

12th International Conferences on **Childhood Obesity and Nutrition**
&
3rd World Congress on **Diabetes and Obesity**

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Childhood obesity and parental feeding practices in a Colombian vulnerable population

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Statement of the Problem: Different parental feeding practices or not may favor healthy eating behaviors in children. Some of these practices could increase the risk of childhood obesity.

Objective: To evaluate the association between parental feeding practices and childhood obesity in less fortunate children.

Methodology: Analytical cross sectional in preschool children and their parents (n=384), beneficiaries of government programs of the Colombian Family Welfare Institute aimed at economically, socially and nutritionally vulnerable population. A 55-item Parental Feeding Practices Questionnaire, validated in Latino parents was used (response options ranged from never (=1) to always (=5)). The sample was chosen by simple random sample from the total number of Child Development Centers of Bucaramanga, Colombia. Models of binomial regression were used.

Findings: The average of parent's age was 33.47 years±10.96. The 52.59% of participants belonged to low socio economic status. The overweight or obesity prevalence was 4.83% (CI 95% 2.78; 7.73). The most common parental feeding practices were encourage/compliment healthy eating (median: 4.1) and ask child what he/she ate (Median: 4.0), both belonging to positive involvement in child eating dimension, followed by tell child to eat all food on plate (median: 3.57) of pressure to eat dimension. The children whose parents ask them what he/she ate, have less probability of present childhood obesity (RR: 0.68, CI 95%: 0.44; 0.96, p=0.043), while children whose parents use food as reward have almost two times more probability of develop childhood obesity (RR: 1.86, CI: 1.15; 3.01; p=0.011).

Conclusion & Significance: This study provides evidence that some parental feeding practices are associated with childhood obesity in Colombian vulnerable children. These findings are important for the design, implementation and evaluation of nutrition education programs focused on parents.

Recent publications:

1. Afonso L, Lopes C, Severo M, Santos S, Real H, Durão C, Moreira P and Oliveira A (2016) Bidirectional association between parental child-feeding practices and body mass index at 4 and 7 y of age. *Am J Clin Nutr.* 103: 3 861-867.
2. Blissett J and Bennett C (2013) Cultural differences in parental feeding practices and children's eating behaviours and their relationships with child BMI: a comparison of Black Afro-Caribbean, White British and White German samples. *Eur J Clin Nutr.* 67(2):180-4.
3. Tschann J M, Gregorich S E, Penilla C, Pasch L A, de Groat C L, Flores E, et al. (2013) Parental feeding practices in Mexican American families: initial test of an expanded measure. *International Journal of Behavioral Nutrition and Physical Activity* 10(6):1-11.
4. Tschann J M, Martínez S M, Gregorich S E, Penilla C, Pasch L A, de Groat C L, et al. (2015) Parental feeding practices and child weight status in Mexican American families: a longitudinal analysis. *International Journal of Behavioral Nutrition and Physical Activity* 12:66.

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5. Yee A, Lwin M and Ho S (2017) The influence of parental practices on child promotive and preventive food consumption behaviors: a systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity* 14:47

Biography

Edna Gamboa-Delgado has her expertise in Nutritional Epidemiology. She is a Nutritionist and Dietitian and has completed her Master in Epidemiology, PhD in Science in Population Nutrition. She is an Associate Researcher (Colombian's research classification system- Colciencias). Her areas of interest lies in: research in childhood obesity, nutrition and public health, chronic diseases and diet, nutrition education interventions, nutritional epidemiology, design, implementation, monitoring and assessment of food and nutrition programs. In recent years she has been developing a research line on Childhood Obesity, its associated factors and interventions for its control. Currently she is working as an Associate Professor at Nutrition School of Universidad Industrial de Santander in Bucaramanga, Colombia.

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