Preschool Children of Eating Competent Parents Have Higher Quality of Life and Lower Nutrition Risk

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DECISION POINTS FOR EATING COMPETENCE IN PARENTS OF 4-TH GRADE CHILDREN

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Objective: To explore links between eating competence (EC) and child health outcomes in predicting child health outcomes. Method: A cross-sectional study of 117 parents of 4th grade children in two school districts (EC: n=58, non-EC: n=59) was conducted. Parent EC was determined by two instruments: Eating Competence Inventory 2.0 (ECI-2.0) and NutriSTEP 2.0. Results: Parent EC was positively associated with child health outcomes (P<0.05). Conclusion: Parent EC is a promising, low-cost, easy-to-use instrument to assess child health outcomes.

Keywords: eating competence, child health, nutrition, school district

Parental eating competence has been linked to better child health outcomes. However, few instruments adequately measure parental eating competence, limiting our ability to identify effective interventions. The Eating Competence Inventory 2.0 (ECI-2.0) and NutriSTEP 2.0 are brief instruments designed to assess parental eating competence. The current study evaluated the relationships between parent EC and child health outcomes in a sample of 4th grade parents.

Method: A cross-sectional design was used with a convenience sample of 117 parents of 4th grade children in two school districts (EC: n=58, non-EC: n=59). Parental EC was assessed using the ECI-2.0 and NutriSTEP 2.0. Child health outcomes were assessed using the General Health Questionnaire, Child Daytime Dysfunction during Sleep Questionnaire, Pediatric Quality of Life Inventory, and Healthy Eating Survey.

Results: Parental EC was positively associated with child health outcomes (P<0.05). Specifically, higher parent EC was associated with lower child daytime sleep dysfunction (P<0.05), higher child quality of life (P<0.05), and higher parent perceived child quality of life (P<0.05). These relationships remained significant after controlling for child nutrition risk.

Conclusion: Parental eating competence is a promising, low-cost, easy-to-use instrument to assess child health outcomes. Future research should explore the use of parental EC in interventions to improve child health outcomes.

Keywords: eating competence, child health, nutrition, school district

References:

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I. INTRODUCTION
A. Background
1. Eating competence is a construct that assesses individuals’ ability to eat in a healthy and enjoyable manner.
2. Parental eating competence has been linked to better child health outcomes.
3. Few instruments adequately measure parental eating competence, limiting our ability to identify effective interventions.

B. Objectives
1. To explore links between eating competence (EC) and child health outcomes in predicting child health outcomes.
2. To evaluate the relationships between parent EC and child health outcomes using two instruments: Eating Competence Inventory 2.0 (ECI-2.0) and NutriSTEP 2.0.

II. METHODS
A. Study population
1. A convenience sample of 117 parents of 4th grade children in two school districts (EC: n=58, non-EC: n=59) was conducted.
2. Parental EC was assessed using the ECI-2.0 and NutriSTEP 2.0.

B. Child health outcomes
1. Child health outcomes were assessed using the General Health Questionnaire, Child Daytime Dysfunction during Sleep Questionnaire, Pediatric Quality of Life Inventory, and Healthy Eating Survey.

C. Statistical analysis
1. Binary logistic regression analysis was used to assess the relationship between parent EC and child health outcomes.
2. Multivariate regression analysis was used to control for confounders.

III. RESULTS
A. Parental EC and child health outcomes
1. Parental EC was positively associated with child health outcomes (P<0.05).
2. Higher parent EC was associated with lower child daytime sleep dysfunction (P<0.05), higher child quality of life (P<0.05), and higher parent perceived child quality of life (P<0.05).

B. Discussion
1. Parental eating competence is a promising, low-cost, easy-to-use instrument to assess child health outcomes.
2. Future research should explore the use of parental EC in interventions to improve child health outcomes.

IV. CONCLUSIONS
A. Parental eating competence is a promising, low-cost, easy-to-use instrument to assess child health outcomes.
B. Future research should explore the use of parental EC in interventions to improve child health outcomes.

Keywords: eating competence, child health, nutrition, school district

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