***ABSTRACT***

**Overview of Knowledge and Attitudes of Pregnant Women about the Importance of Fulfillment of Nutrition in the First 1000 Days of Life (HPK) at UPTD Puskesmas I North Denpasar**

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*1000 days of life is a period in the process of growth and development that starts from conception until the child is 2 years old. Food intake during 1000 HPK has health consequences for the future so that children grow up healthy and smart, so nutrition from an early age must be fulfilled properly and optimally. The purpose of this study was to determine the description of the knowledge and attitudes of pregnant women about the importance of fulfilling nutrition for the first 1000 days of life (HPK) at Puskesmas I North Denpasar. The research method is descriptive quantitative research with cross sectional method. The sample in this study amounted to 228 pregnant women with purposive sampling technique. The results showed that pregnant women at Puskesmas I North Denpasar were mostly in the age range of 26-35 years, namely 128 people (56.1%), with the last high school education as many as 117 people (51.3%) with work as housewives as many as 113 (49.6%), the level of knowledge of pregnant women about the importance of fulfilling nutrition for the first 1000 days of life (HPK) mostly in the good category, namely 197 respondents (86.4%) and the attitude of pregnant women about the importance of fulfilling nutrition for the first 1000 days of life (HPK) mostly in the good category, namely 112 respondents (49.1%). It is expected that health centers and health workers can increase the frequency of counseling, especially regarding the 1000 HPK program so as to improve the knowledge and attitudes of pregnant women and be better prepared to give birth to a healthy and quality generation.*

***Keywords: Knowledge and attitude of 100 HPK, Pregnant Women***