

WHAT ARE PRE-SCHOOL CHILDREN FOOD HABITS?

the importance of children food habits to develop a school-based program to promote healthy eating

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BACKGROUND

WORLDWIDE

- since 1975 obesity has nearly tripled
- 41 million children under the age of 5 were overweight or obese in 2016
- 1 in 5 children are overweight or obese
- In 2025, 70 million children worldwide are overweight and obese

World Health Organization (2014). Global Nutrition Targets 2025. Childhood Overweight Policy Brief. https://apps.who.int/iris/bitstream/handle/10665/149021/WHO_NMh_NHD_14.6_eng.pdf?ua=1

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BACKGROUND

PORTUGAL

- In 2016 children between 6-10 years old 30,7% were overweight and 11,7% were obese

(COSI 2016, 2017)

- In 2018 children between 2-10 years old 32% had overweight and 14,6% were obese

(APCOI, 2018)

- 1 in 3 children were overweight (APCOI, 2018)

COSI Portugal 2016 (2017). Ministério da Saúde. Instituto Nacional Dr. Ricardo Jorge, Direção Geral da Saúde.
www.apacoi.pt/Jobesidade-infantil access une 2019

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BACKGROUND

SCHOOL IS A PRIVILEGE SOCIAL SETTING TO:

- development health educational programs
- enable and empower children and families with knowledge, attitudes and values
- develop responsibility and self – decisions to achieve an optimal health level

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RESEARCH QUESTION

What are the food habits of preschool children?

METHODS

Cross Sectorial Study

OBJETIVE:

To identify the food habits of preschool children

METHODS

- **PARTICIPANTS:** 52 children aged 3-5 years old
 - 31 boys
 - 21 girls
- **CONTEXT:** pre-school setting

PROCEDURES

- **QUESTIONNAIRE**

“ESPIGA[®]” questionnaire

frequency of food and drink record

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MILK

28,6% Daily

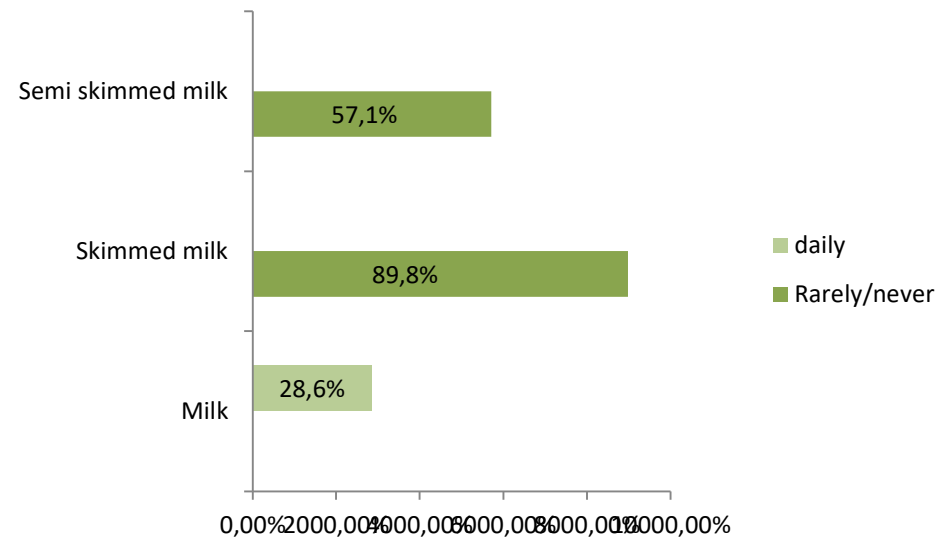
SKIMMED MILK

89,8% Rarely/Never

FAT/SEMI-SKIMMED MILK

57,1% Rarely/Never

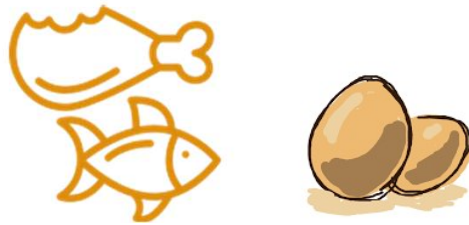
RESULTS



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MEAT

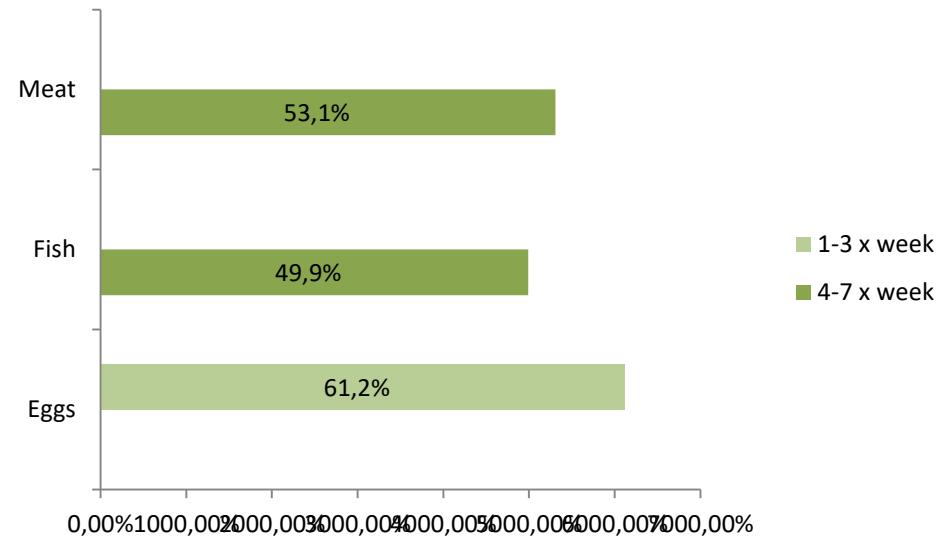
53.1% 4-7x week

FISH

46.9% 4-7x week

EGGS

61.2% 1-3 x week



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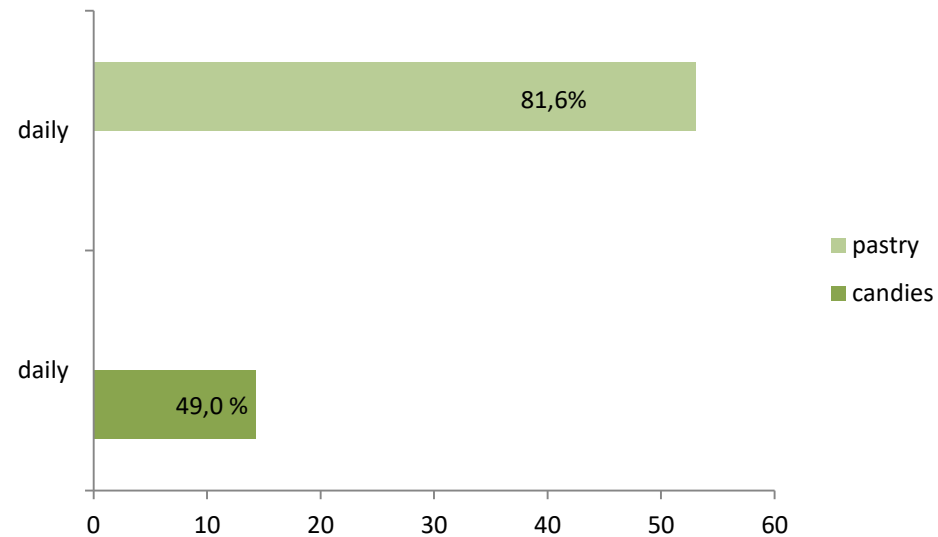


BREAD

49,0% 4-7x week

DARK BREAD

81,6% Rarely/ Never



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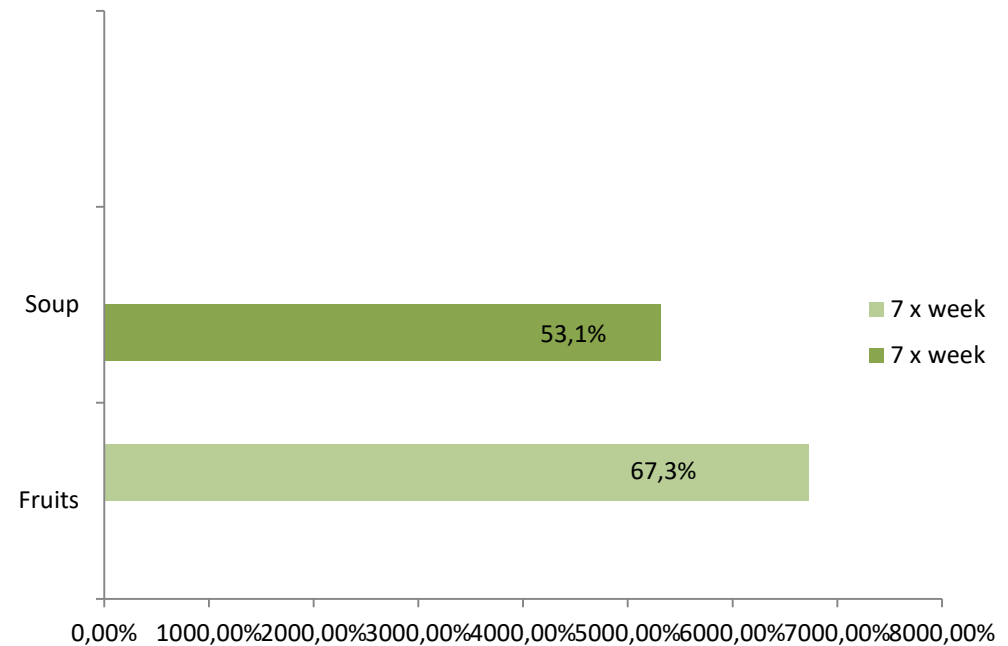


FRUITS

67,3% Daily

SOUP

53,1% Daily



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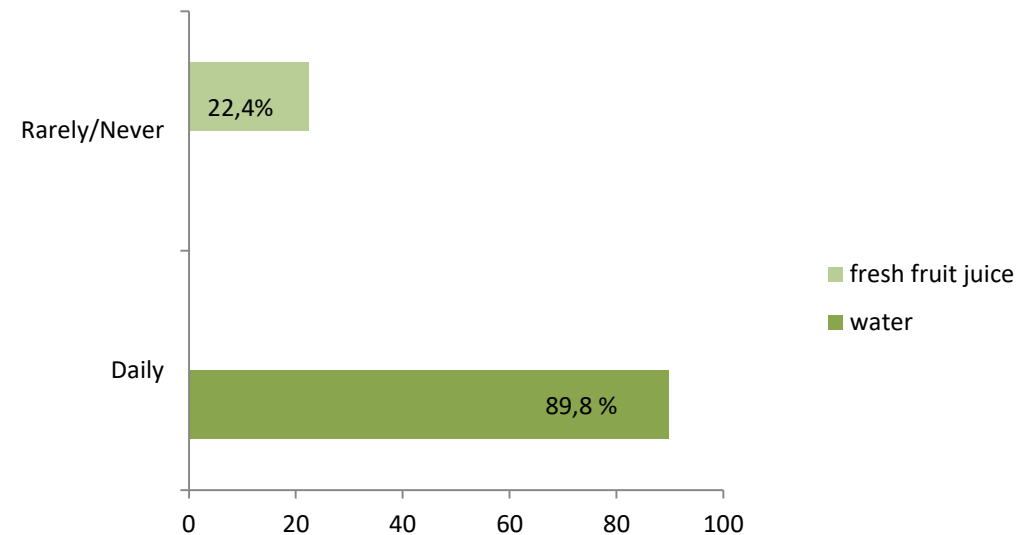


WATER

89,8% Daily

FRESH FRUIT JUICE

22,4% Rarely/Never



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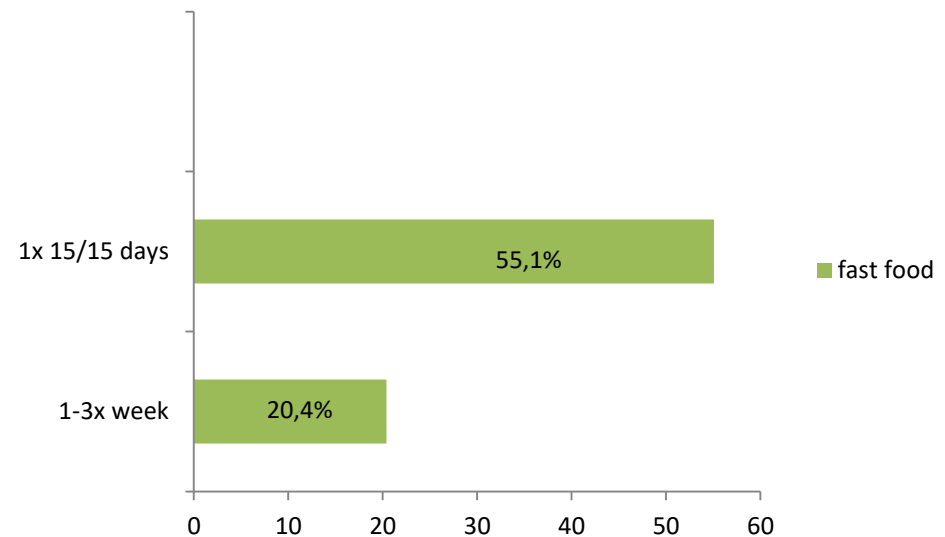


FAST-FOOD

55,1% 15/15 days

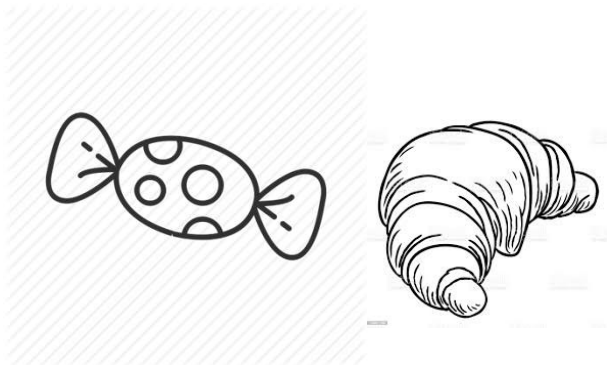
20,4% 1-3 X week

RESULTS



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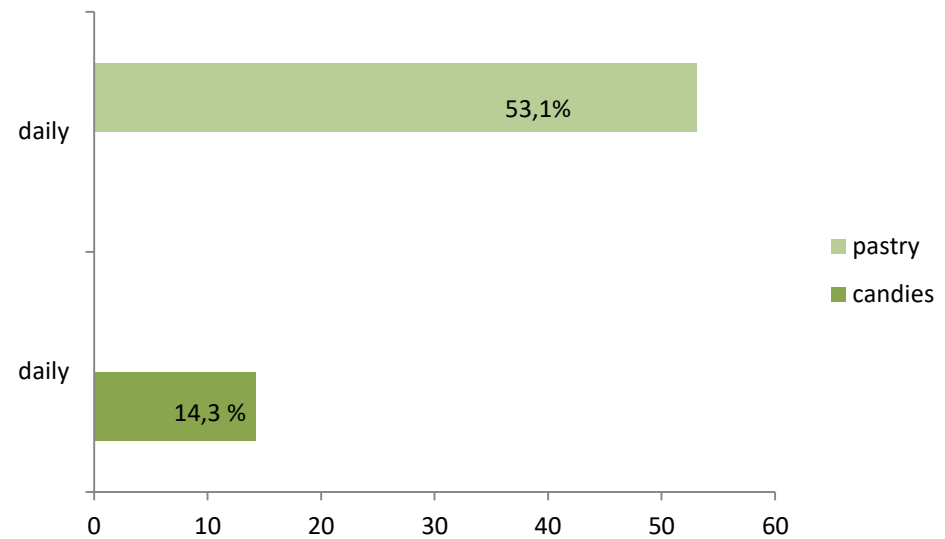
CANDIES/CHOCOLATES

14,3% Daily

PASTRY (cakes)

53,4% Daily

RESULTS



CONCLUSIONS

HIGH CONSUMPTION OF:

- Meat/Fish/Eggs
- Fruits/Vegetables
- Bread
- Pastry
- Fast-Food

LOW CONSUMPTION OF:

- Fresh Fruit Juice
- Dark Bread
- Milk

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CONCLUSIONS

- **Health education interventions in school are essential to prevent overweight and obesity childhood**
- **Healthy eating promotion in school setting is an opportunity to reduce childhood overweight and obesity**
- **These highlights findings will contribute to develop a school-based program to promote healthy food among pre-school age children and their families in school setting.**

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