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INTRODUCTION

Clinical guidelines for paediatric obesity management recommend family-oriented treatments that support and assist behaviour change and enhance quality of life. Many parents and caregivers struggle with food and nutrition aspects of treatment that requires further research in this population.

STUDY AIMS:

1. Examine the nutritional quality of children's reported food and fluid intakes and parent nutritional knowledge before receiving obesity treatment
2. Determine the relationship between parental nutrition knowledge and children's dietary habits.

METHODS

PARTICIPANTS: Children / adolescents and their parent(s), 5-16 years (BMI $\geq$ 98th centile) referred to the EASO-COMS paediatric obesity service at CHI Temple Street.

INSTRUMENT: Parents completed a 28-item food frequency questionnaire.

OUTCOMES:

- Consumption of meals, snacks, common food groups (fruit and vegetables (FV), wholegrains, protein foods, dairy, takeaways, convenience foods, confectionary), and beverages.
- Parental self-reported cooking confidence, knowledge of FV and dairy recommendations and relationship to food consumption.

DATA ANALYSIS:

Data were analysed using IBM SPSS version 27.0. Mann Whitney U Tests explored differences in dairy intake between age groups (5-8yrs vs. 9-6 yrs) and relationship between reported cooking confidence and daily consumption of food groups.

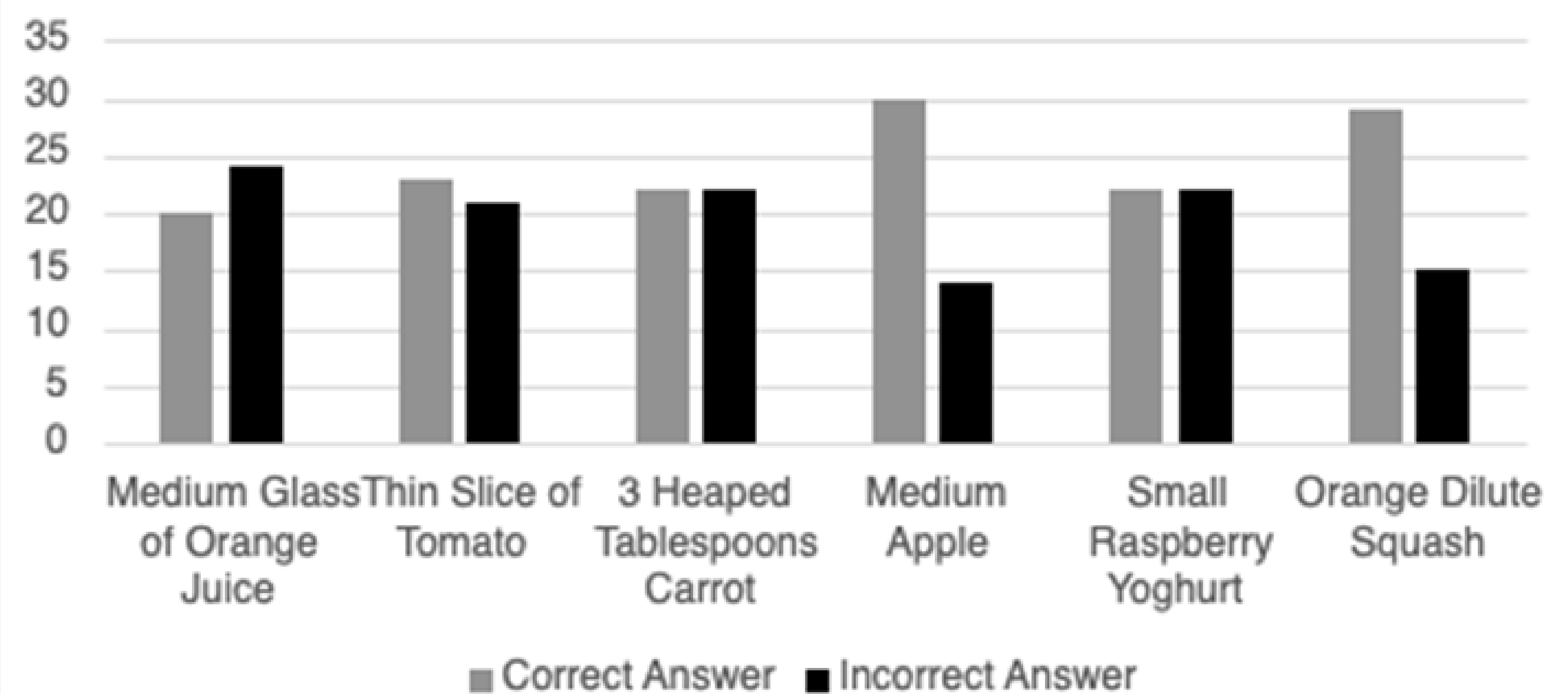
CONCLUSIONS

- Areas to target in dietetic interventions were identified including education and focus on fruit, vegetables, and dairy portion sizes and sources.
- Future research could examine parental knowledge and skills in greater detail to determine nutrition and food literacy needs.

RESULTS

PARTICIPANTS: Questionnaires were completed by n=45 parents. Mean child-age was 11 years (SD 3.15).

Figure 1: Number of Portions of Fruit and Vegetables in these foods



OUTCOMES:

73% reported daily consumption of FV with median of 1.57 portions. As depicted in **Figure 1**, most (79.5%) parents were aware of daily FV recommendations, yet 80% did not correctly identify common FV portion examples, and only 4.5% of children consumed the recommended 5-7 portions of FV daily.

A median 1.92 portions of dairy (milk, cheese, yogurt) were consumed, with 47% consuming $\leq$ 1 serving daily. Over 50% of 5-8-year-olds and no 9-16-year-olds met recommended daily intakes for their respective ages, with no significant differences in daily consumption between the age groups. Fewer parents of 9-16 year old children were aware of recommended dairy intakes compared to parents of 5-8 year olds (6% versus 27.7%, respectively).

Reported frequency of takeaway and convenience meal consumption was significantly higher in the 'low-moderate' cooking confidence group (Mean=30) than the 'high' confidence group (Mean=19) (p=0.007).



Image Source: World Obesity