOLD MEMBERS)

A. PREGNANCY WEIGHT GAIN

1. What do you think is the appropriate amount of weight gain for the pregnant woman in your household?
2. How important do you think gaining appropriate weight is for the pregnant woman in your household? What about for the baby?
3. What are some consequences of gaining too little weight during pregnancy? And to the baby?
4. What are some consequences of gaining too much weight during pregnancy? And to the baby?
5. Have you received any information on pregnancy weight or pregnancy weight gain from anyone (e.g., health professionals, family, relatives, friends, neighbors, etc.)? What information did you receive? Who provided you with the information?
6. What are some factors that can influence weight gain during pregnancy?
7. Do you think you have any influence on the weight of the pregnant woman in your household? What is this influence?
8. Do you think anyone else in your household has any influence on the weight of the pregnant woman in your household? What is this influence?

B. DIET DURING PREGNANCY

9. Are there foods that are not recommended during pregnancy? What are the foods, and why are they not recommended? **Probe:** identify any practice of food taboos.
10. Who within your family influences what foods the pregnant woman eats and how much she eats during pregnancy?

C. HOUSEHOLD FOOD PRACTICES

11. How many times a day does your family usually eat food? What kind of food does your family usually eat? What amount? Who eats first?
12. Who decides what foods are purchased and cooked within your household?
13. Who prepares the foods/meals in your household?

14. How is food shared during mealtimes? Who receives the most food? Who receives the least food?

D. ANTENATAL CARE-SEEKING BEHAVIOR

15. What do you think about the importance of antenatal care for a woman during pregnancy?

E. CONCLUSIONS

16. Is there anything else that you would like to discuss?

17. Do you have any questions for us?