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

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Participants were recruited from WIC clinics and low-income venues (e.g., libraries, laundromats, food banks), using flyers and cards either posted or distributed in person. Flyers included the URL for an online survey (Qualtrics, Provo UT) that was completed independently at participant convenience after confirming eligibility.

- parent of a child aged 2 to 6 years
- some responsibility for feeding the preschooler
- no history of a chronic illness affecting eating behavior
- not a nutrition student or nutritionist
- child not a ward of the state.

Data were collected from May through October 2014. Pilot study data (n=18) collected the previous May were also included after affirming demographic similarities.

Normal distribution of ecSI 2.0 and NutriSTEP scores was confirmed. Nonparametric statistics were used with PedSQL scores; ecSI 2.0 scores were correlated with NutriSTEP and PedSQL scores; scores were compared between EC and non-EC parents with independent t-test or Mann-Whitney U test. A variable was created to represent low-income status if a participant reported money for food and used an assistance program. t-test and NutriSTEP score comparisons used a general linear model controlled for low-income status.