Diet in childhood: a social and behavioural perspective

Lise Dubois, Dt.P, Ph.D.
Département de médecine sociale et préventive
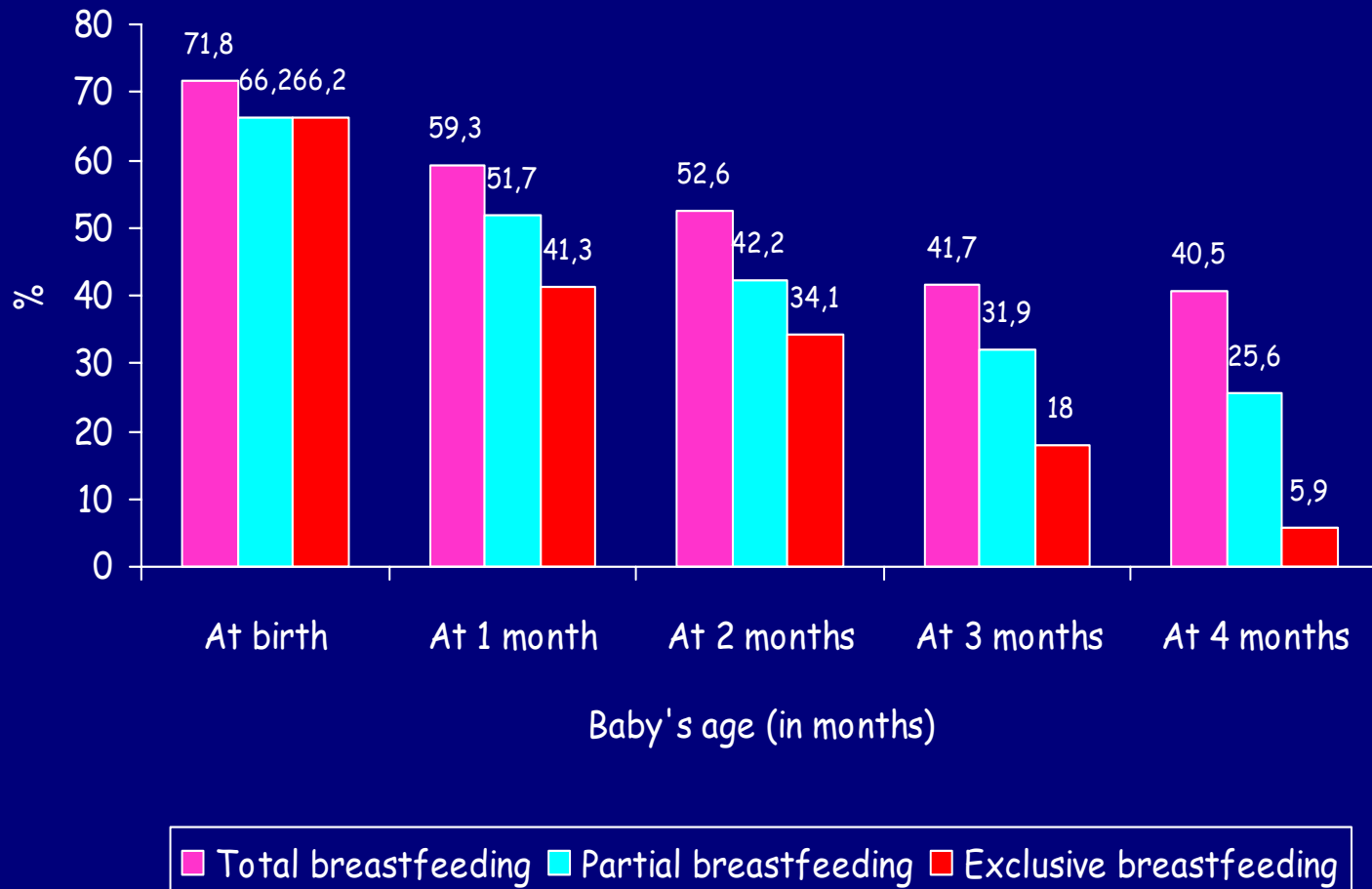**Université Laval**
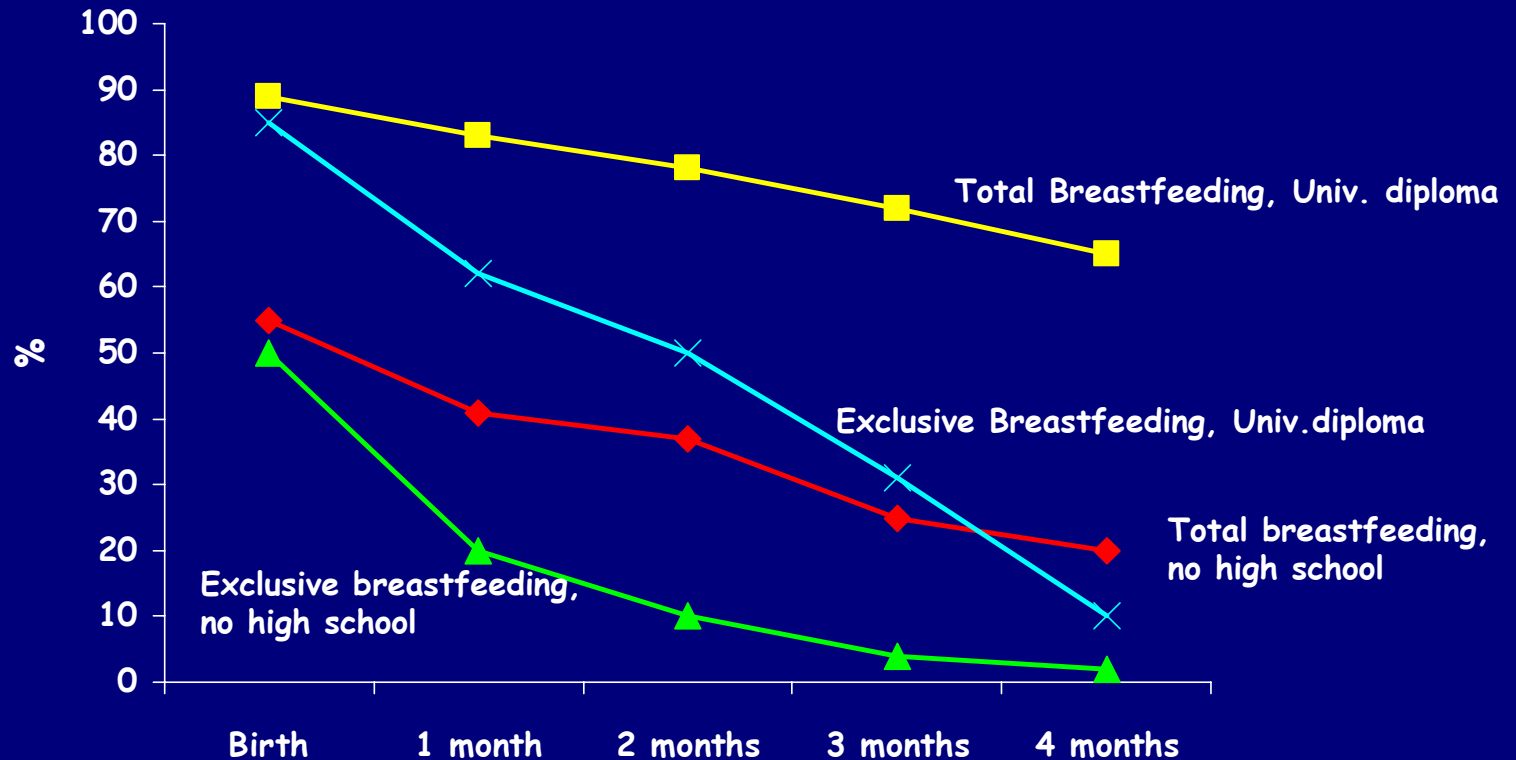**ISSBD – Ottawa - 03 août 2002**

Outline

➢ **Breastfeeding**

➢ **Eating out**

➢ **Eating behaviours**

➢ **Food groups and drinks**

➢ **Health and body weight**

# Prevalence of breastfeeding, Québec, 1998-1999

Prevalence of breastfeeding by baby's age and mother's education level, Québec, 1998-1999

Total Breastfeeding, Univ. diploma

Exclusive Breastfeeding, Univ.diploma

Total breastfeeding, no high school

Exclusive breastfeeding, no high school

Proportion of children being breastfed, receiving artificial formulas, complementary food, lumpy food, and cows' milk during the first 16 months of life, Québec, 1998-1999
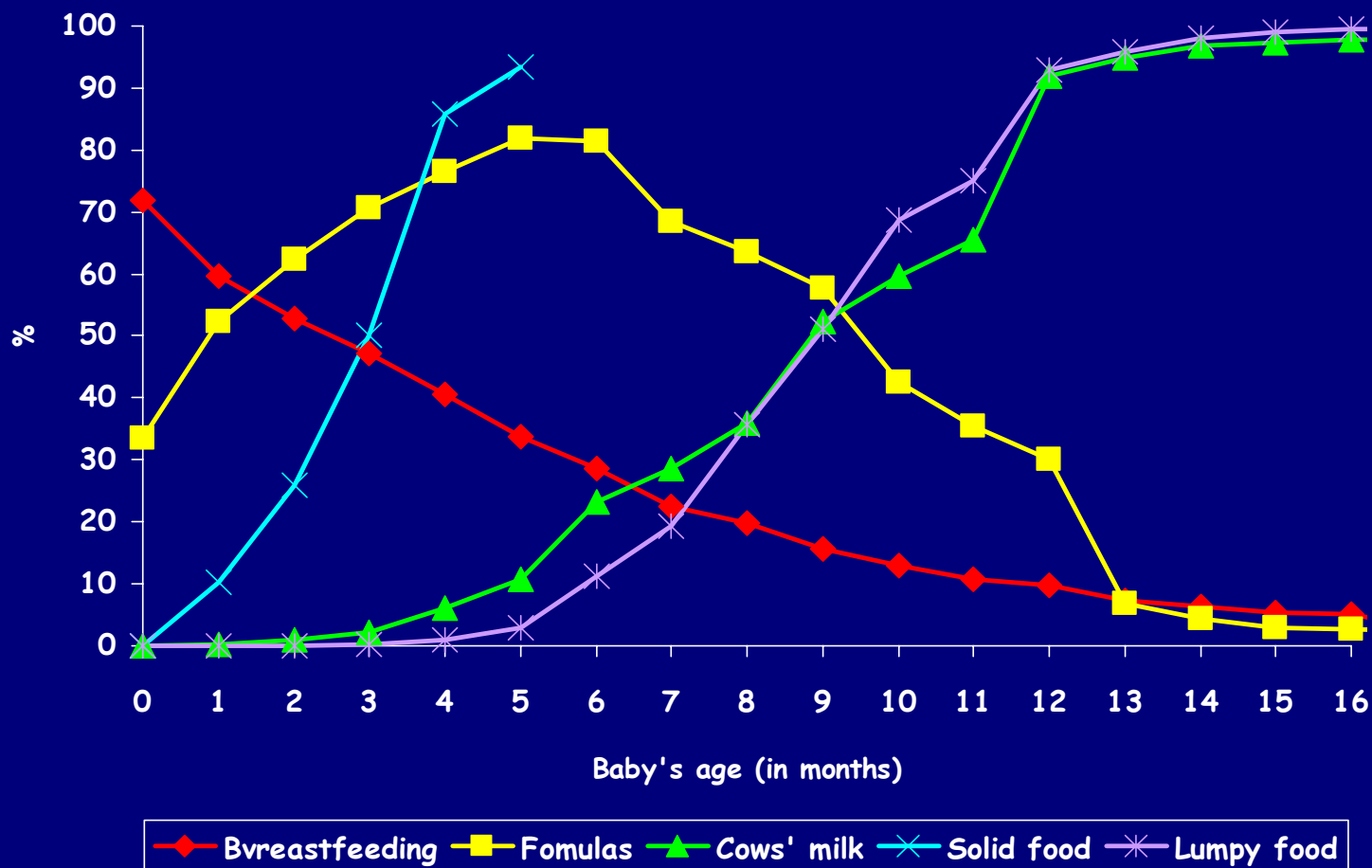
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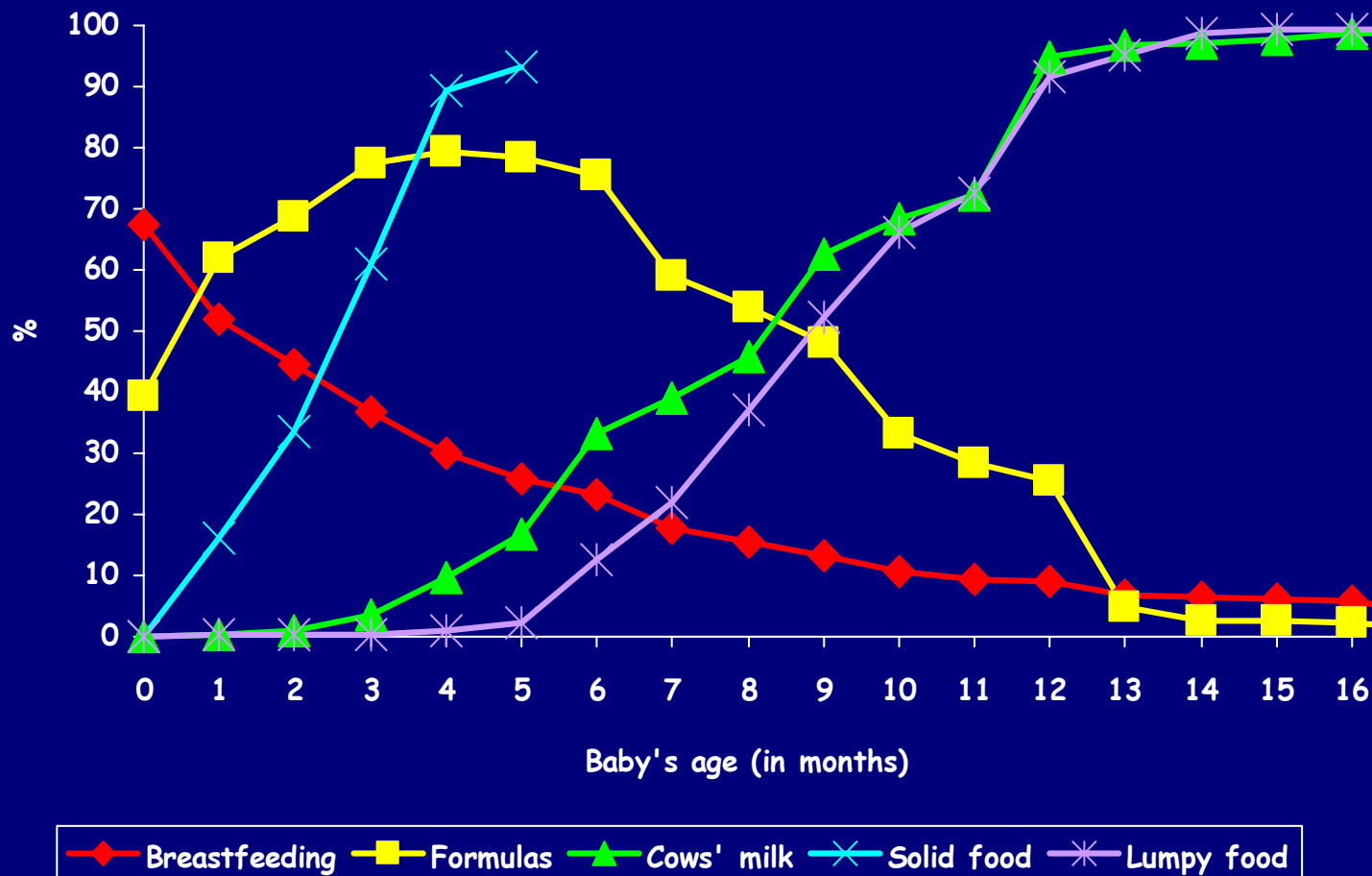
Proportion of children being breastfed, receiving artificial formulas, complementary food, lumpy food, and cows' milk during the first 16 months of life, by very low socioeconomic status, Québec, 1998-1999
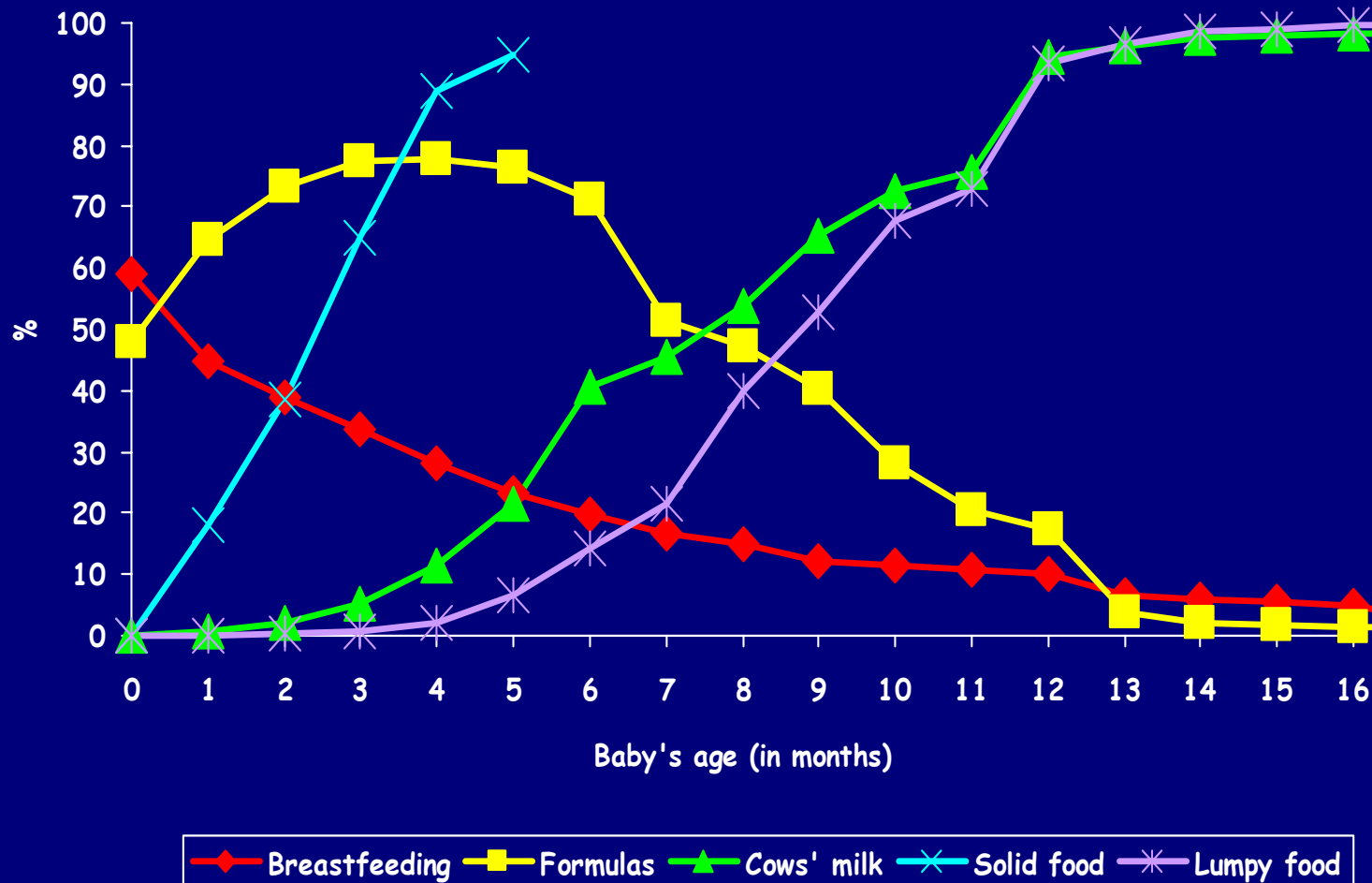
Baby's age (in months)

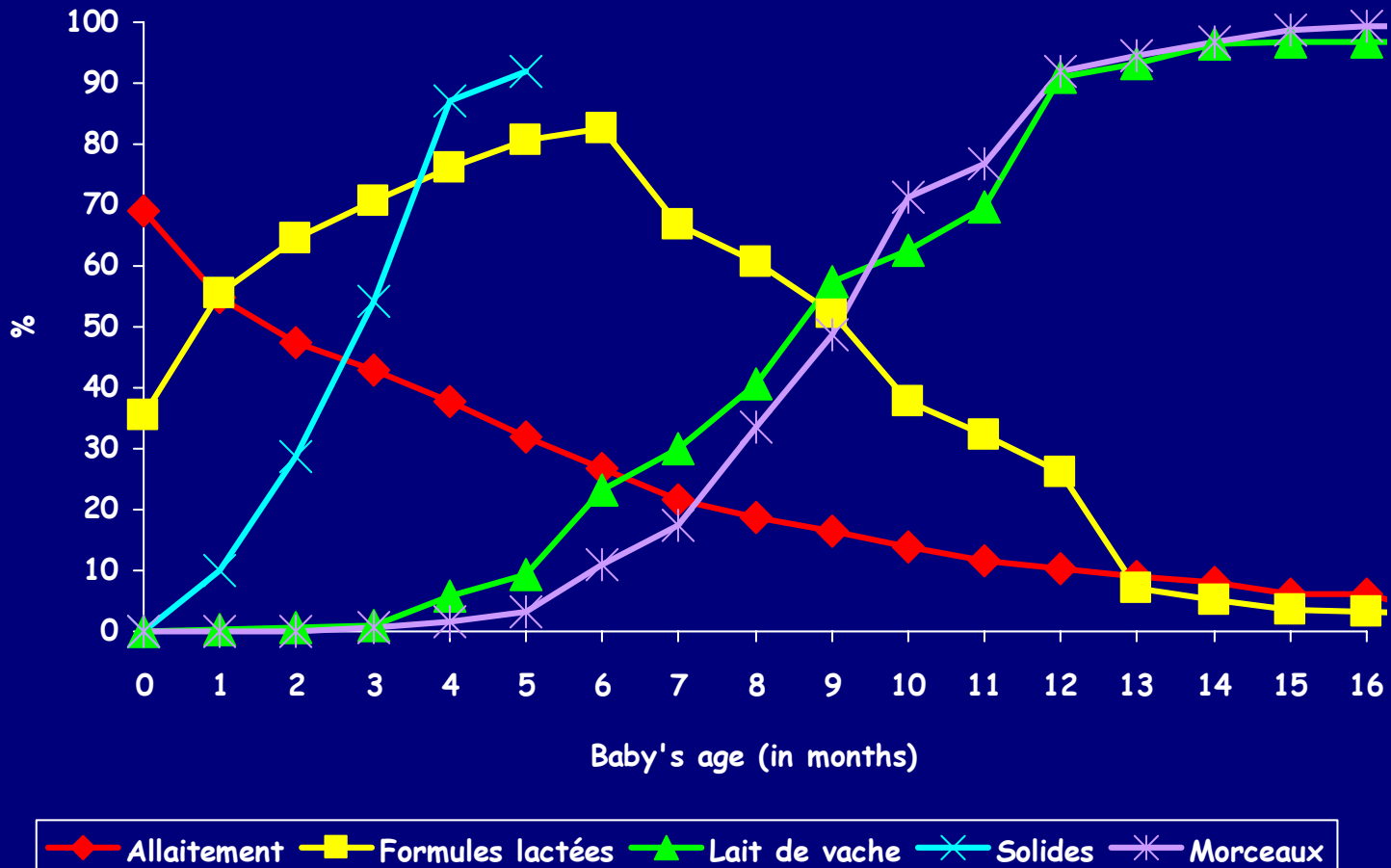Breastfeeding — Formulas — Cows' milk — Solid food — Lumpy food

Proportion of children being breastfed, receiving artificial formulas, complementary food, lumpy food, and cows' milk during the first 16 months of life, by low socioeconomic status, Québec, 1998-1999
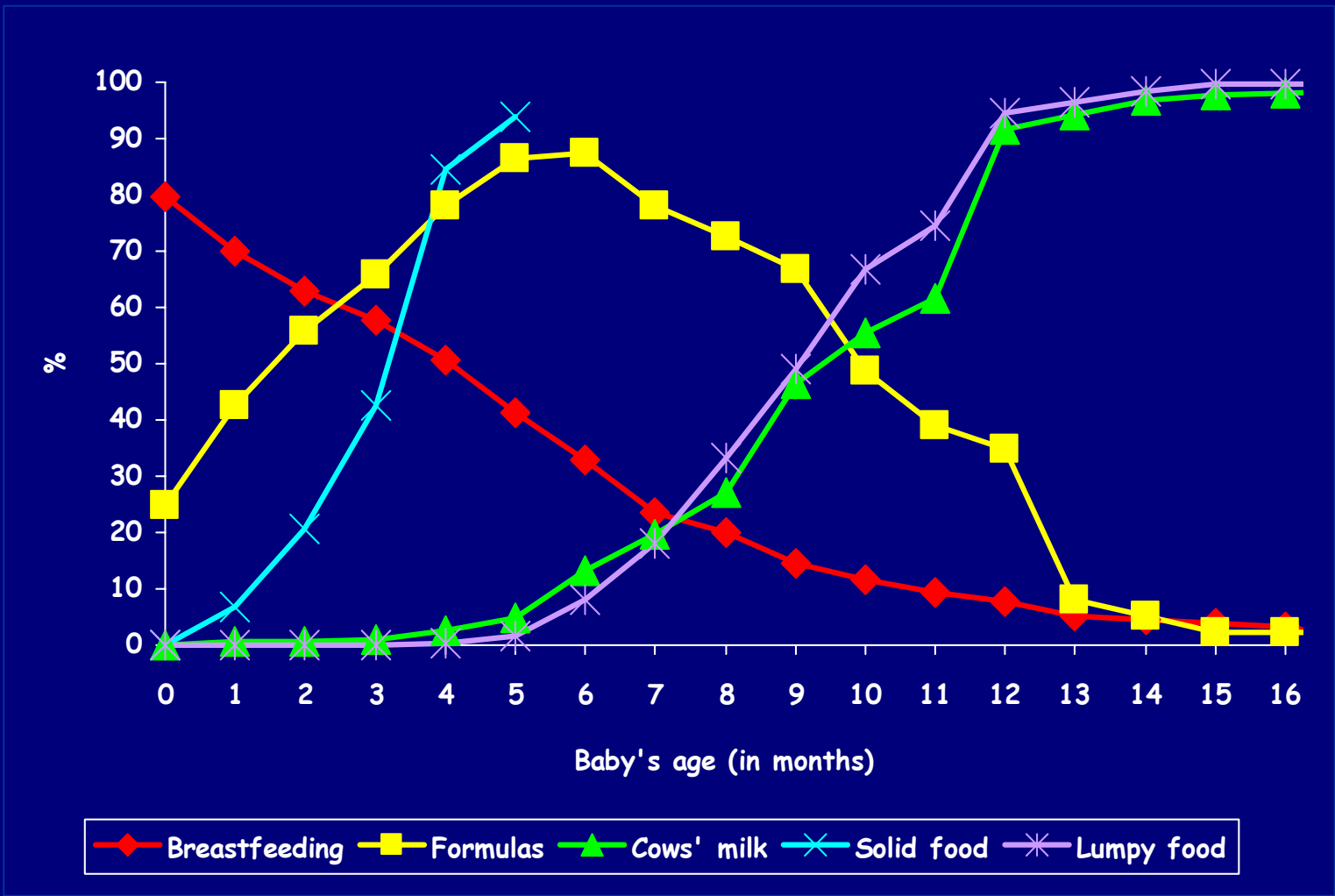
Proportion of children being breastfed, receiving artificial formulas, complementary food, lumpy food, and cows' milk during the first 16 months of life, by middle socioeconomic status, Québec, 1998-1999

Legend: Allaitement — Formules lactées — Lait de vache — Solides — Morceaux

X-axis: Baby's age (in months)

Y-axis: %

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Proportion of children being breastfed, receiving artificial formulas, complementary food, lumpy food, and cows' milk during the first 16 months of life, by high socioeconomic status, Québec, 1998-1999
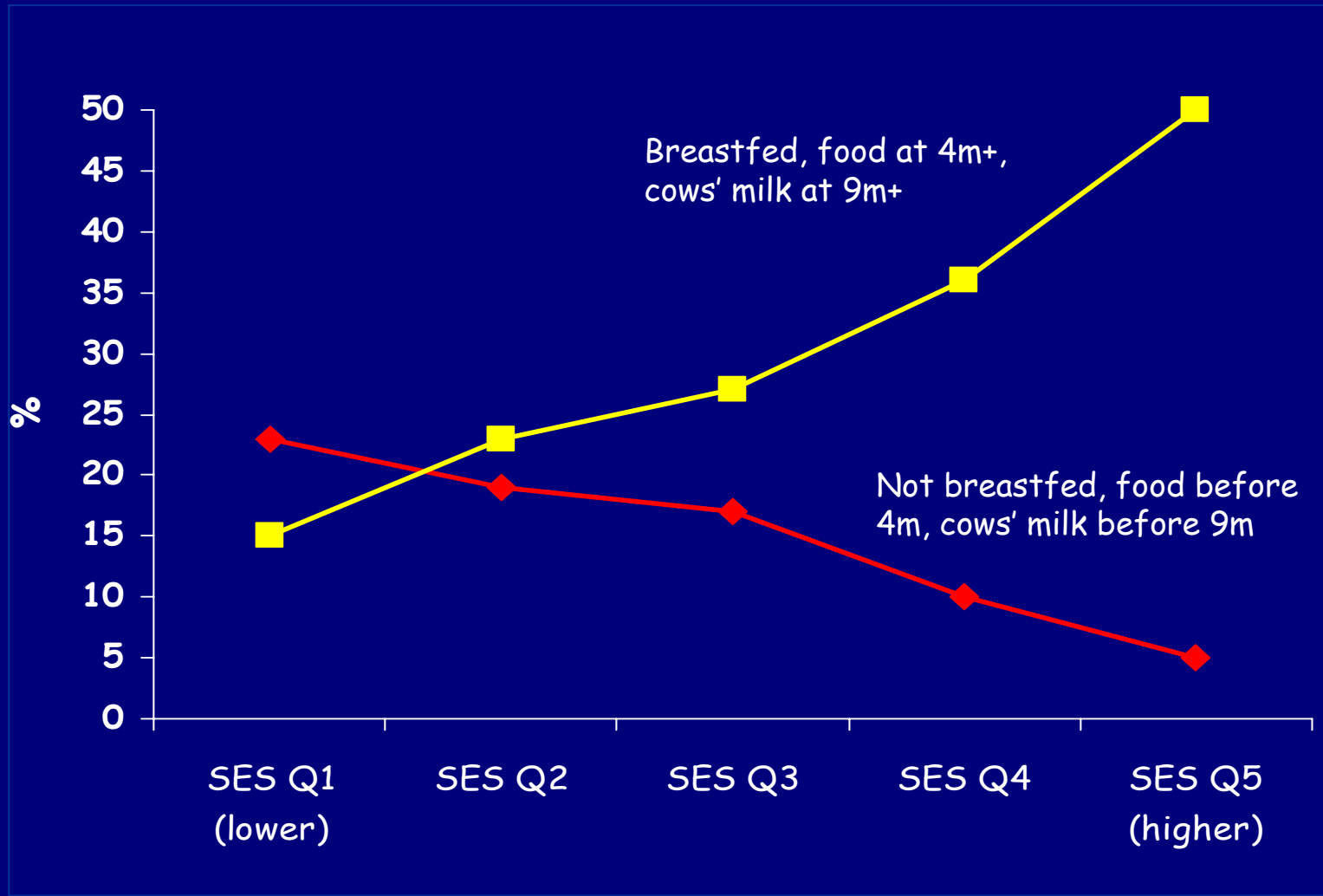
Proportion of children being breastfed, receiving artificial formulas, complementary food, lumpy food, and cows' milk during the first 16 months of life, by very high socioeconomic status, Québec, 1998-1999

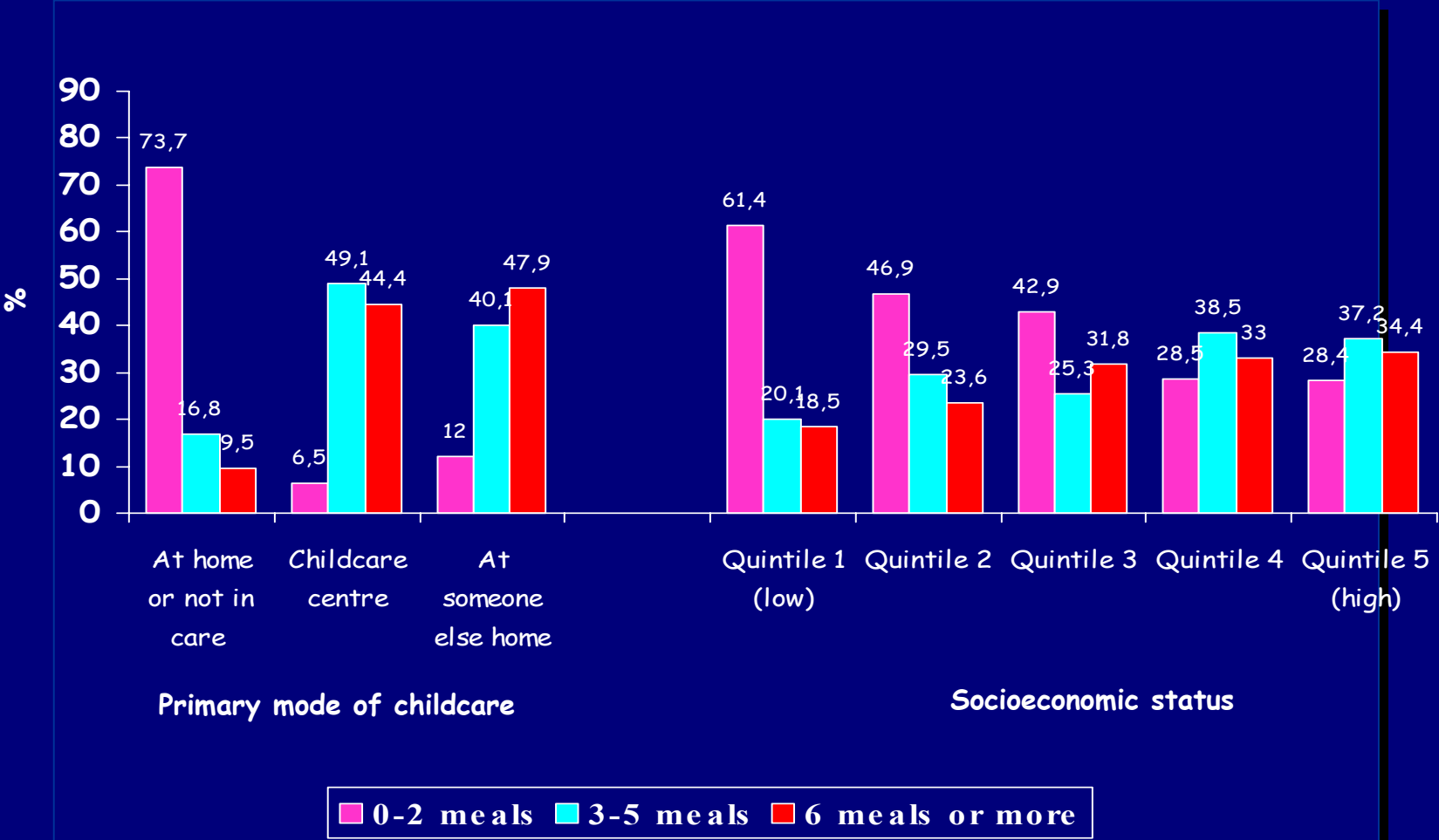©Lise Dubois, Département de médecine sociale et préventive, Université Laval, 2001.
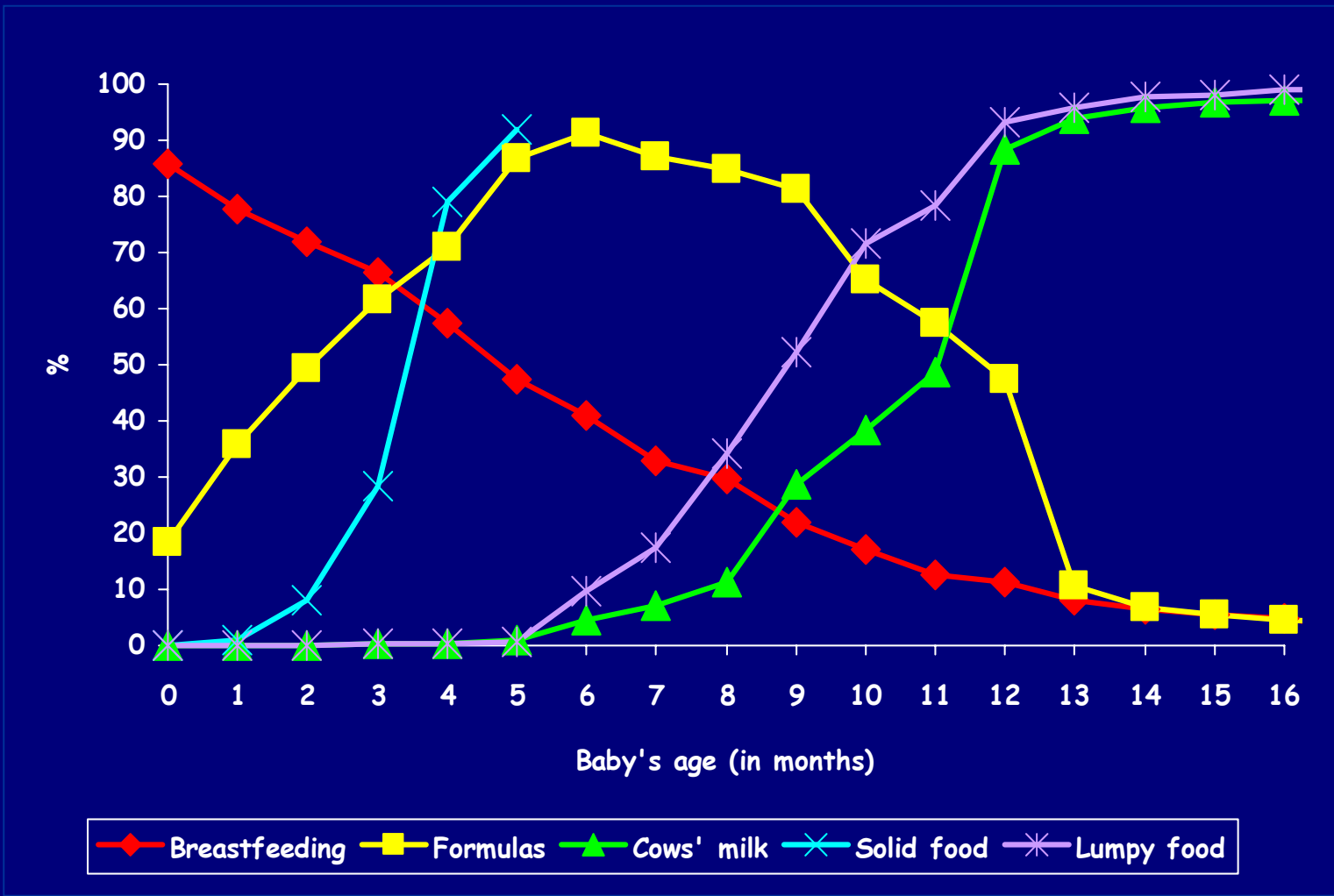
Proportion of children of each socioeconomic status category being fed or not in accordance with 3 recommendations, Québec, 1998, 1999

Breastfed, food at 4m+, cows' milk at 9m+

Not breastfed, food before 4m, cows' milk before 9m

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Distribution of children about 29 months of age by the number of meals consumed outside the home during the 7 days preceding the survey, Québec, 2000


From 3 to 5 meals
30%

6 meals or more
28%

From 0 to 2 meals
42%
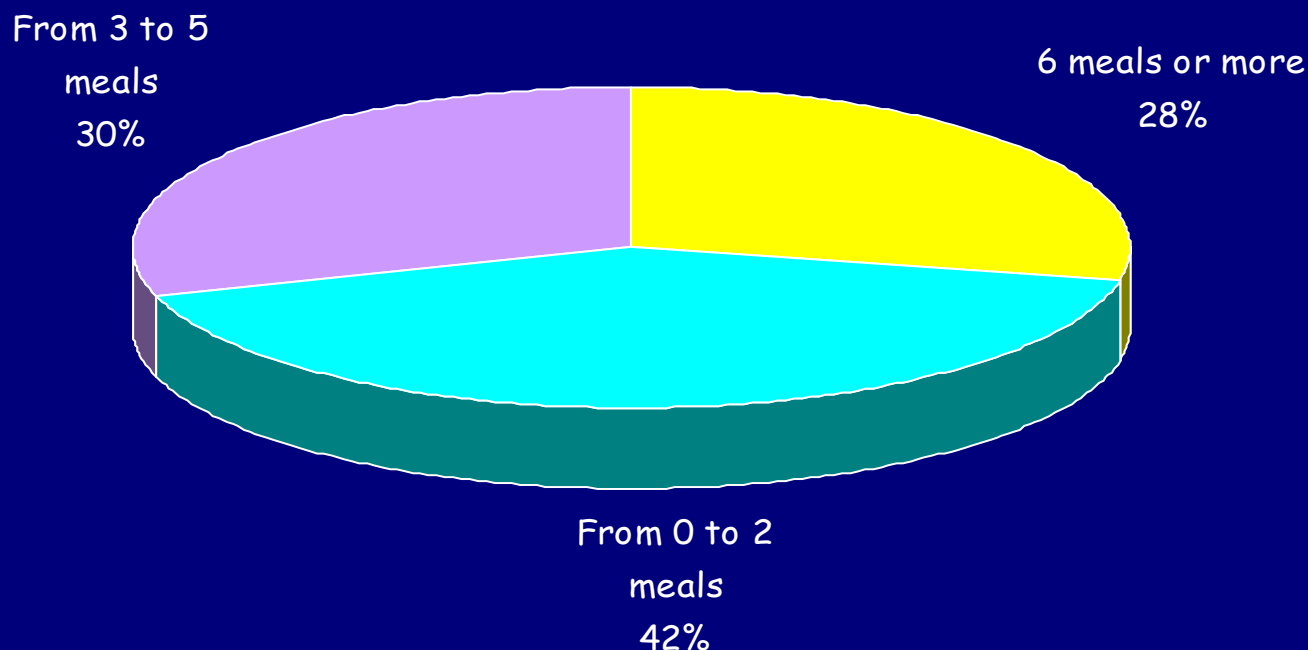
Distribution of children about 29 months of age by number of meals eaten outide the home (last week), primary mode of childcare, and family socioeconomic status, Québec, 2000

Proportion of children about 29 months of age having certain eating behaviours by primary mode of childcare and family socioeconomic status, Québec, 2000

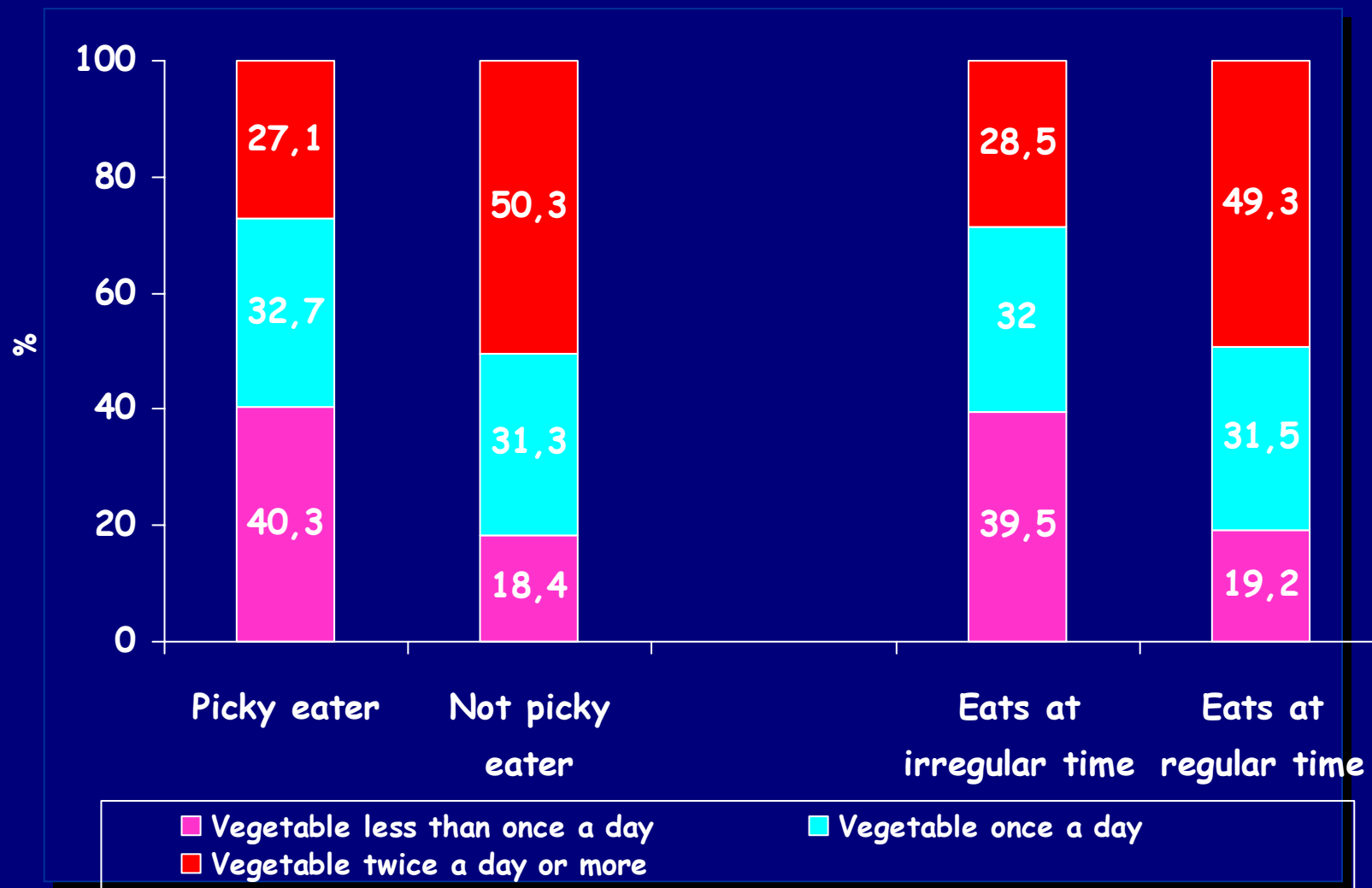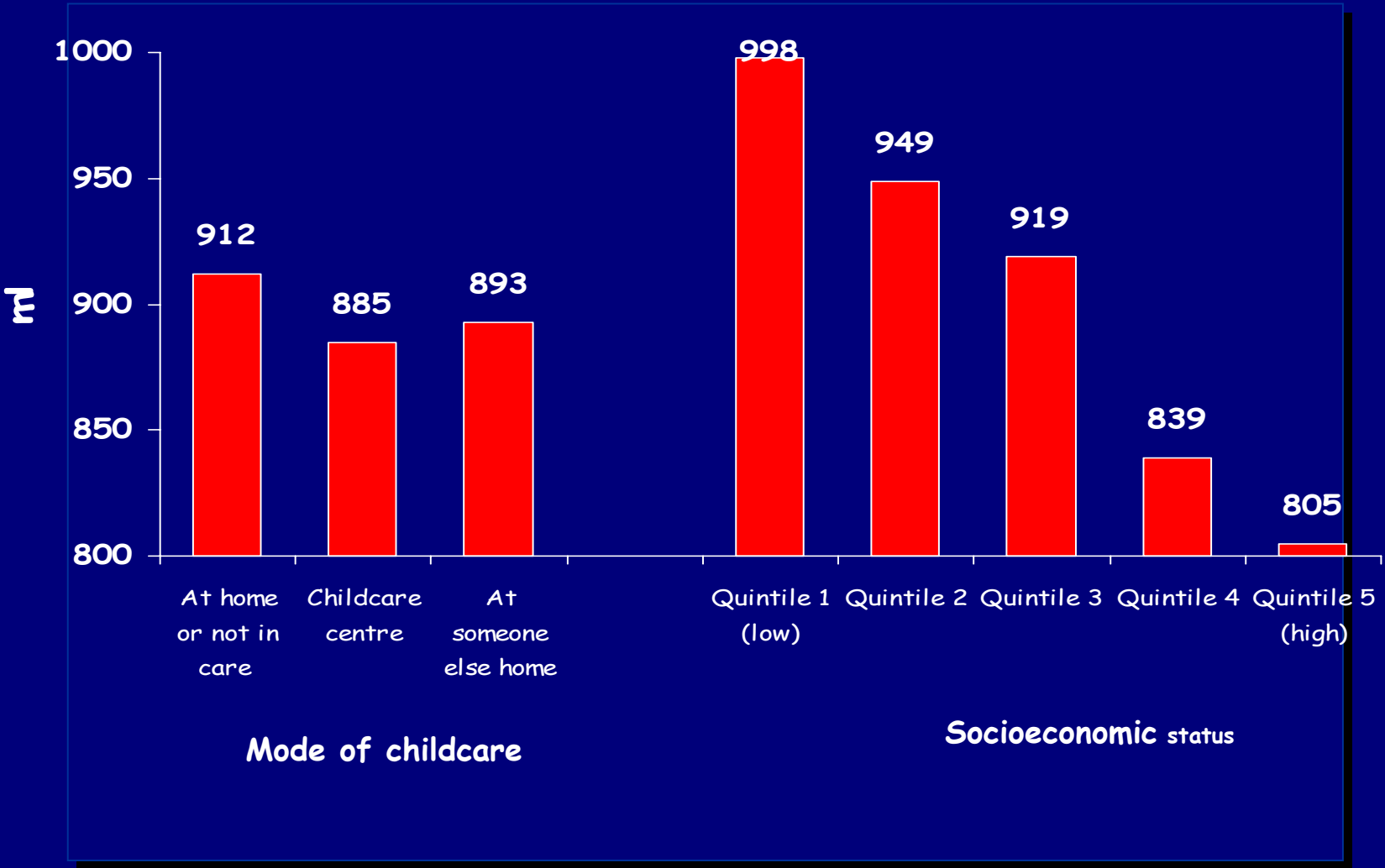©Lise Dubois, Département de médecine sociale et préventive, Université Laval, 2001.
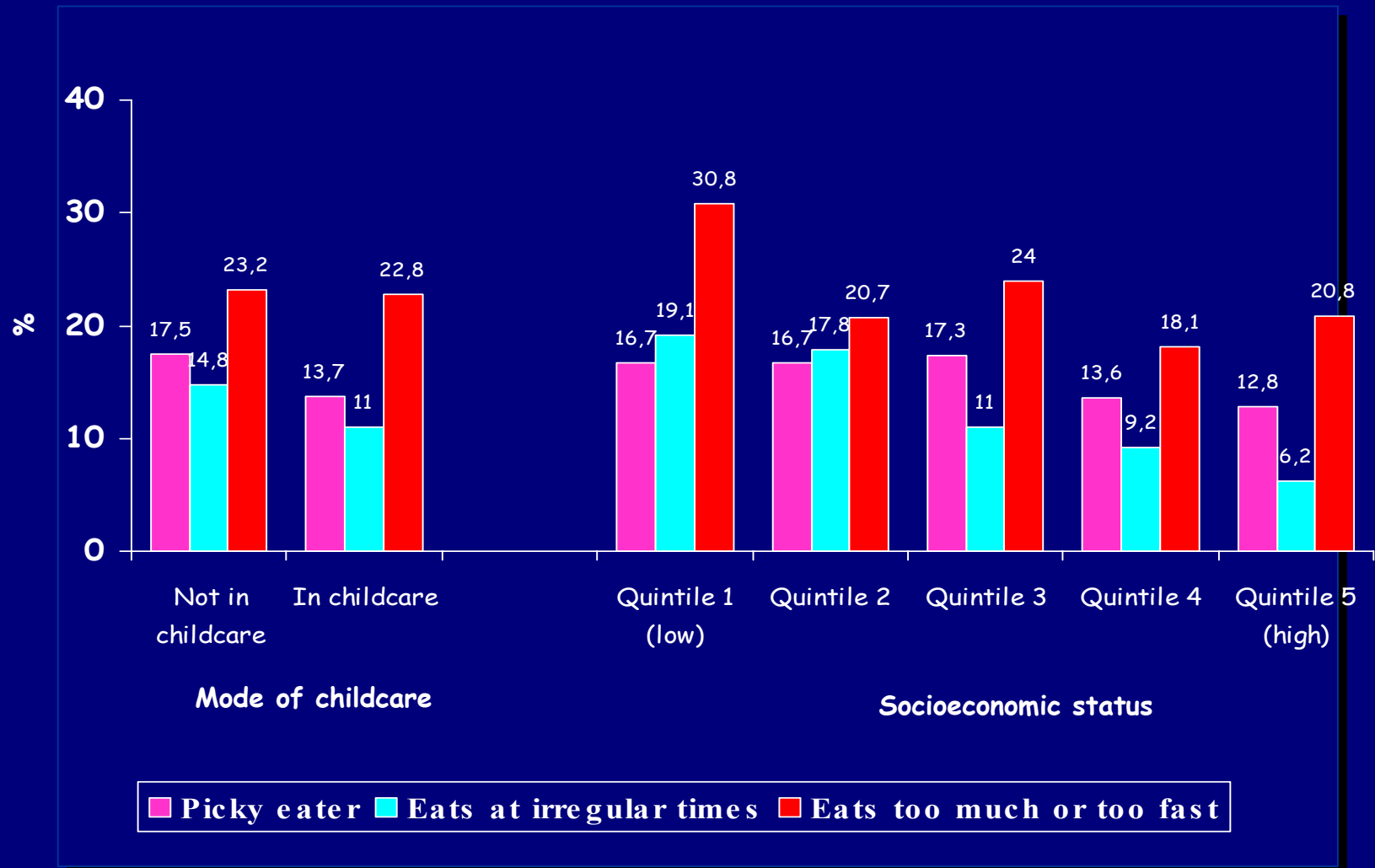
Proportion of children (1,5 y) eating less than once a day fruits and vegetable and more than once a day fat and sweet, by family socioeconomic status, Québec, 1999
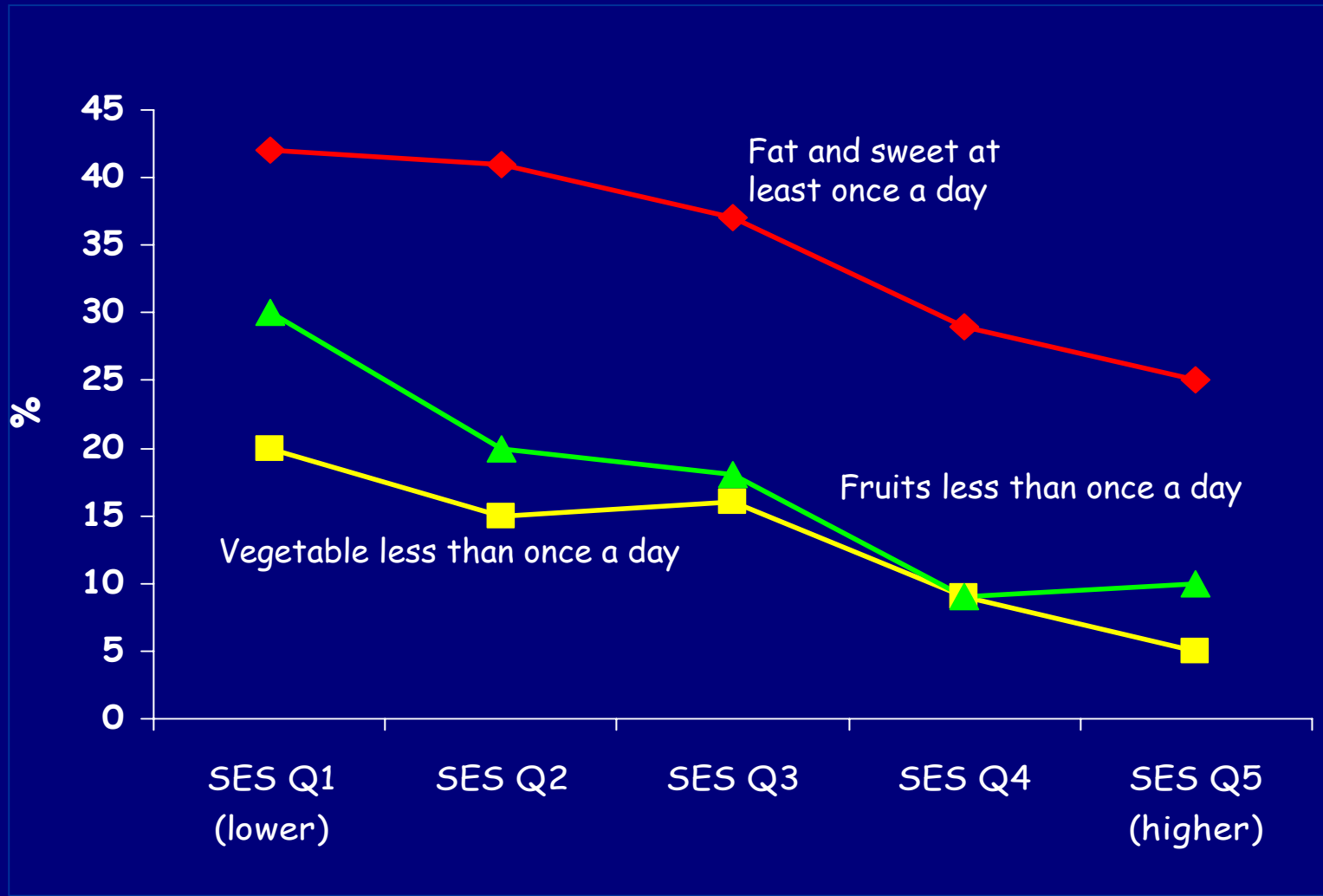
Distribution of children about 29 months of age by frequency of consumption of vegetables and certain eating behaviours, Québec, 2000

%

	Picky eater	Not picky eater	Eats at irregular time	Eats at regular time
Vegetable twice a day or more	27,1	50,3	28,5	49,3
Vegetable once a day	32,7	31,3	32	31,5
Vegetable less than once a day	40,3	18,4	39,5	19,2

■ Vegetable less than once a day ■ Vegetable once a day
■ Vegetable twice a day or more

Mean daily consumption of total liquid (milk and fruit juice/drinks) among children about 17 months of age, by primary mode of childcare and family socioeconomic status, Québec, 1999

ml

Mode of childcare				Socioeconomic status				
At home or not in care	Childcare centre	At someone else home		Quintile 1 (low)	Quintile 2	Quintile 3	Quintile 4	Quintile 5 (high)
912	885	893		998	949	919	839	805

Daily average consumption of fruit juices/fruit drinks by children 17 months of age by frequency of consumption, for various food groups, Québec, 1999

Frequency of consumption

■ Less than once a day ■ Once a day ■ Twice a day or more
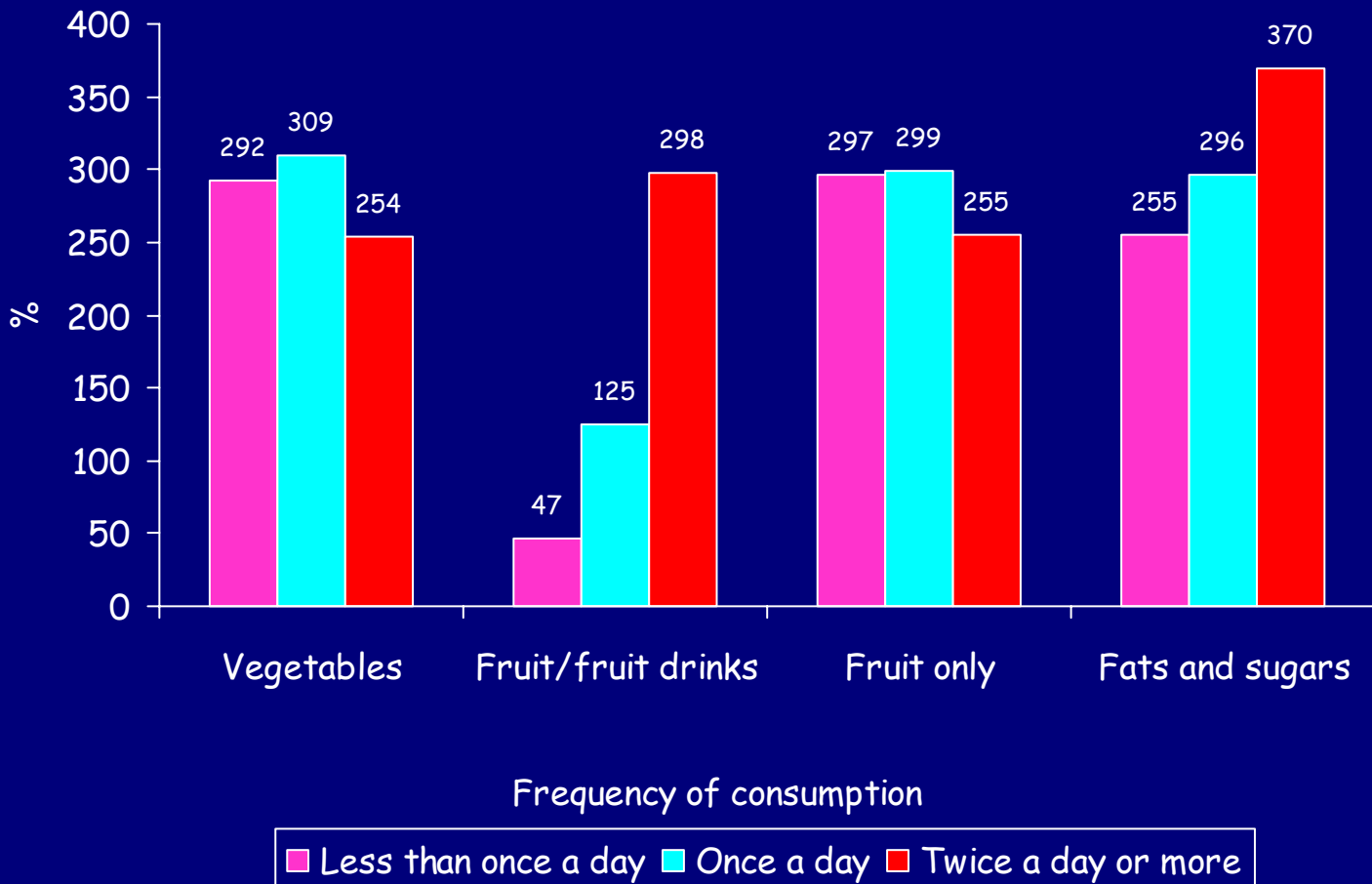
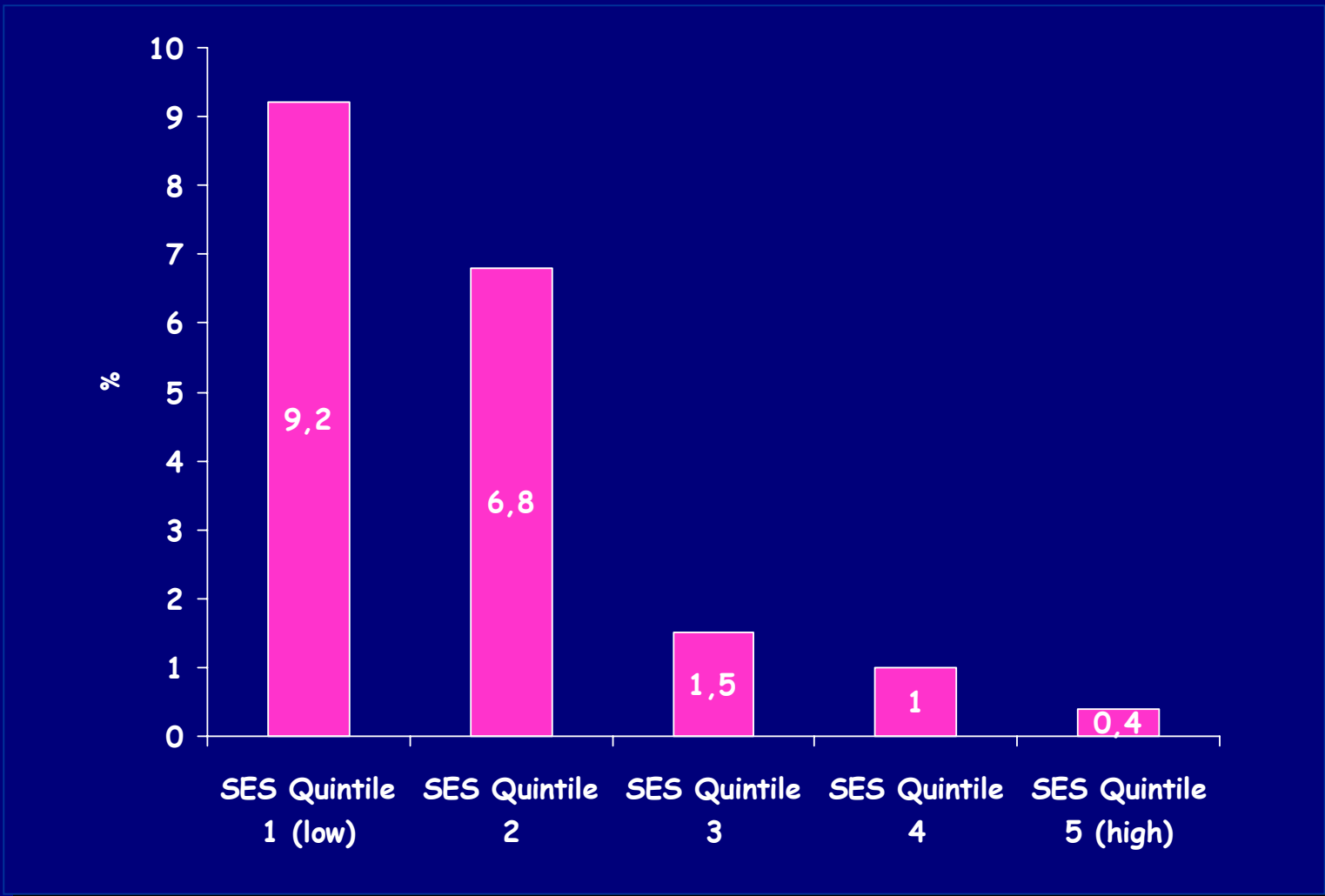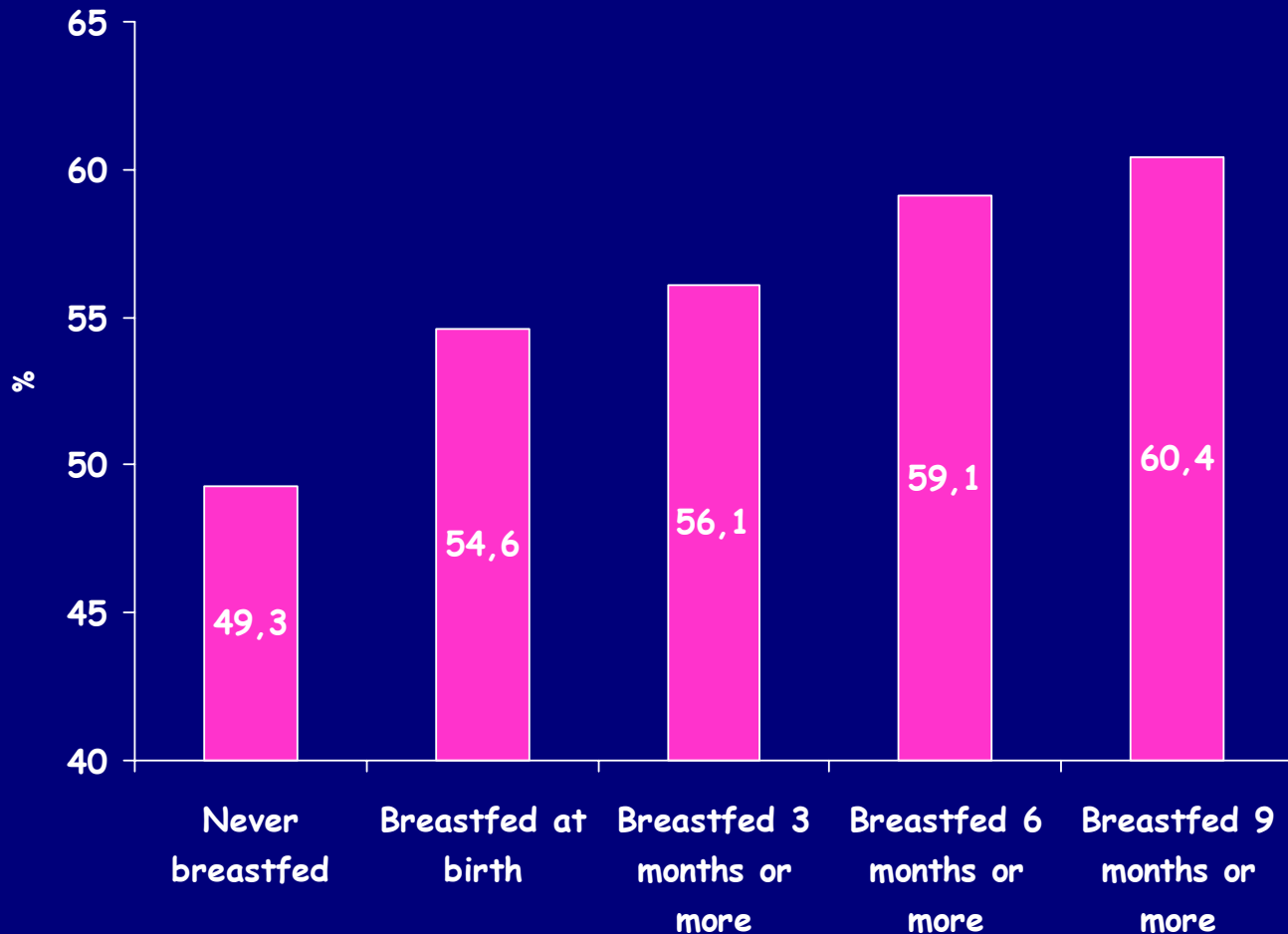Proportion of children about 29 months of age taking once a day or more soft drinks and fruit drinks, by primary mode of childcare and family socioeconomic status, Québec, 2000

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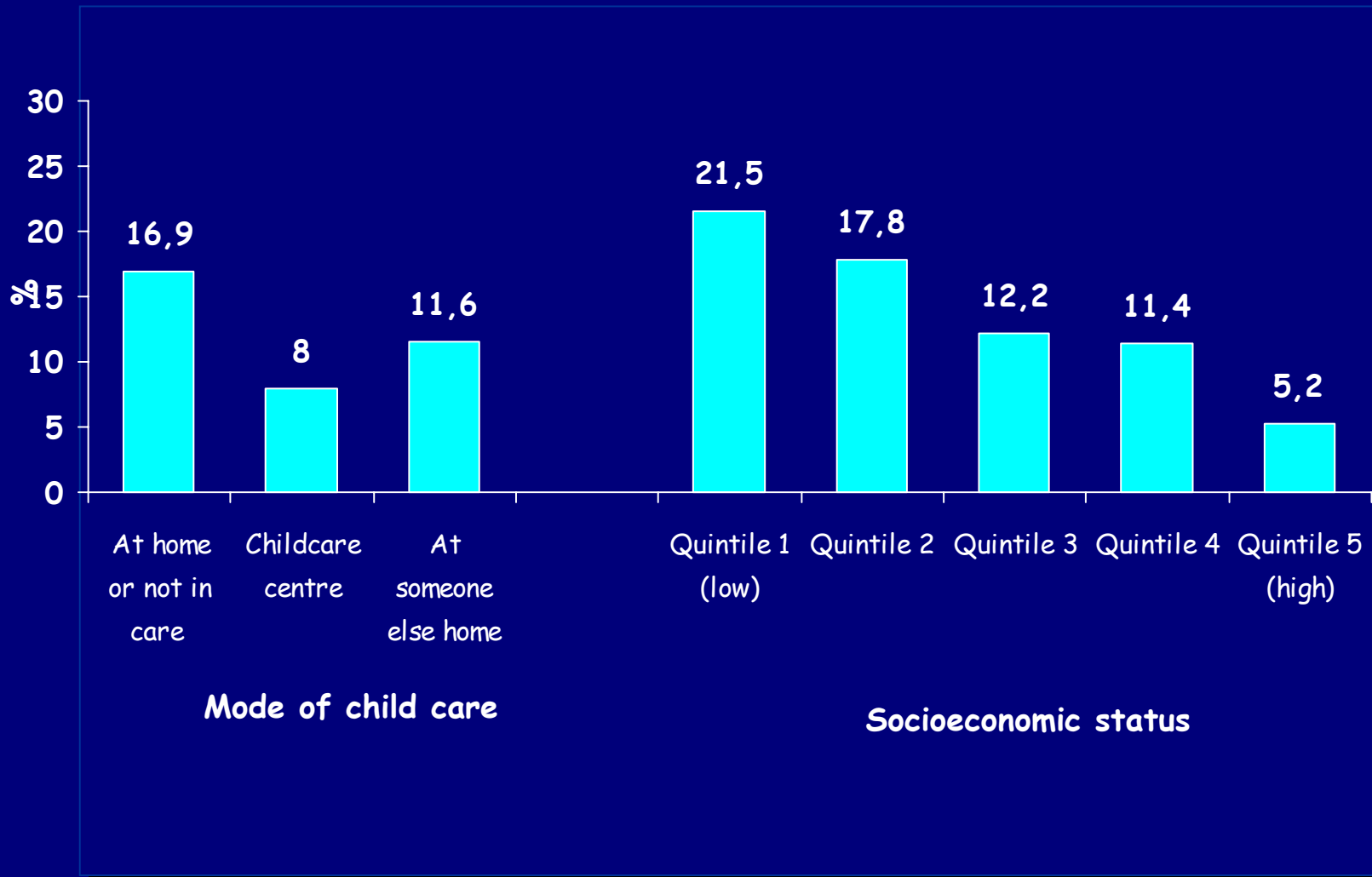
Proportion of children about 17 months of age living in families that have known food insecurity at some point after child's birth, by family socioeconomic status, Québec, 1999

Distribution of children about 29 months of age having received no antibiotic treatments during the 3 months before the survey, and various breastfeeding durations, Québec, 1998, 1999, 2000

%

49,3	54,6	56,1	59,1	60,4
Never breastfed	Breastfed at birth	Breastfed 3 months or more	Breastfed 6 months or more	Breastfed 9 months or more

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Proportion of underweight children about 29 months of age, by family socioeconomic status, Québec, 2000

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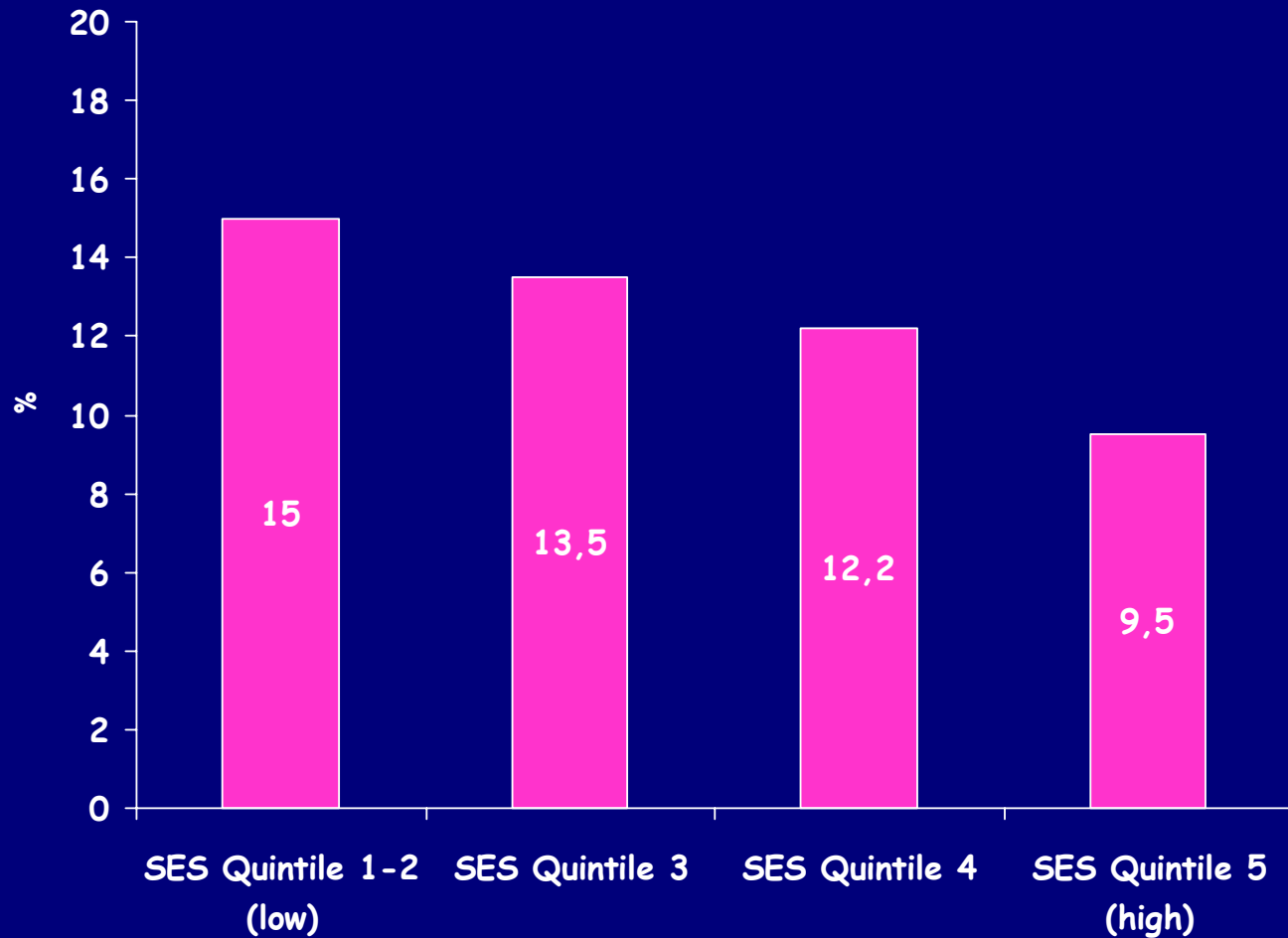
Daily average consumption of milk and fruit juices/drinks by children 17 months of age by child weight status at about 29 months of age, Québec, 1999, 2000

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