

## Association between Eating Behavior in Children Aged 7-10 Years Old and Their Mother's Feeding Practice: A Study among the Families in Isfahan, Iran

**Authors :** Behnaz Farahani, Razieh Sotoudeh, Ali Vahdani, Hamed Abdi

**Abstract :** Individual differences in eating behavior can cause underweight or overweight and obesity. Thus influencing factors on children's eating behavior such as mothers' feeding practices are needed to be more investigated. The goals of this survey are to evaluate the association of (i) parental pressure and children's food avoidant tendency, (ii) parental restriction and children's food approach tendency, (iii) modeling of healthy eating in front of children and their children's eating behavior. 760 mothers of children aged 7-10 from schools in Isfahan were asked to complete questionnaires including Child Feeding Questionnaire, Children's Eating Behavior Questionnaire, Modeling Questionnaire, and self-administered demographic questionnaire in which mothers reported their children's height and weight as well. Of those mothers, 745 completed the questionnaires for the children's index (mean age:  $8.513 \pm 1.112$ ) during the 2011-2012 school year. The results of this quantitative, descriptive, cross-sectional analysis indicated that "parental restriction" was positively associated with child food responsiveness ( $P, 0.000$ ) and food enjoyment ( $P, 0.000$ ) and surprisingly, it was positively associated with Food Fussiness ( $0.000$ ). Parental pressure to eat was positively associated with child satiety responsiveness ( $P, 0.000$ ), slowness ( $P, 0.000$ ), and fussiness ( $P, 0.00$ ) and negatively associated with Food responsiveness ( $p, 0.000$ ) and Enjoyment of food ( $p, 0.002$ ), modeling of healthy eating were positively associated with Enjoyment of food /  $q$  ( $p, 0.000$ ) and negatively with food fussiness ( $P, 0.000$ ). The results of this survey will improve interventions and maternal guidance on their feeding practices and their association with children's eating behavior and weight.

**Keywords :** feeding practices, eating behavior, pressure to eat, restriction, modeling, satiety responsiveness, slowness in eating, food fussiness, food responsiveness, enjoyment of food

**Conference Title :** ICEEPS 2015 : International Conference on Education, Psychology, Economics and Society

**Conference Location :** Amsterdam, Netherlands

**Conference Dates :** May 14-15, 2015