



World Nutrition *Cape Town 2016*
Knowledge Policy Action



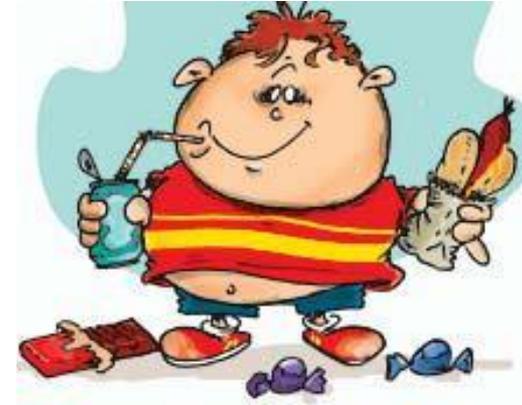
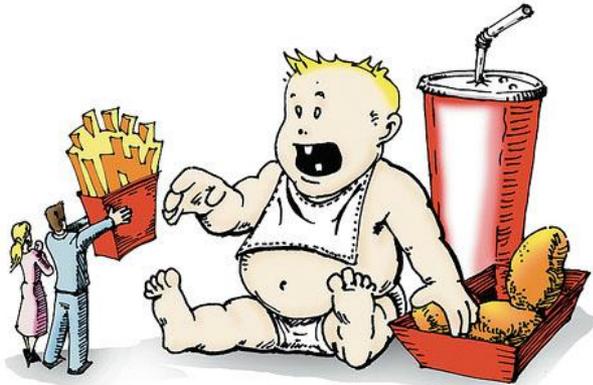
School of Public Health at University of Sao Paulo

The consumption of unhealthy foods by Brazilian children with low birth weight between six and 12 months

Naiá Ortelan

Maria Helena D Aquino Benicio

- ✓ A significant increase in the prevalence of obesity has occurred worldwide mainly in developing countries



Finucane et al., 2011

WHO, 2011

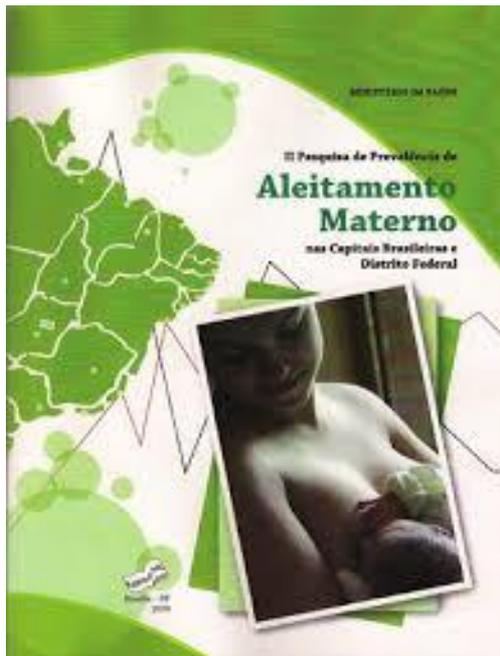
- ✓ A large amount of complementary feeding consumed by children during their 1 year of life are unhealthy foods even among children with low birth weight (LBW)



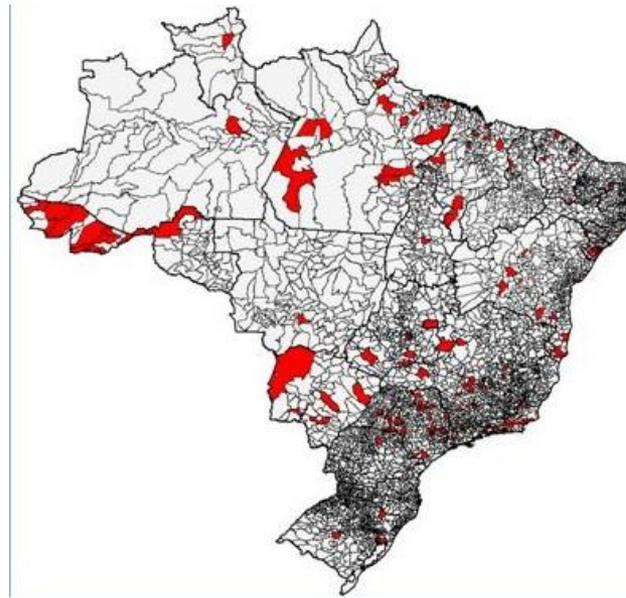
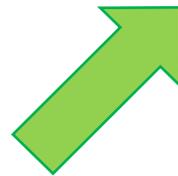
- ✓ To evaluate the factors that influence this behavior in Brazilian children between 6 and 12 months with low birth weight



- ✓ Cross-sectional study based on **Breastfeeding Prevalence Research in Brazilian Municipalities**, held during the 2008 multivaccination campaign

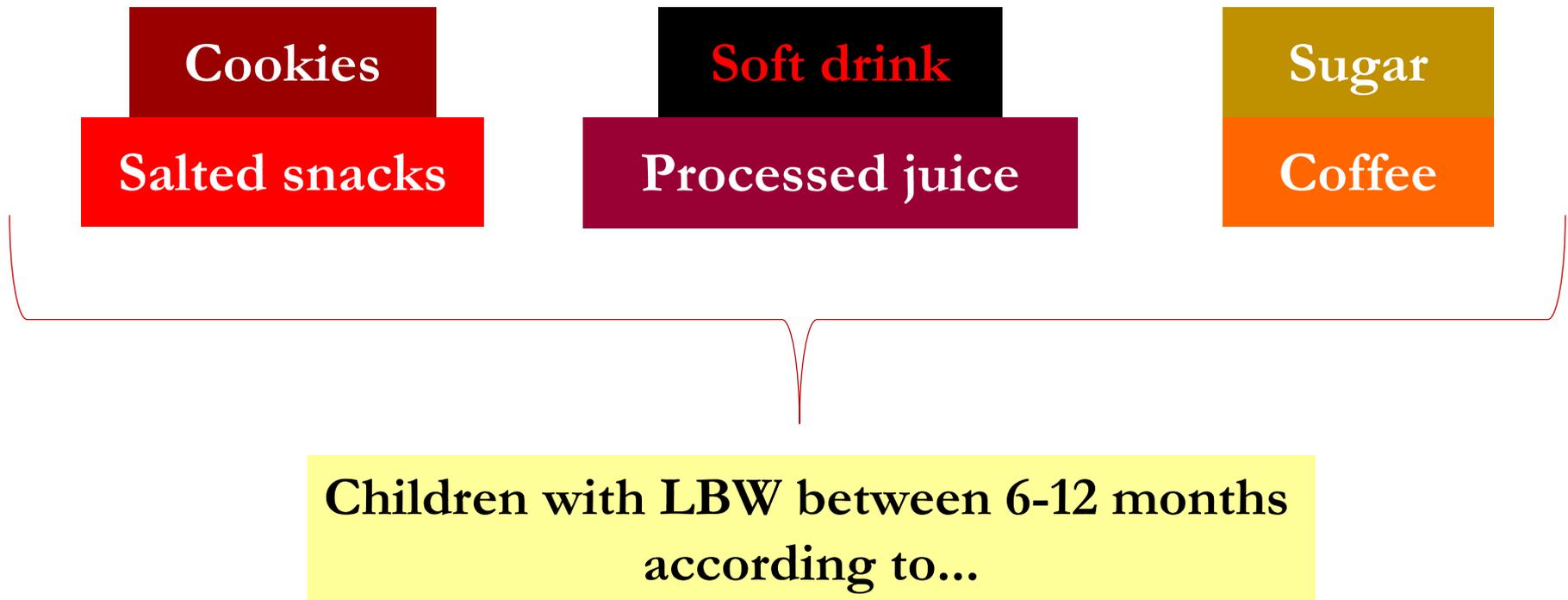


assessed the situation of **complementary feeding** in **64 municipalities**, including the **27 state capitals** and the **Federal District**



- ✓ This is a **representative sample** of the Brazilian population

- ✓ We analyzed the consumption of **unhealthy foods**



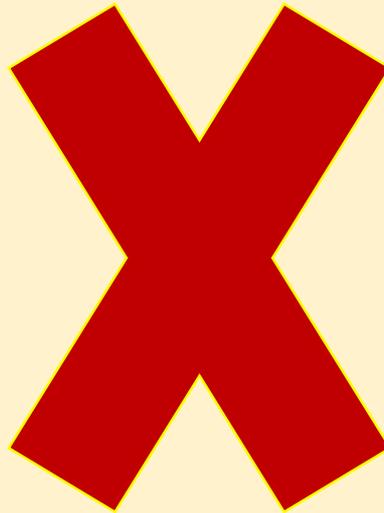
- Breastfeeding status (Yes, No)
- Maternal age (<20, 20-35, ≥35)
- Parity (Multiparous, Primiparous)
- Maternal education (<8, 8-11, >11)

- ✓ This study included **2,370** children
- ✓ Consumption of unhealthy foods = **76.8%**

APROPRIATE

birth weight

77.2%



LOW

birth weight

73.3%

p=0,016

Table – Consumption's prevalence of unhealthy foods in children with low birth weight with age greater than or equal to 6 months according to maternal age, parity and education.

Variable	N	Unhealthy foods	
		Sim %	p
Breastfeeding			0,447
Yes	1312	72,4	
No	1025	74,4	
Maternal age			< 0,001*
< 20 years	383	78,4	↓
20-34 years	1333	75,5	
≥ 35 years	259	66,2	
Parity			0,015*
Multiparous	883	77,4	
Primiparous	1055	72,8	
Maternal education			< 0,001*
< 8 years	601	81,1	↓
8-11 years	526	76,7	
> 11 years	835	68,9	

**Dose
response**

Our results showed that...

- ✓ The consumption of unhealthy foods are present in **high frequency** in the diets of children between 6 and 12 months with LBW and this behavior is associated with **teenage mothers, mothers with multiple children and mothers with a low level of education**



This results are consistent with the findings of other studies on infant feeding conducted in Brazil as well in other countries

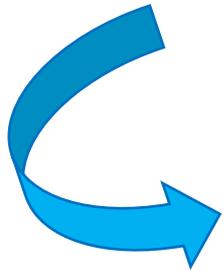
Saldiva et al., 2014; Imdad et al., 2011; Feldens et al., 2010

An optimal transition from breast milk to family food will help to establish healthy eating habits that may affect food preferences into adulthood

This period, considered one of the determinants of healthy eating habits, may prevent diet-related diseases

Nicklaus et al., 2005; Skinner et al., 2002

- ✓ The consumption of unhealthy foods by Brazilian children with LBW between 6 and 12 months was **HIGH**



...indicating a need for **developing effective strategies** to combat the consumption of unhealthy foods in Brazilian children as a way of **preventing obesity and chronic diseases**



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Thank you!!!
naia@usp.br

