

Does the level of studies of parents influence the follow-up of the recommendations of the nutritional pyramid?

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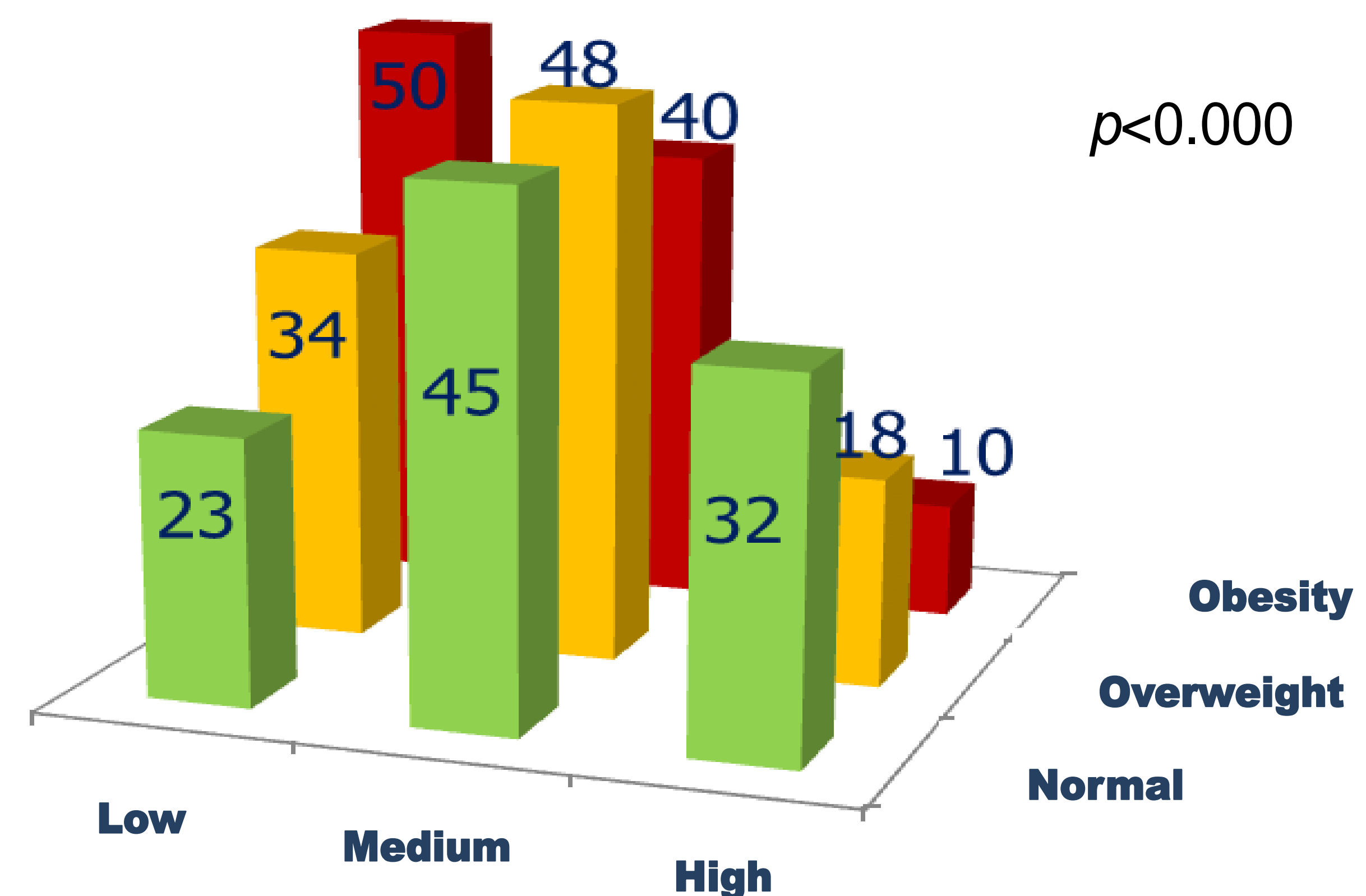
BACKGROUND: Several studies show the negative impact of low level of studies of parents on the dietary patterns and the degree of adiposity of their children.

OBJECTIVE AND HYPOTHESES: The objective of this study is to evaluate the relationship between the level of studies and compliance with the recommendations of healthy eating pyramid.

MATERIAL AND METHODS: An anthropometric study was conducted in 895 Spanish children and adolescents (53% women), between 3 and 18 years old (10.25 ± 2.67), which are classified according to the body mass index according to the International Standards of Cole and Bellizi. Data are collected regarding the level of studies of the parents, stratifying into 3 groups (high, medium and low). Likewise, a validated questionnaire on frequency and habit of food consumption (CFCA) is completed. 3 clusters of dietary patterns are established. Average K analysis is performed with the statistical package SPSS19.

RESULTS: A lower prevalence of obesity was observed when the level of studies of the parents increased (under 50.1% vs 39.5% and high 10.4%, p <0.000). 35.8% of the children of parents with low educational level are in cluster 2 (34.5% in the 1 and 29.6% in the 3). The highest percentage of children of parents with medium or high level education are located in the number 1 cluster, which is the most separated from the healthy recommendations (47.5% in the middle studies and 42.7% in the high ones). There are statistically significant differences (p = 0.015).

Educational level of parents and degree of adiposity of children

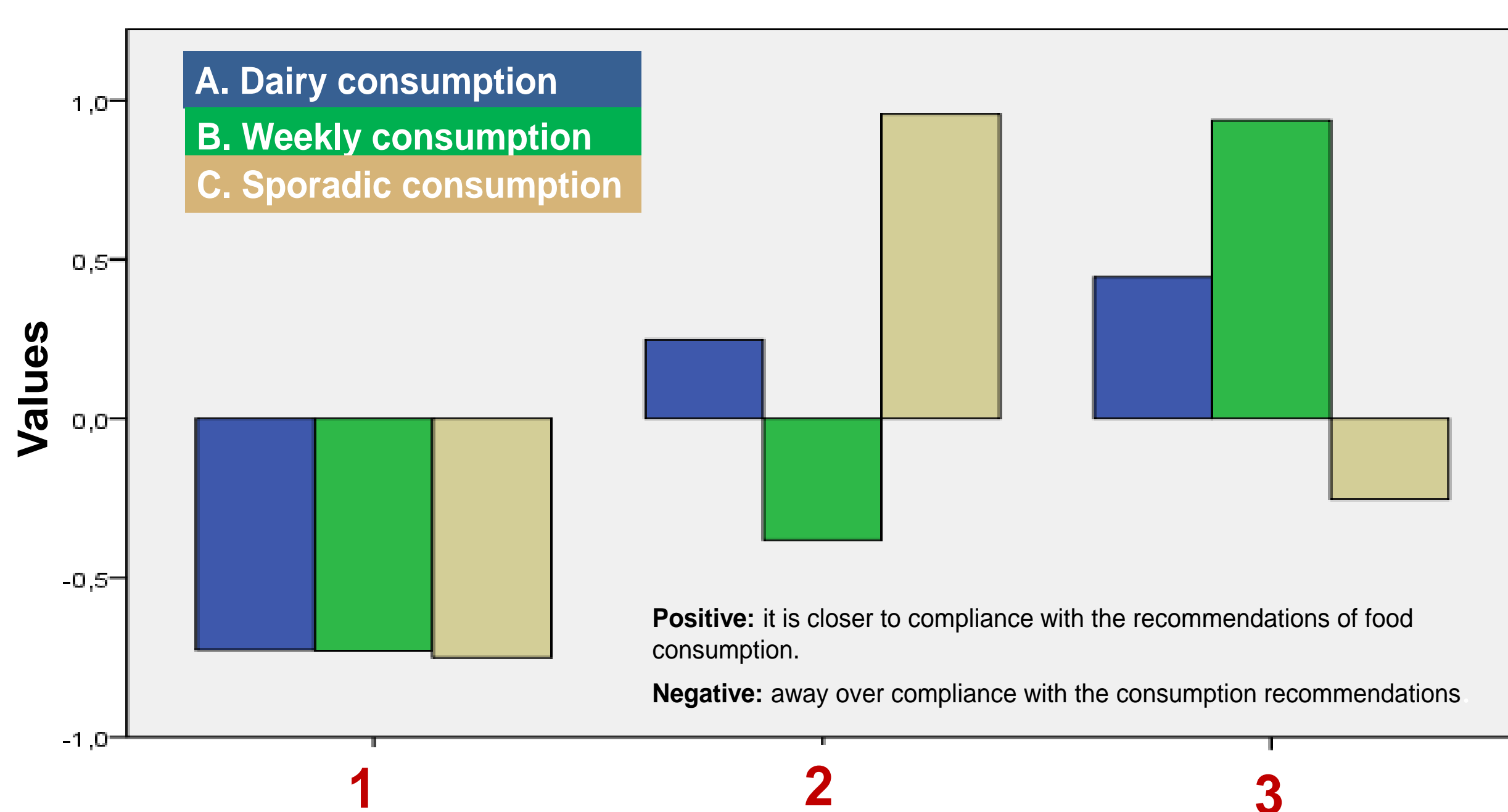


Clusters (healthy eating recommendations):

A.- Daily: fruit and vegetables, cereals and olive oil.

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

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



Educational level of parents					
Clusters	Low	Medium	High	Total	p
1	34.5 (n=78)	47.5 (n=116)	42.7 (n=44)	41.5 (n=238)	0.015
2	35.8 (n=81)	34.8 (n=85)	35.9 (n=37)	35.4 (n=203)	
3	29.6 (n=67)	17.6 (n=43)	21.4 (n=22)	23 (n=132)	

The conglomerate 1 does not meet, by excess or default, any of the daily, weekly or sporadic recommendations, the number 2 does not meet the weekly and the 3 meets the daily and weekly but not the sporadic.

CONCLUSIONS: The level of studies of the parents is inversely related to the prevalence of obesity in the children and directly with a lower adherence to the healthy recommendations of the healthy eating pyramid. Cluster analysis is a good tool for establishing food strategies for intervention and prevention. The relation between physical activity and inactivity and level of parents education should be studied, in order to explain the differences in the prevalence of obesity.

ACKNOWLEDGEMENTS: This work is funded by ISCIII (PI11 / 02059), Ministry of Health and Social Policy. Aid for the promotion of the Independent Clinical Research EC10-281.

