



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 consequences 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 $\leq 100\%$ 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 macro-micronutrient 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.