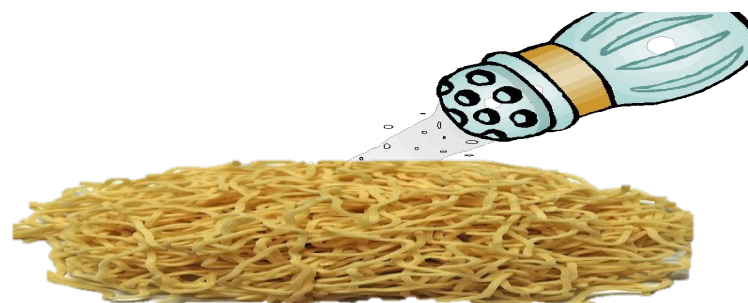




Children's Nutrition in Jamaica: Consumption of added sugar and salty snacks by young (9 – 54 months old) Jamaican children



Vanessa White-Barrow, PhD Candidate(Nutrition)
Senior Lecturer/Registered Nutritionist
College of Health Sciences, University of Technology, Jamaica
vanowhite@gmail.com



Outline

Background

Method

Results

Implications

Recommendations

Background



- The first 5 years of a child's life is a critical period of rapid physical growth and development
- Their eating behaviours can serve as the foundation for future eating patterns.

Savage, J. S., Fisher, J. O., & Birch, L. L. (2007). Parental Influence on Eating Behavior: Conception to Adolescence. *The Journal of law, medicine & ethics : a journal of the American Society of Law, Medicine & Ethics*, 35(1), 22-34. doi:10.1111/j.1748-720X.2007.00111.x



Background (cont'd)

- Nutrient deficiencies and illnesses contribute to higher rates of undernutrition
- Dietary excesses (in the form of added sugars – sugar sweetened beverages, sweet snacks and salty snacks) are associated with increased trends in childhood obesity and related chronic noncommunicable diseases (CNCDs)

Keller A. & Bucher Della Torre (2015) Sugar-Sweetened Beverages and Obesity among Children and Adolescents: A Review of Systematic Literature Reviews. *Childhood obesity* 11(4), 338 – 346. doi: 10.1089/chi.2014.0117

Lava, S.A.G., Bianchetti, M.G. & Simonetti, G.D. (2015). Salt intake in children and its consequences on blood pressure. *Journal of Pediatric Nephrology*. 30 (9), 1389. <https://doi.org/10.1007/s00467-014-2931-3>

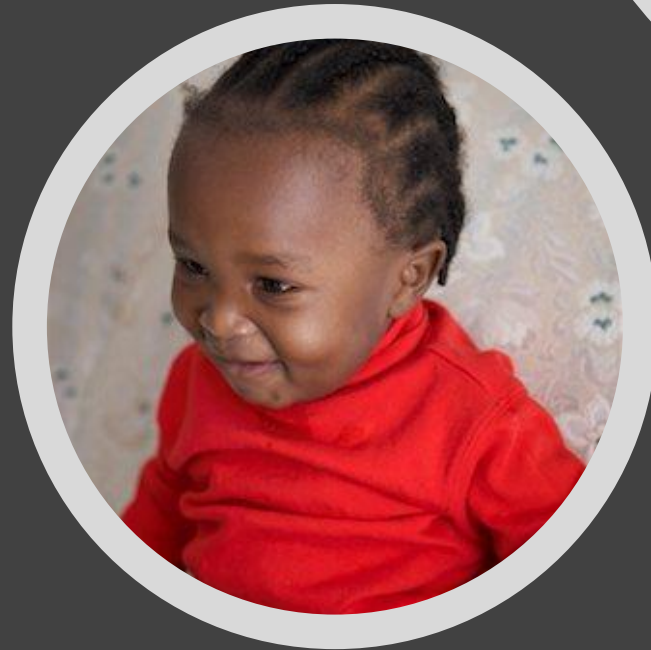
Objective

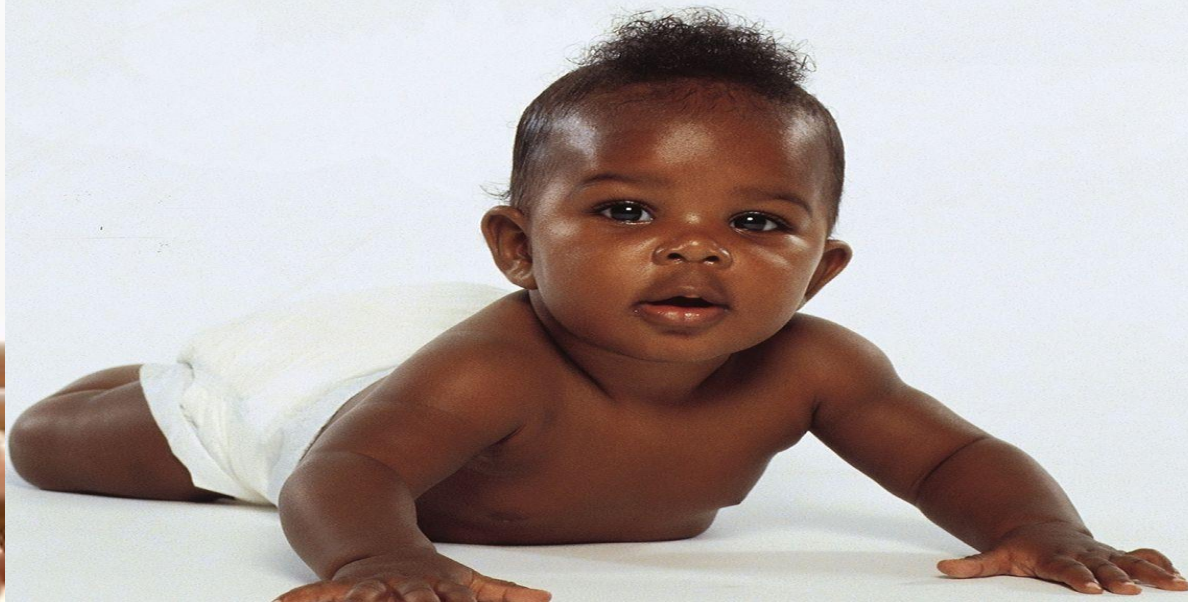
- To assess the consumption of added sugar (sugar sweetened beverages and sweet snacks) and salty snacks among 9 – 54 month old children in Jamaica



Methods

- Mothers of 4,589 children, who participated in the Jamaican Birth Cohort Study 2011
- Data was collected when the children were at ages 9, 18 and 54 months



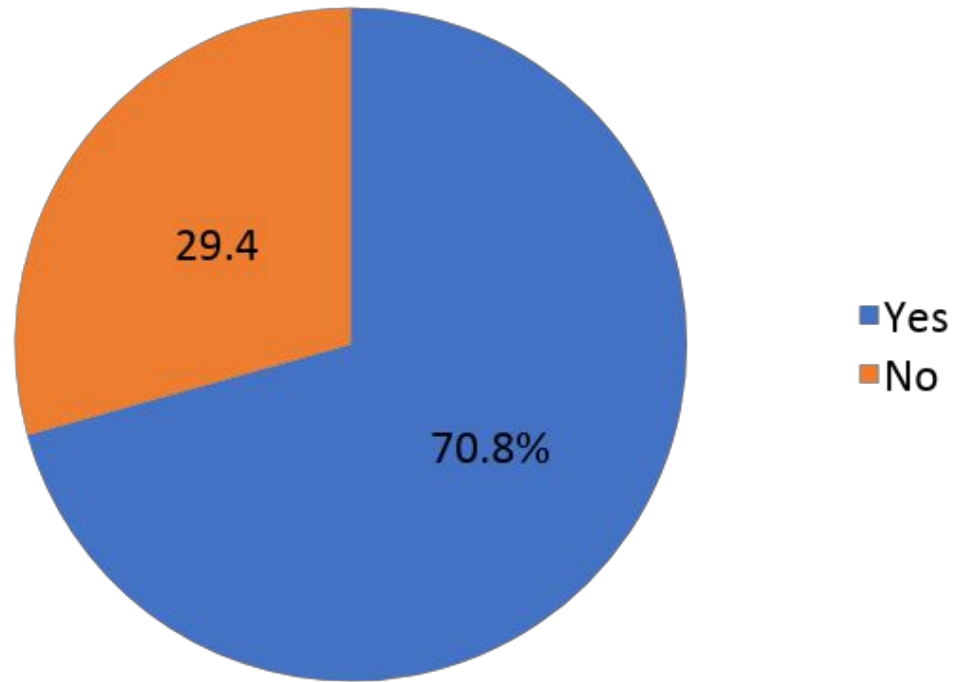


9 Month Olds



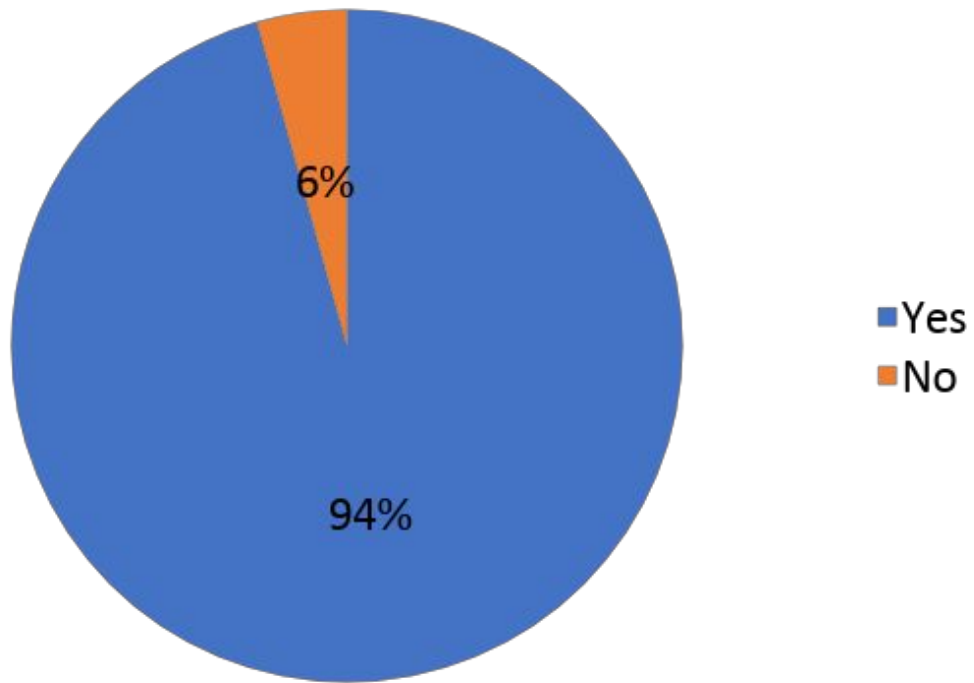
Results – Fruit Consumption

Fruit Consumption



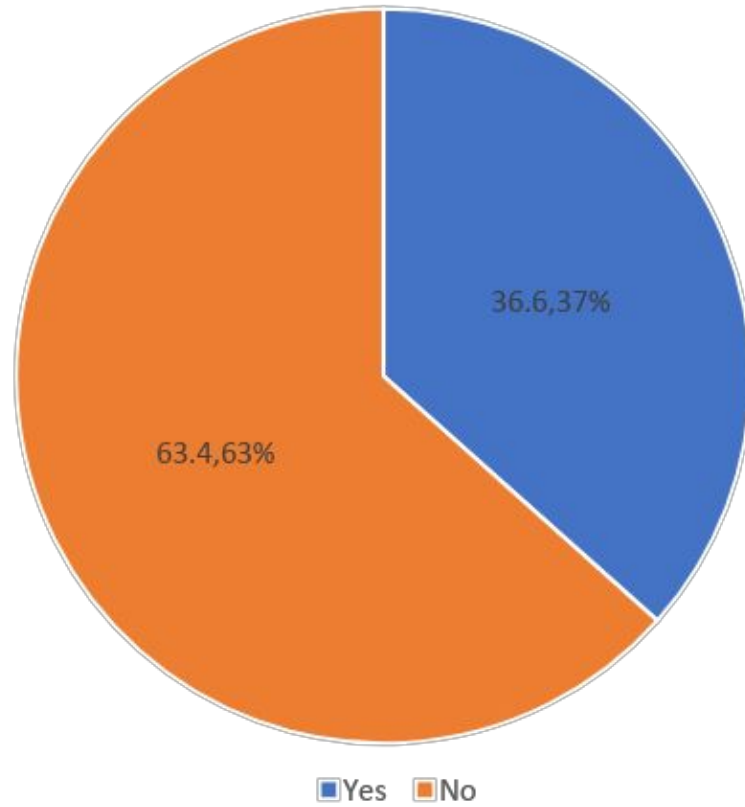
Results – Vegetable Consumption

Vegetable Consumption



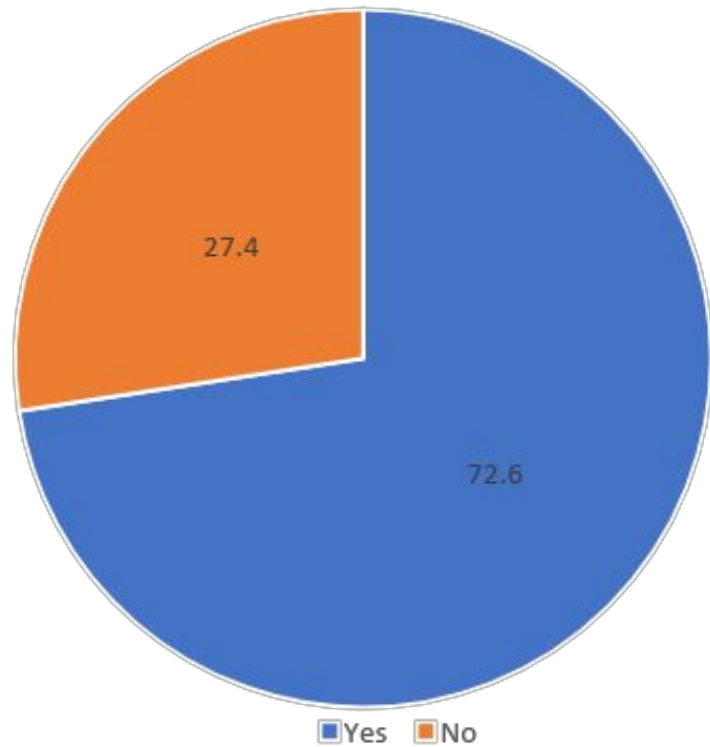
Results

Soft drink consumption

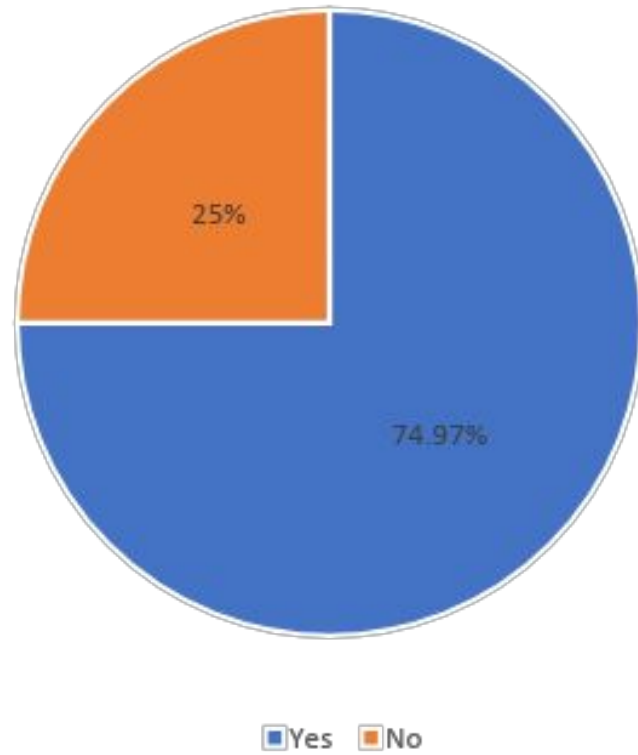


Results – Sweet snacks Consumption

Sweet Snacks Consumption



Salty Snacks consumption

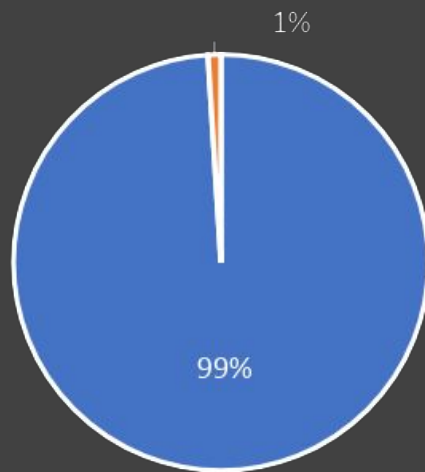




18 Month Olds

Results – Fruit Consumption

Fruit and Fruit Juice Consumption

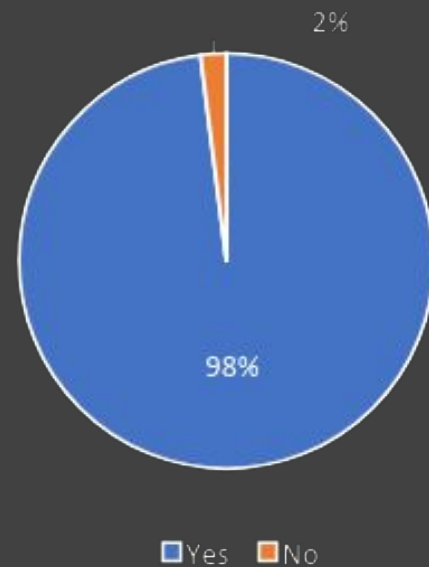


■ Yes ■ No



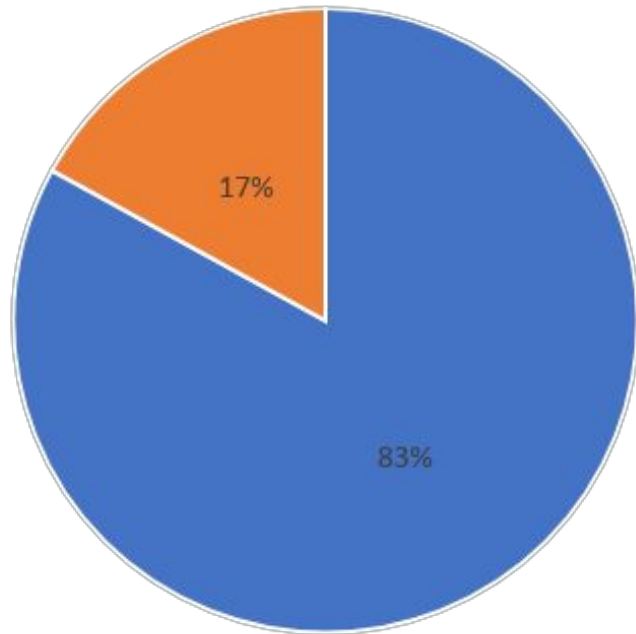
Results – Vegetable Consumption

Vegetable Consumption

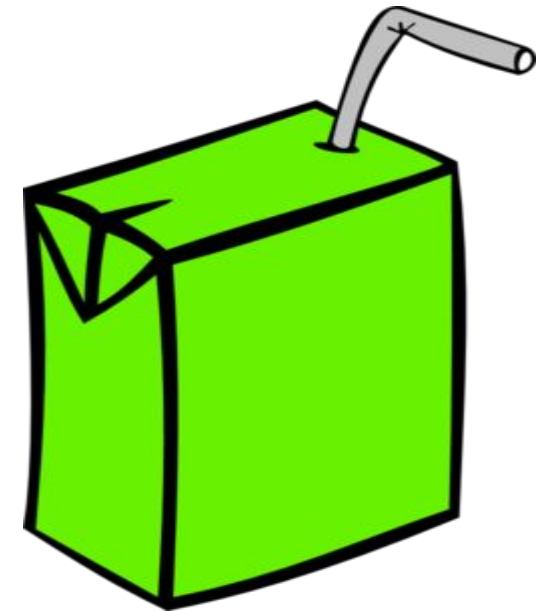
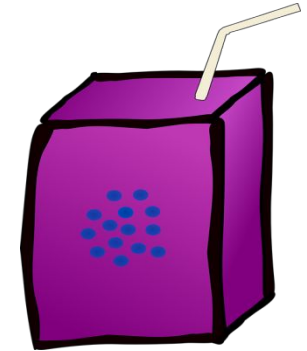
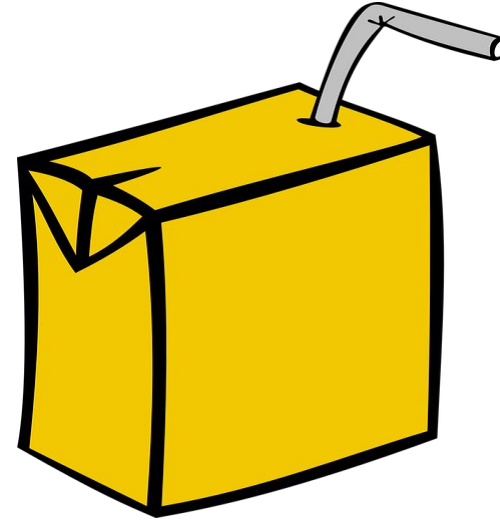


Results – Box drink consumption

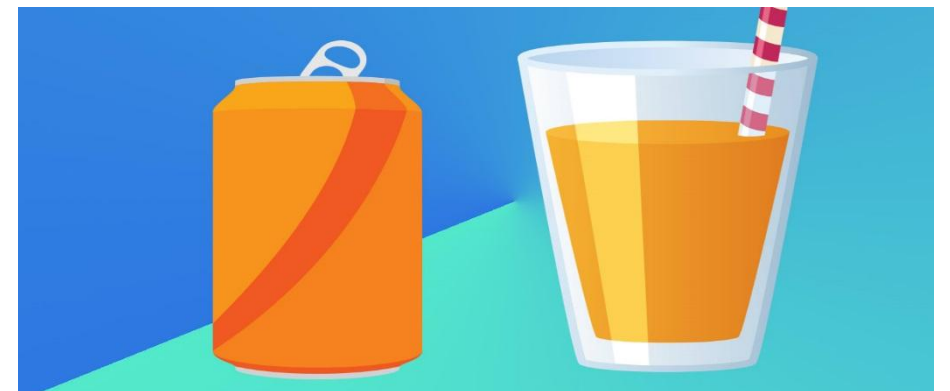
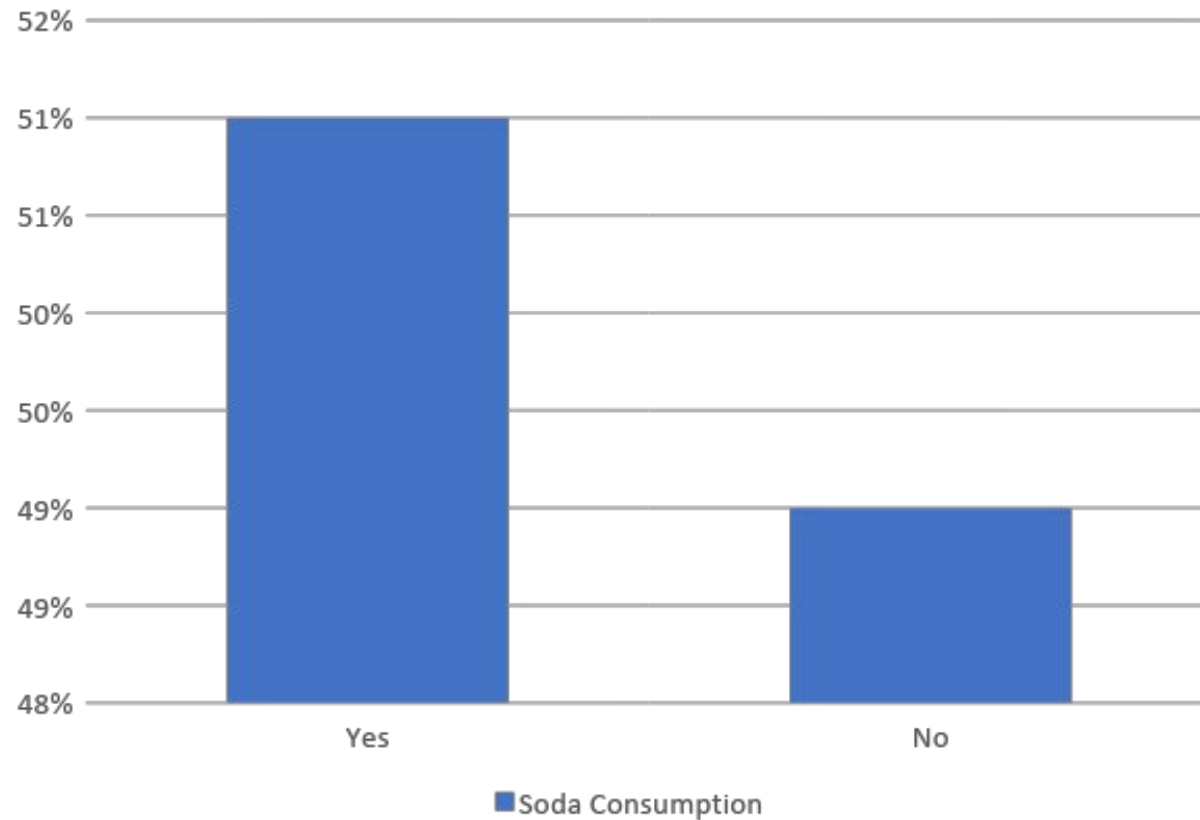
Box drink Consumption



■ Yes ■ No

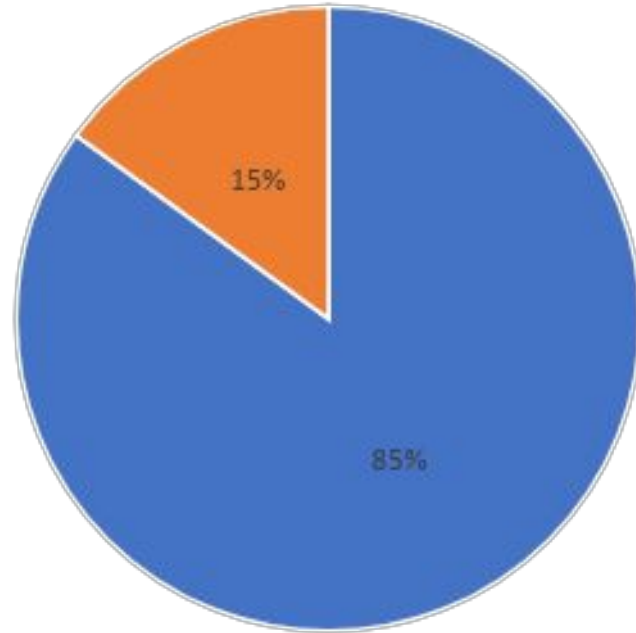


Results – Soda Consumption



Results – Sweet snacks Consumption

Sweet Snacks Consumption

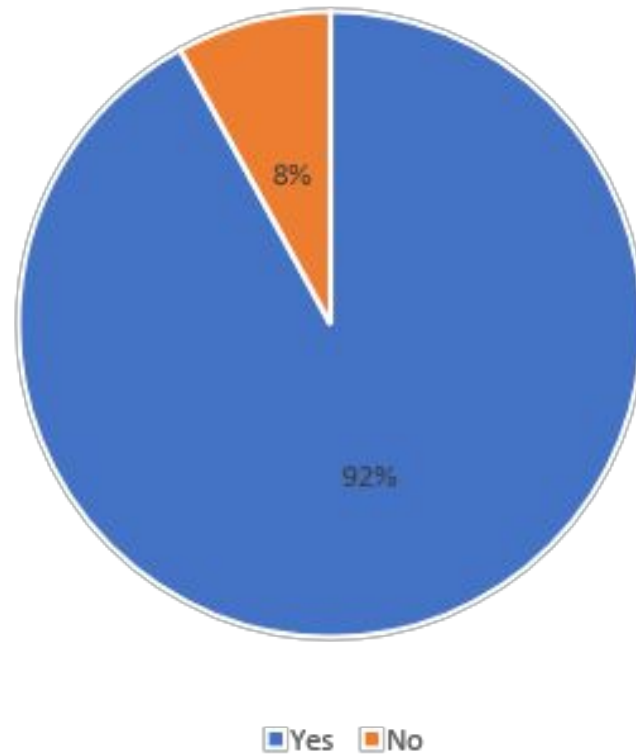


■ Yes ■ No



Results-Salty Snacks Consumption

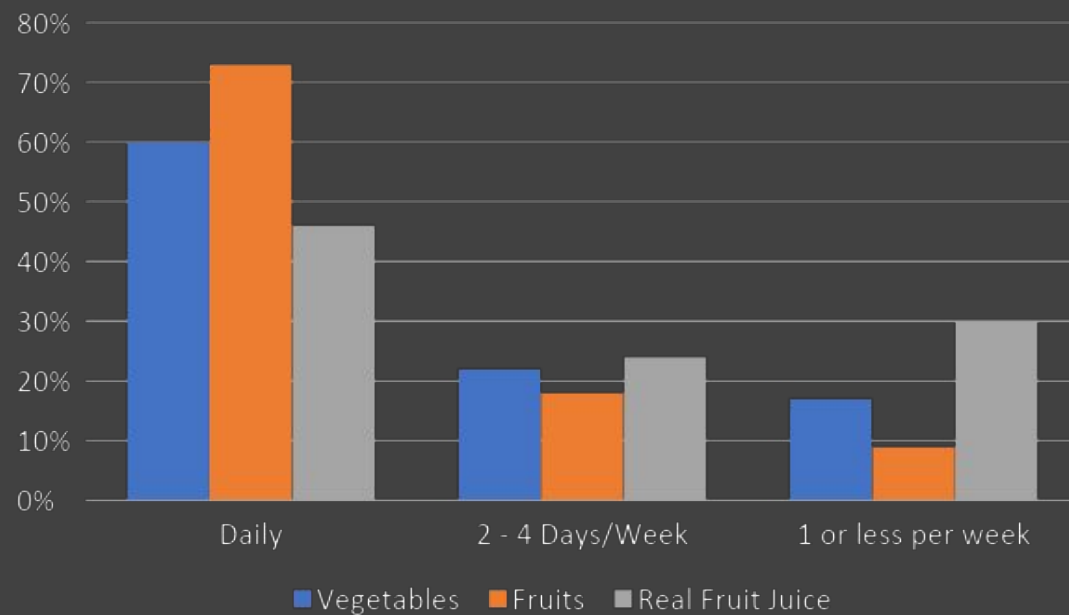
Salty Snacks Consumption



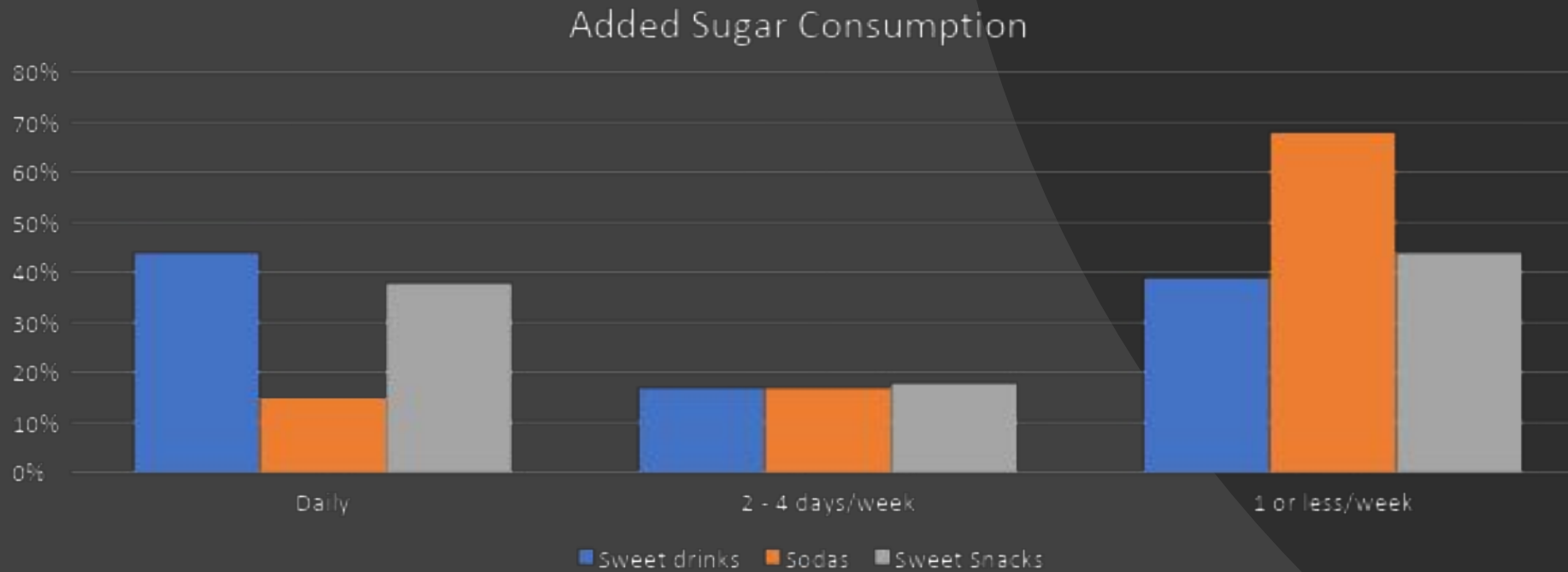


54 month olds

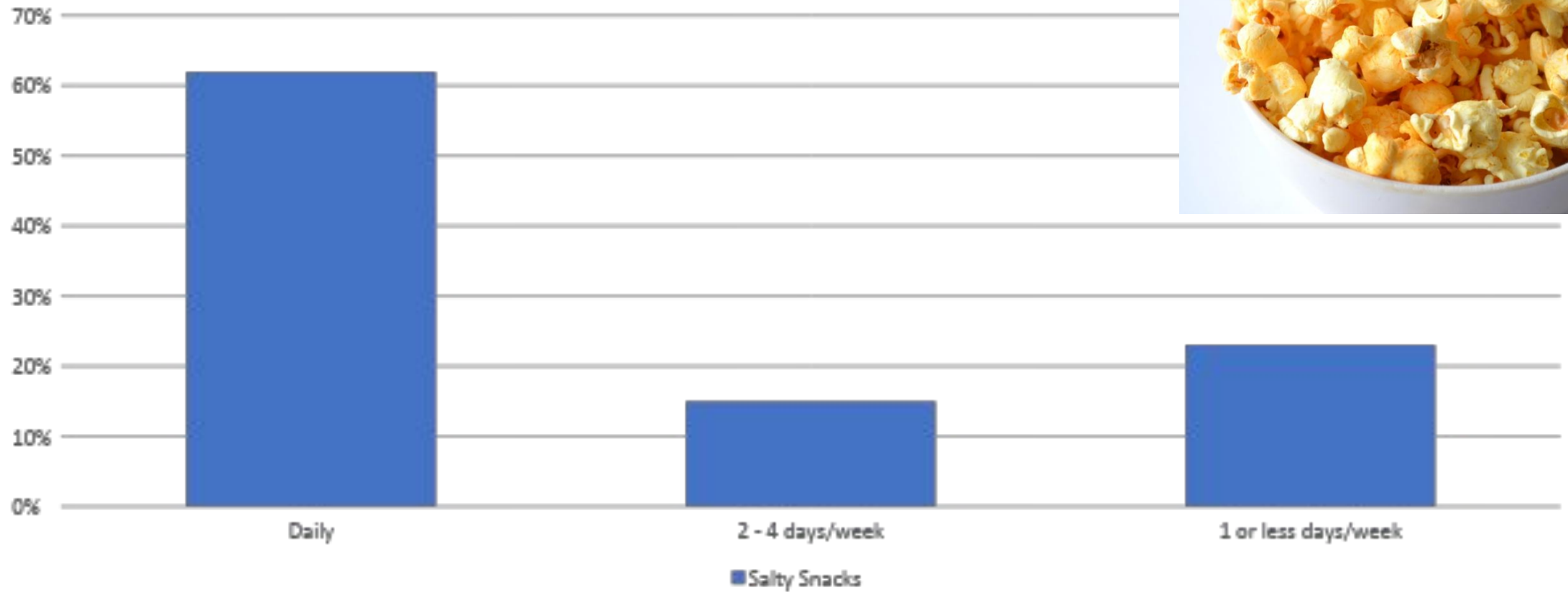
Results – Fruit and Vegetable consumption



Results – Added Sugar consumption



Results – Salty Snacks Consumption





Implications

- Fruit and Vegetable consumption among 9 months – 4 year old children is commended
- Levels of added sugar and salty snacks is of concern
- Potential for future increases in childhood and adult obesity
- Increases trends in cardiovascular diseases - hypertension

Recommendations

- Increase public messages targeting increased fruit and vegetable consumption
- Encourage:
 - home preparation of snacks - fruit, vegetables, dairy
 - cooling using water, infused water and real fruit juices

Acknowledgements

- The research team – The Jamaican Birth Cohort Study 2011
- The families who participated in the JA Kids study
- Funding agencies – The Inter-American Development Bank and the University of the West Indies, Mona Campus; World Bank, UNICEF, the CHASE Fund, the National Health Fund, Parenting Partners Caribbean, the University of Nevada – Las Vegas, the University of Texas Health Science Centre at Houston and Michigan State University and its Partners.
- Sasha-Kay Mendez, Administrative support



Thank you!

Questions/Comments