

## Effects of socio-demographic factors and feeding practices on dietary intake in 3-6 years old children

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### Abstract

**Aims:** This study aimed to investigate the association between socio-demographic factors and child feeding practices with diet in 3- 6 years old children.

**Methods:** A cross-sectional study of 208 mothers with their children aged 3-6 years was carried out in 30 primary schools of Rasht, Iran in 2018. Measures included socio-demographic factors, aspects of parental control practices and the child's diet. Mothers reported their own and their child's demographics. Aspects of child feeding practices were assessed using Comprehensive Feeding Practices Questionnaire (CFPQ) after investigating validity and reliability of questionnaire. Food Frequency Questionnaire (FFQ) was then used to assess the child's dietary intake. Height and weight of mothers and children 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 using multiple block entry linear regression. P value was adjusted by Bonferroni correction to account for multiple comparisons ( $p < .0002$ ).



**Results:** The results showed a significant relationship in between some socio-demographic factors and feeding control practices with some aspects of the child's dietary intake.

**Conclusion:** To conclude, the results showed a significant relationship between some socio-demographic factors and feeding control practices with some aspects of the child's dietary intake. Higher education of parents is significantly associated with increase of healthy foods intake and decrease of unhealthy snacks. The boys eat more unhealthy snacks and mothers's job inversely influence on some aspect of child's diet.

### Biography:

Shiva Nematgorgani has completed his Master from Iran University of Medical Science. He is pursuing his PhD in Shahid Beheshti University of Medical Science, School of Nutrition. He has published 3 papers in reputed Iranian and international journals and has great experience in Clinical nutrition research.

### Speaker Publications:

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