

THE FIRST CHEPs CONFERENCE & WORKSHOP

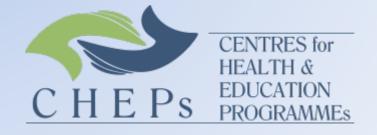
"Education for community development"

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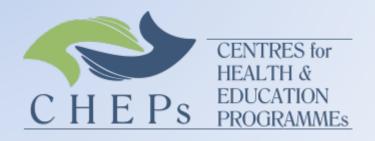
INTRODUCTION

Longitudinal study of food insecurity on obesity in pre-school children.



BACKGROUND

Food insecurity is a measure of lack of access, at times, to enough food for an active, healthy life for all household members. Or limited or uncertain availability of nutritionally adequate food. While obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect to the body.



BACKGROUND cont...

- Obesity and its co-occurrence with household food insecurity among low-income families is a public health concern, particularly because both are associated with later advanced health consequencesity among low income families.
- •Income level significantly impact childhood obesity in a variety of ways. First of all, poverty produces food insecurity. It basically happens when children do not have access or have limited access to nutritionally sound foods.



METHODOLOGY

- •This longitudinal study uses household food security status, weight and height data collected at the first infancy and last child (2 to 5 years) special supplemental nutrition program for women, infants and children visits.
- Household food security was based on parent responses to a four-question subscale of the 18 item core-food security module.
- •Obesity was defined as sex-specific body mass index for age 95th percent

RESULTS

- •Child food insecurity is significantly associated with child overweight status for children aged 2 to 5 years and children in families with income ≤100% poverty level.
- Mothers experiencing greater odd of child obesity persistent household food insecurity without hunger compared with those with persistent household food security.
- Maternal pre-pregnancy weight status modified this association with children of underweight.

DISCUSSION

- •Food insecurity affects health either directly or indirectly through nutritional status as indicated by under-nutrition or over-nutrition. It is also related in lower macromicronutrient intake.
- •The possible paradoxical association of hunger and food insecurity with childhood obesity was first raised in a case reported 15 years ago.
- •Lower intake of fruits, vegetables and lack of diet diversity. These items contribute to higher prevalence of underweight or overweight and obesity among the child at preschool age.

CONCLUSION

- •Obesity and other chronic condition follow a socioeconomic gradient in which disease burden is greatest among those with limited economic resources and racial minorities because food insecurity and obesity are associated with common socioeconomic factors.
- •These results suggest that persistent household food insecurity without hunger is prospectively related to child obesity but these associations depend on maternal weight status
- Vulnerable groups should be targeted for early intervention to prevent overweight an obesity later in life.