

Tips To Improve the Nutritional Habits of Kids\ in Hail City

[Mashaël Fahad Alshammari, Sara Elmahdi]

Department of Clinical Nutrition University Of Hail

Corresponding Author:Mashaël Fahad Alshammari, Sara Elmahdi

Abstract

Background:Many researchers found that the actual snacks served in child-care centers are foods of low nutritional value (e.g., cookies, chips). kids aren't born with a craving for unhealthy food and a dis-like of vegetables and fruits. This conditioning happens over time as kids are exposed to more and more unhealthy food choices. To encourage healthy eating habits, the challenge is to make nutritious choices appealing. Following the proper healthy nutritional tips can dramatically support a child's healthy growth and development into adulthood.

Objectives:The main objective of this study is to investigate the tips that used by the parents in Hail to improve their kids' nutritional status, and to investigate the general nutritional habits of kids in Hail city.

Material and methods:Questionnaires have been distributed to 325 parents in hail city all parents asked to fill them google drive. Data were analyzed by using SPSS and EXCEL software.

Results:Most of the kids' samples tested on this study are mainly consumed an empty calories' snacks (biscuit and chocolate) with low nutritional value and also, they do not consume the fresh fruits and vegetables in regular base. In addition, about half of them are not doing any kind of physical activity to overcome the previous problem some parents, follow some tips to improve their kid's nutritional status.

In this study, the parents' education level was varied. However, we found that there is no significant effect of parents' education in the type of snacks, consuming vegetables and fruits and kids' physical activity.

Conclusion:Among the nutritional tips that parents usually use, they found that the most tips that effectively improve the quality of their kids' dietary intake, were: prepare the food in attractive way, let the kids cook with them, and the last tip was give them supplement or vitamins with extremely picky children

Date of Submission: 17-03-2018

Date of acceptance: 02-04-2018

I. Introduction

Healthy eating can help children maintain a healthy weight, avoid certain health problems, stabilize their energy, and sharpen their minds. A healthy diet can also have profound effects on a child's sense of mental and emotional wellbeing, helping to prevent conditions such as depression, anxiety, bipolar disorder, schizophrenia, and ADHD (1). Healthy diet can support a child's healthy growth and development into adulthood and may even play an important role in the psychological status of young people. If the child has already been diagnosed with a mental health problem, a healthy diet can help him to manage the symptoms and regain control of his health (2).

It's important to remember that kids aren't born with a craving for unhealthy food and an aversion to vegetables. This conditioning happens over time as kids are exposed to more and more unhealthy food choices (3).

Some research found that Kids who enjoy breakfast every day have better memories, more stable moods and energy, and score higher on tests (4).

Eating a breakfast high in quality protein, from enriched cereal, yoghurt, milk, cheese, eggs, meat, or fish, can even help teenagers lose weight (5).

Whether they're toddlers or in their teens, children develop a natural preference for the foods they enjoy the most. To encourage healthy eating habits, the challenge is to make nutritious choices appealing.

Some of the tips that been followed to introduce whole nutrients into kids' diet are: -

Focus on overall diet rather than specific foods. Kids should be eating more whole, minimally processed food, food that is as close to its natural form as possible, and less packaged and processed food (6).

Also, one of effective tips to "be a role model", the childhood impulse to imitate is strong so don't ask your child to eat vegetables while you gorge on potato chips (7).

Some researcher found that Cook more meals at home can have a huge impact on kids' health. If you make large batches, cooking just a few times can be enough to feed your family for the whole week (7).

Also, some studies found that involving kids in shopping for groceries and preparing meals, can teach them about different foods, and how to read food labels can improve their nutritional status (8).

Also, keeping plenty of fruit, vegetables, and healthy beverages (water, milk, pure fruit juice) can help the kids to avoid unhealthy snacks like soda, chips, and cookies (9).

Following the proper healthy nutritional tips can dramatically support a child's healthy growth and development into adulthood and may even play an important role in their mental and psychological status.

II. Objective

1. The main objective of this study is to investigate the tips that used by the parents in Hail to improve their kids' nutritional status.
2. To investigate the general nutritional habits of kids in Hail city.

III. Material and Methods

Study design: Experimental Studies

Sample size:325 parents.

Study Place:hail city.

procedure:all parents asked to fill a questionnaire by the google drive.

the questionnaire included the following items:

- Child age.
- Parents education.
- Type of snack the kid consuming.
- The way to make your kid eat healthy food.
- The most effective way that follow.
- Kids activity.

Statistical Analysis:

Data were analyzed descriptively (frequency and crosstabs) by using SPSS and EXCEL software. And use Chi-square tests to assess significant (P-value of less than 0.05).

IV. Results and Discussion

In this study, the age groups of participants range between 0-12. Fifty-five kids (17%) were between (1-2) years old, 73 kids (22%) were between (3-5) years old, 93 kids (29%) were between (6-8) years old, 62 kids (19%) were between (9-10) years old and 42 kids (13%) were between (11-12) years old. the highest age group was from 6 to 8 (fig 1).

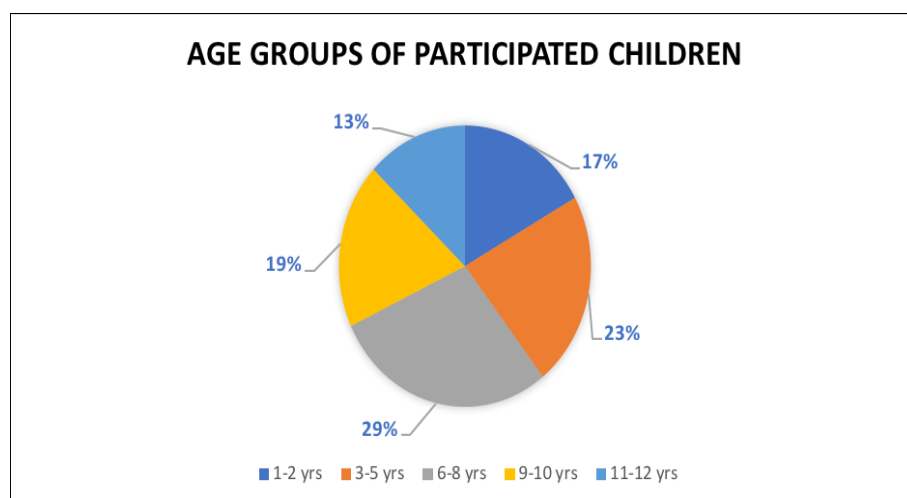


Figure 1:Age groups of participated children

We found that 47% of kids they do physical activity sometimes, and 40% of kids they don't do any kind of physical activity, while only 13% of them do physical activity regularly (fig. 2).

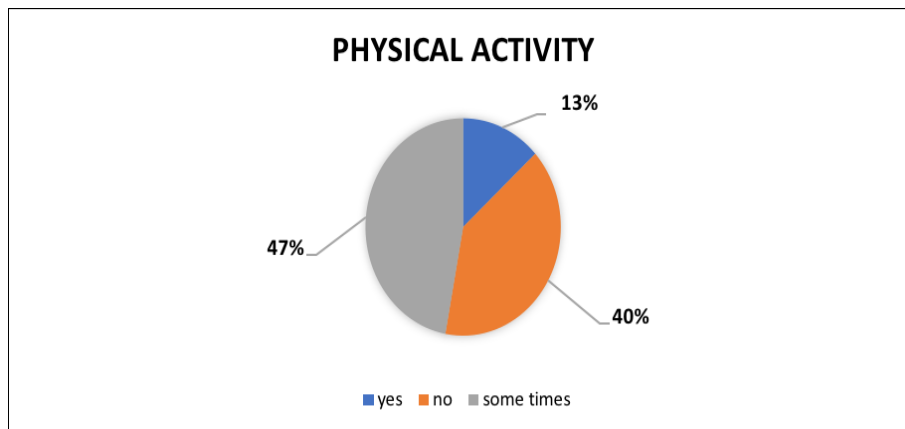


Figure No.2: Physical Activity

We found that the higher percentage of snacks that the kids consume were biscuit (39%), chocolate (26%), milk (14%), fruit (11%), juice (5%), vegetables (3%), and cookies (2%) (fig.3).

Similar to our finding that the biscuit and chocolate are the highest consumed snacks, other research found that the actual snacks served in child-care centers are foods of low nutritional value (e.g., cookies, chips) and also were found to be the most common items served at afternoon snack (10).

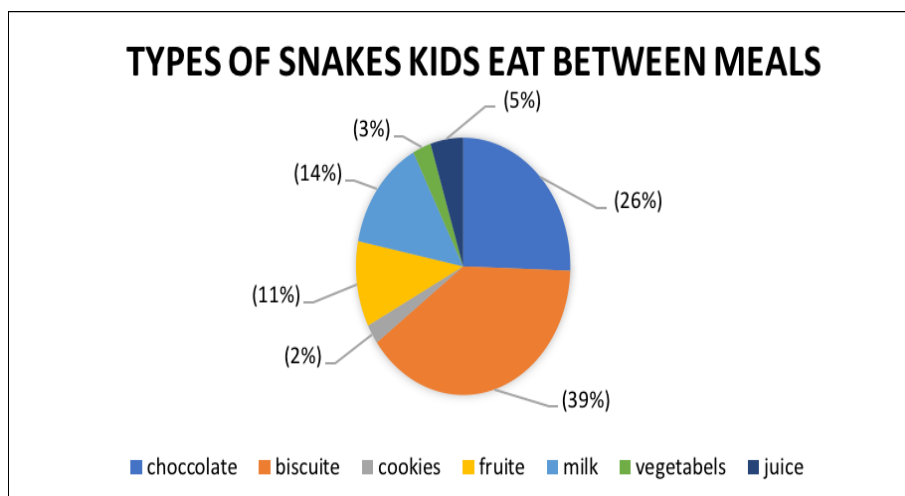


Figure No.3: Types of Snakes kids eat between meals

When we asked the parents about their kid's consumption of fruits and vegetables, the answers were as follow: 64% of the answers were sometimes, 25% yes and 11% of the answers were no (fig. 4).

Similar to our finding of relatively low intake of fruits and vegetables, previous studies found that children receive insufficient amount of fruits and vegetables, while they consume excessive amount of added sugars, fats, and sodium in their diet (11).

Many previous studies have showed the insufficient consumption of fruits and vegetables in childhood may increases the risk of future chronic diseases including cardiovascular disease (12).

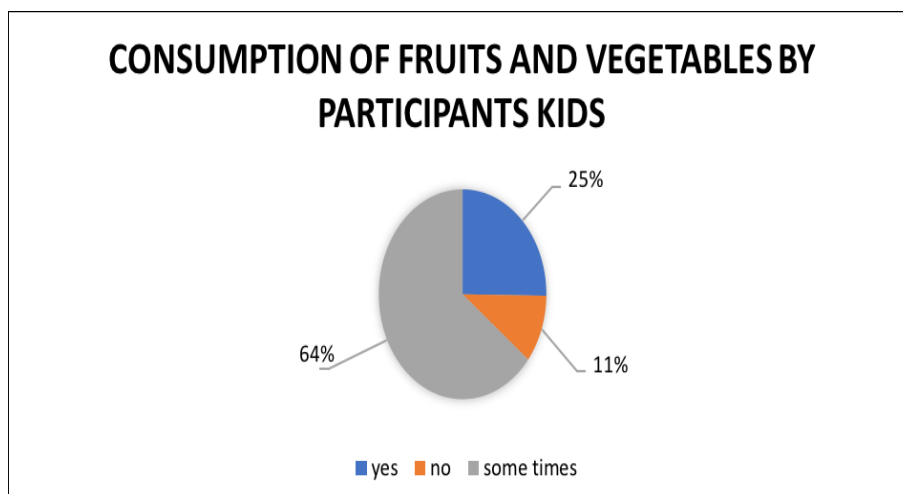


Figure No.4 Consumption of fruits and vegetables by participants kids

Among the choices of nutritional tips that parents usually use, we found that the most tips that effectively improve the quality of their kids' dietary intake, were: prepare food in attractive way (48%), let the kids cook with them (9%), give them supplement or vitamins (14%), and the last was other (29%) (fig. 5).

the main other tips that parents used were motivation (31%), explain the benefit of food (20%), eat the meals with family was (19%), give kids gift (14%), watch T.V or iPad during meals was (11%), and the last tip was change the food kinds regularly (5%) (fig. 6).

Similar to our findings *Tucker, 2016* found that Preparing healthy food with various shapes, colors, and configurations makes it more fun and appealing to preschoolers and effectively increase their healthy eating (13).

Also, some research found that preparing healthy food with various shapes, colors, and configurations makes it more fun and appealing to pre-school kids. This therefore is effective for increasing their healthy eating (14).

Previous study reported that, the main supplement usually a parent used is a meal replacement shake which is a quick way to get nutrition into a picky eater or a child with a small appetite (15).

Some previous studies, found that health messages and motivation messages increased children's fruit and vegetable intake, whether health and motivation messages can also be used to promote meaningful changes on children's dietary behavior (16).

Other study also found that parents commonly use gifts, for example money, chocolate or doll as tips to encourage their kids to eat more nutritious foods (17).

Supporting to our finding, some studies found that the frequency of shared family meals is significantly related to nutritional health in children and adolescents and they also found that children and adolescents who share family meals 3 or more times per week are more likely to be in a normal weight range and have healthier dietary and eating patterns than those who share fewer than 3 family meals together. In addition, they are less likely to engage in disordered eating (18).

Other studies have found that TV viewing reduced energy intake during meals and snacks for some children, particularly children who are accustomed to eating during TV viewing (19).

However, some researchers said that eating while watching TV is linked to increased weight status in children (20).

THE MOST EFFECTIVE NUTRITIONAL TIPS

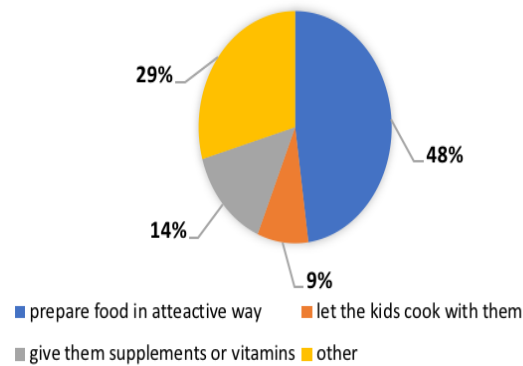


Figure No.5 The Most Effective Nutritional Tips

THE OTHER NUTRITIONAL TIPS USE BY PARENTS

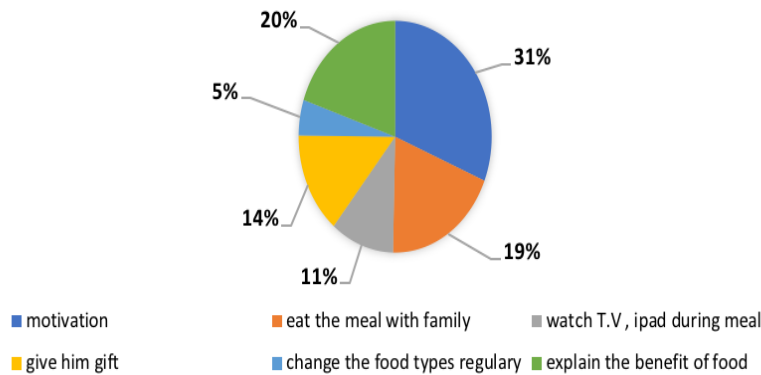


Figure No.6: The Other Nutritional Tips Use by Parents

Table 1: Effects of parents’ education on type of snacks, consuming vegetables and fruits and kids’ physical activity.

variables		Parents Education						Pearson Chi-Square
		illiteracy	primary	secondary	post-secondary	collage	Post graduate	
type of snacks	chocolate	3 (3.6%)	6 (7.2%)	3 (3.6%)	15 (18.1%)	52 (62.7%)	4 (4.8%)	0.555
	biscuit	6 (4.7%)	8 (6.3%)	2 (1.6%)	19 (14.8%)	90 (70.3%)	3 (2.3%)	
	cookies	1 (12.5%)	0 (0.0%)	1 (12.5%)	1 (12.5%)	5 (62.5%)	0 (0.0%)	
	fruit	1 (2.9%)	2 (5.7%)	0 (0.0%)	8 (22.9%)	19 (54.3%)	5 (14.3%)	
	milk	1 (2.2%)	2 (4.3%)	2 (4.3%)	8 (17.4%)	30 (65.2%)	3 (6.5%)	
	vegetables	1 (11.1%)	1 (11.1%)	1 (11.1%)	0 (0.0%)	5 (55.6%)	1 (11.1%)	
Eat vegetables and fruits	juice	0 (0.0%)	0 (0.0%)	1 (6.3%)	2 (12.5%)	13 (81.3%)	0 (0.0%)	0.395
	yes	0 (0.0%)	6 (7.3%)	1 (1.2%)	18 (22.0%)	52 (63.4%)	5 (6.1%)	
	no	2 (5.9%)	2 (5.9%)	0 (0.0%)	5 (14.7%)	23 (67.6%)	2 (5.9%)	
Do exercise	some times	11 (5.3%)	11 (5.3%)	9 (4.3%)	30 (14.4%)	139 (66.5%)	9 (4.9%)	0.356
	yes	2 (4.7%)	4 (9.3%)	1 (2.3%)	7 (16.3%)	27 (62.8%)	2 (4.7%)	
	no	8 (6.3%)	4 (3.1%)	3 (2.3%)	15 (11.7%)	91 (71.1%)	7 (5.5%)	
	some times	3 (2.0%)	11 (7.2%)	6 (3.9%)	31 (20.3%)	95 (62.1%)	7 (4.6%)	

*<0.05

In this study, the educational level of parents varies between illiteracy and post graduate level. So, we statistical analyzed the effects of parents' education on the type of snacks, consuming vegetables and fruits and kids' physical activity. And we found that, there is no significant effect of parents' education in those parameters (P 0.555 – 0.395 – 0.356

IV. Conclusion

1. Most of the kids' samples tested on this study are mainly consumed an empty calorinessnacks (biscuit and chocolate) with low nutritional value and also, they do not consume the fresh fruits and vegetables in regular base. In addition, about half of them are not doing any kind of physical activity, to overcome the previous problem some parents, follow some tips to improve their kid's nutritional status.
2. Among the nutritional tips that parents usually use, they found that the most tips that effectively improve the quality of their kids' dietary intake, were: prepare the food in attractive way, let the kids cook with them, and the last tip was give them supplement or vitamins with extremely picky children.
3. In this study, the parents' education level was varied. However, we found that there is no significant effect of parents' education in the type of snacks, consuming vegetables and fruits and kids' physical activity

Acknowledgements

First, I would like to thank my parents Their interest in my medical studies, which was the dream of my mother -may God have mercy on her-. All the support they have provided me over the years was the greatest gift. Also, I need to thank all my teachers Without them, I may never have gotten to where I am today. and I cannot express enough thanks to Dr. Sara Elmahdifor her continued support and encouragement. My completion of this project could not have been accomplished without your support. My heartfelt thanks.

References

- [1] O'Neil A, Quirk SE, Housed S, Brennan SL, Williams LJ, Pasco JA, Berk M and, Jacka FN. Relationship Between Diet and Mental Health in Children and Adolescents: A Systematic Review. *Am J Public Health* 2014; 104: 31-42.
- [2] Nyaradi A, Li J, Hickling S, Foster J, and, Oddy WH. The role of nutrition in children's neurocognitive development, from pregnancy through childhood. *Front Hum Neurosci* 2013; 7: 97.
- [3] Savage JS, Fisher JO, and Birch LL. Parental Influence on Eating Behavior. *HHS Author Manuscripts*2007; 35: 22-34.
- [4] Defeyer MA, and Russo R. The effect of breakfast cereal consumption on adolescents' cognitive performance and mood. *Front Hum Neurosci* 2013; 7: 798.
- [5] Baum JI, Gray M, and Binns A. Breakfasts Higher in Protein Increase Postprandial Energy Expenditure, Increase Fat Oxidation, and Reduce Hunger in Overweight Children from 8 to 12 Years of Age. *J Nutr* 2015; 145: 2229-35.
- [6] Skerrett PJ, and Willett WC. Essentials of Healthy Eating: A Guide. *HHS Author Manuscripts* 2012; 55: 492-501.
- [7] Savage JS, Fisher JO, and Birch LL. Parental Influence on Eating Behavior. *HHS Author Manuscripts*2007; 35: 22-34.
- [8] Alliot X, Maiz E, and Urdaneta E. Shopping for food with children: A strategy for directing their choices toward novel foods containing vegetables. 2018; 120: 287-296.
- [9] Slavin JL, and Lloyd B. *AdvNutr* 2012; 3: 506-516.
- [10] Copeland K A, Neelon SEB, Howald AE, and Wosje KS. Nutritional Quality of Meals Compared to Snacks in Child Care. *Child Obese* 2013; 9: 223-232.
- [11] Copeland K A, Neelon SEB, Howald AE, and Wosje KS. Nutritional Quality of Meals Compared to Snacks in Child Care. *Child Obese* 2013; 9: 223-232.
- [12] Bazzano L.A., He J., Ogden L.G., Loria C.M., Vupputuri S., Myers L. Fruit and vegetable intake and risk of cardiovascular disease in US adults: the first National Health and Nutrition Examination Survey Epidemiologic Follow-up Study. *The American Journal of Clinical Nutrition*. 2002;76:93-99
- [13] Tucker P, Irwin JD, Meizi HE, Bouck LMS, and Pollett G. Preschoolers' Dietary Behaviours: Parents' Perspectives. *PMC Canada Author Manuscripts* 2016; 67: 67-71.
- [14] Tucker P, Irwin JD, Meizi HE, Bouck LMS, and Pollett G. Preschoolers' Dietary Behaviours: Parents' Perspectives. *PMC Canada Author Manuscripts* 2016; 67: 67-71.
- [15] (Cordova C. 2017 Nutritional Shakes for Childers) <https://www.livestrong.com/article/268339-nutritional-shakes-for-children/>
- [16] Sharps M, and Robinson E. Encouraging children to eat more fruit and vegetables: Health vs. descriptive social norm-based messages. *Elsevier Sponsored Documents* 2016; 100: 18-25
- [17] Tucker P, Irwin JD, Meizi HE, Bouck LMS, and Pollett G. Preschoolers' Dietary Behaviours: Parents' Perspectives. *PMC Canada Author Manuscripts* 2016; 67: 67-71.
- [18] Hammons AJ, and Fiese BH. Is Frequency of Shared Family Meals Related to the Nutritional Health of Children and Adolescents. *Pediatrics* 2011; 127: 1565-1574.
- [19] (Francis LA, and Birch LL. Does Eating during Television Viewing Affect Preschool Children's Intake?. *HHS Author Manuscripts* 2008; 106: 598-600.
- [20] Francis LA, Lee Y, and Birch LL. Parental Weight Status and Girls' Television Viewing, Snacking, and Body Mass Indexes. *HHS Public Access* 2003; 11: 143-151

Mashaal Fahad Alshammari, Sara Elmahdi "Tips To Improve the Nutritional Habits of Kids\ in Hail City". IOSR Journal of Nursing and Health Science (IOSR-JNHS) , vol. 7, no.2 , 2018, pp. 67-72.