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Study of the association of socio-demographic factors and feeding practices with the dietary intake in 3-6 years old children

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This paper aimed to investigate the association of social factors and feeding practices with the diet in 3-6 years old children. A cross-sectional study of 208 parents with children aged 3-6 years was carried out in 30 primary schools of Rasht, Iran in 2011. Measures included social factors, aspects of parental control practices and the child's diet. Mothers reported both their own and their child's demographics. Aspects of child feeding practices were assessed by using comprehensive feeding practices questionnaire (CFPQ). Food frequency questionnaire (FFQ) was then used to assess the child's dietary intake. Height and weight of mothers who participated in the study were also measured. The role of parental and child social and demographic factors and child feeding practices in predicting children's diet was assessed by using multiple block entry linear regression. Results showed that children's diet is related to the mother's age, marital status, education and the child's age and sex. Moreover, the mother's encouragement of balanced diet and variety, food as reward, involvement of the child in food preparation, role modeling, monitoring, child control, restriction for health and education about nutrition were also related to the child's diet. The results showed a significant association between social factors and control practices on one hand and aspects of the child's diet, on the other hand.

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