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BUSABA AUTHAVEE : FOOD CONSUMPTION BEHAVIOR OF THE
LACTATING WOMAN IN HEALTH PROMOTION CENTERS , REGION 4,
RATCHABURI PROVINCE. THESIS ADVISORS : PRASIT LEERAPUN, B.Sc.,
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Maternal malnutrition during lactation is increasing every year and has become a major health problem for Thai women. . The purpose of the study is to examine the food consumption behavior of lactating women, particularly, the aspects of nourished foods and inappropriate foods. Other factors, including demographic, socio-cultural and psychological factors, and their influences on food consumption behavior are also studied, This study is a survey research conducted among 218 lactating women, age 15-45 years. Data were collected in Health Promotion Centers, Region 4, Ratchaburi Province from a period of 4 months. A structured interview questionnaire was employed to collect data, and data analysis was done by using SPSS for one-way analysis of variance, and stepwise multiple regression.

The results indicated that differences in education, occupation, values concerning food consumption, family support and food related information obtained through various sources of public media, were statistically significant ($P < 0.05$) in the food consumption behavior of lactating women. Findings also indicated that information through public media, occupation and family support were independent predictors for food consumption behavior, and these 3 factors combined could predict 13.9% of such behavior, 17.2% of time lactating women were eating inappropriate foods. Suggesting that the food consumption of lactating women was often wrong. Thus knowledge and values concerning food consumption should be promoted especially information on inappropriate foods.