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INFLUENCE OF TELEVISION VIEWING DURING MEALS ON EATING PATTERNS

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BACKGROUND: Recent studies show the negative impact that the use of television while having food has on the eating patterns.

MATERIAL AND METHODS: In 895 Spanish children and adolescents (47% male and 53% female), from 3 to 18 years old (10.25 ± 2,67), a validated food frequency and food consumption habits questionnaire (CFCA) is performed. 3 cluster eating patterns based on healthy eating recommendations are established. K-means analysis is performed by using SPSS19 statistical program.

OBJECTIVE AND HYPOTHESES: Our goal is to use cluster analysis to evaluate this influence in children.

Each cluster consists:

1.- Dairy: fruit and vegetables, cereals and olive oil.

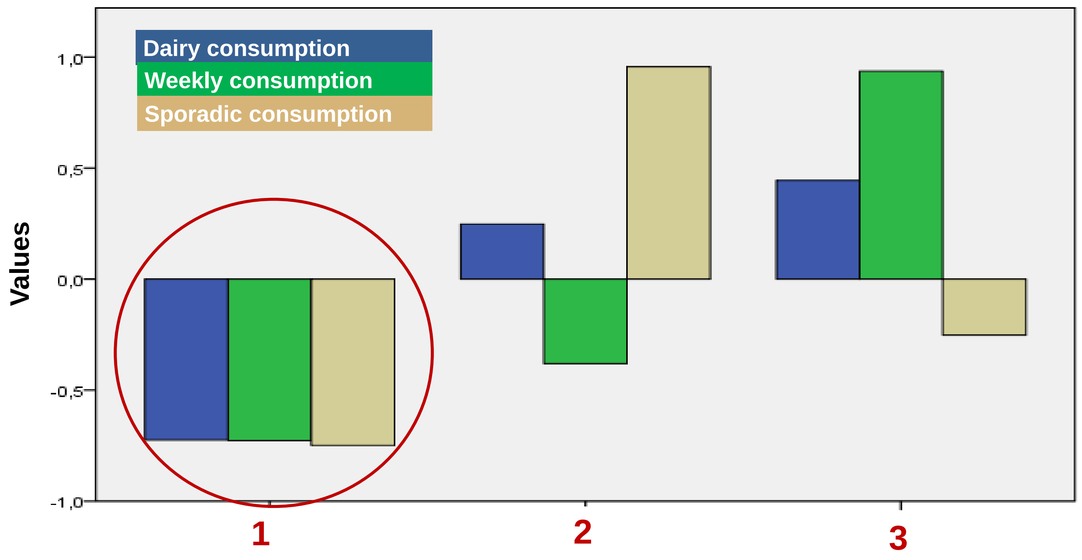
2.- Weekly: meat, eggs, fish and legumes.

3.-Sporadic: sugar, snacks sweet, salty snacks, soft drinks, processed foods, meats and fats.

RESULTS:

Positive: it is closer to compliance with the recommendations of food consumption.
Negative: away over compliance with the consumption recommendations.

Clusters

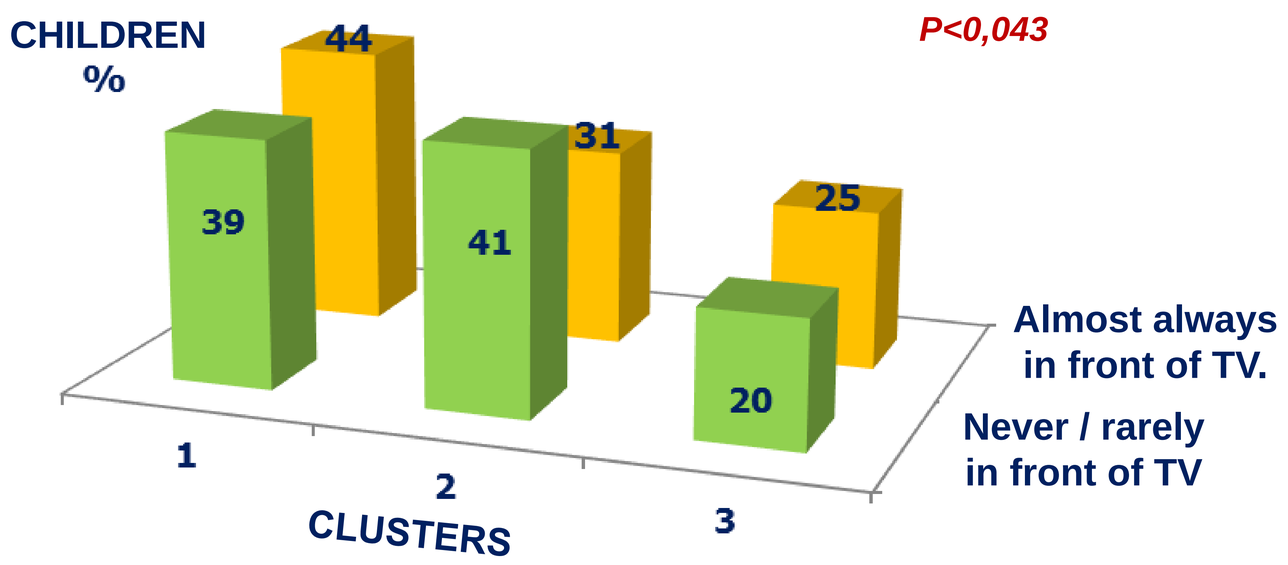


Percentage of individuals	
Clusters	%
1	32
2	32
3	36

Cluster 1: *dairy -0,724; weekly -0,727; occasional -0,749.*
Cluster 2: *dairy 0,248; weekly -0,380; occasional 0,956.*
Cluster 3: *dairy 0,445; weekly 0,936; occasional -0,252.*

Clusters 1 and 3 are characterized by non-compliance with sporadic food intake recommendations.

Influence of eating in front of the TV on food consumption patterns.



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CONCLUSIONS: No child or adolescent meets all daily, weekly and sporadic food consumption recommendations. Eating in front of television has a negative influence on dietary patterns, especially when consuming sporadic food. Cluster analysis is a good tool for establishing food strategies for intervention and prevention.

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