



Relationship between parental feeding style and body weight Status of preschool-aged children

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Background: A recent review reported that childhood obesity, which is one of the early life risk factors, predicts adult obesity; weight gain after mid-childhood can result in greater adverse effect on later risk factors of cardiovascular diseases. Childhood obesity can also adversely affect almost all organ systems, bringing serious physiological and psychological consequences. To ensure the healthy development of children, parents do have vital roles. Parental feeding style, which refers to the specific parental techniques or behavior to influence the food intake of children, can be a major factor in explaining how parents influence the children's diet and even their body weight. The purpose of this study was to determine of relationship between parental feeding style and body Weight Status of preschool-aged children.

Methods: In this cross - sectional study, 62mother/child were studied using convenience sampling method. The research environment was Besat Hospital in Hamadan in 2015. The data collection tool was standard questionnaire of parental feeding style (PFSQ) (emotional feeding, instrumental feeding, prompting/encouragement to eat and control over eating). The data were analyzed using SPSS version 18, descriptive and analytic statistics.

Result: The mean (standard deviation) scores of parental feeding style questionnaire in domains Instrumental feeding, Emotional feeding, Control over eating and Prompting or encouragement to eat respectively were 2.58 (0.56), 2.31 (0.70), 3.82 (0.50), 3.67 (0.64).there were significant relation between domains feeding style questionnaire with BMI($p<0.001$).

Conclusion: Maternal behaviors influence a child's body weight status. Because children learn by patterning what is modeled for them, these behaviors could influence the child's current BMI-for-age percentile and the



child's future body weight status. To help prevent early onset childhood obesity greater understanding of the role of parental feeding style and maternal behaviors is needed.

Keywords: Parental feeding style, Childhood, obesity