

Table 4 Most important knowledge gained from health education according to focus group discussions in both villages

1. Taking premarital examination seriously.
2. Avoid as much as possible early consanguineous marriage.
3. Better not to get pregnant before the age of 20 years.
4. Importance of regular antenatal care and family planning.
5. Alarming signs during pregnancy and the importance of seeking immediate medical care.
6. Vitamin A supplementation after birth.
7. Proper breast feeding and weaning.
8. Vaccination should not be stopped due to minor illness – consult the physician.
9. Importance of well-baby care and sick child.
10. Do not obtain drugs on your own, consult health care providers.