

Health Care, Nutrition & Pediatrics Meet 2019: Feeding of preschool children in Vietnam: A study of parents' practices and associated factors - A recent concept - Loan Minh Do - Vietnam National Children's Hospital

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Understanding parents' nourishing control practices and their associations with several factors is useful for prevention of childhood fatness. Two cross-sectional studies were showed in urban Dong Da (n=1364) and rural Ba Vi districts (n=1313) Hanoi, Vietnam. Child Feeding Questionnaire (CFQ) was used. Mothers reported the use of added restriction, pressure to monitoring and eat than the fathers. The measured child's Body Mass Index (BMI) and the mother's perception of the child's weight were negatively associated with pressure to eat and positively associated with monitoring. A confident association was found among restriction and the mother's perception of the child's weight. In the rural area sweets and snacks high consumption of fatty food, was associated with high use of restriction and monitoring. Infant overweight is an emerging public health problem in many low- and middle-income countries; in fact it is often described as an epidemic. Parents are important for creating food and eating environments and through their feeding practices. The influence of parents on youngster's eating behaviour and children's resulting weight status has been explored in several studies. Parental arrogances, feeding practices feeding style have been found to be associated with children's diet and weight. Parents use changed practices to control the eating habits of their offspring. The effectiveness of these practices varies depending on the way they are executed.

In this paper we will study three commonly used feeding practices. Parents can apply restriction in instruction to limit nutrient intake and to avoid negative dietary components, especially unhealthy food. Pressure to eat is to some of the extent the opposite strategy to restriction. Here, for different reasons, parents effort to encourage children to eat more. Monitoring is used to supervise the child's eating behaviour and to help control the food intake. Some study has revealed that parental restriction can be positively associated with BMI in children whereas pressure to eat can be negatively associated. Other studies did not find such relations. The amount of food expended was negatively associated with the use of pressure to eat. In the borough area, consumption of fatty food and sweets was positively correlated both with restriction and pressure to eat. Monitoring was negatively associated with consumption of fatty food and snacks and positively with the amount of food. Higher education of the mothers was associated with higher use of monitoring, restriction (in the urban area) and pressure to eat (in the rural area). While feeding practices in Vietnam varied between fathers and mothers and between urban and rural areas, the associations with children's BMI and socioeconomic factors

were weak. This implies that parental roles as well as sociodemographic factors should be careful when designing programs for prevention of childhood overweight and obesity. A positive association was originate between restriction and the mother's perception of the child's weight. In the rustic area, high consumption of fatty food, sweets and snacks was associated with high use of restriction and monitoring. Feeding control might be used as a response to concerns about adolescents' heaviness and food intake. It can, however, also be that regulator affects children's weight status and children's food consumption. The query about cause and effect must be carefully discussed. Excessive control is hypothesized to promote child overweight as it can affect the child's ability to self-regulate food intake, he age of 5 had a higher degree of unnecessary eating at the age of 7. Monitoring was negatively related with consumption of fatty food and snacks and positively with the amount of food. Advanced education of the mothers was associated with higher use of monitoring, restriction (in the urban area) and pressure to eat (in the rural area). Feeding practices in Vietnam differed between mothers and fathers and also between rural and urban areas. This implies that parental parts as well as socio-demographic factors should be considered when designing programs for prevention of childhood overweight and obesity.