

# *Developing Positive Eating Habits: a practical approach to sharing responsibility*

## *Infant & Toddler Forum Study Day*

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[www.littlepeoplesplates.co.uk](http://www.littlepeoplesplates.co.uk)



Feeding the under 3s  
the food they need



Practical help and information  
on nutrition and development

# Housekeeping

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- Fire exits
- Toilets
- Mobile phones
- This meeting is being recorded to capture the highlights – the recording will not be used for external or promotional purposes
- Please feel free to ask questions – please speak directly into microphone, stating your name occupation and where you are from

# Using the keypad to vote...



- > When instructed, press the number button(s) that correspond with your selected answer
- > Check your response in the display screen on the keypad
- > There is no enter key required
- > If you want to change your response, use the 'c' key to clear and enter your new answer

KEYPADS ARE ONLY ACTIVE TO VOTE WHILE THE PROMPT IS ON SCREEN

# Programme

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## Registration

Welcome and Introductions

Early years intervention – a shared political responsibility

What are toddlers eating and where?

Coffee

Behaviour and feeding: Influencing the development of healthy eating habits

Lunch

What should guide feeding choices for toddlers? Introducing Ten Steps for Healthy Toddlers

Using Ten Steps for Healthy Toddlers in practice

Panel discussion

Summary

Close

*How we are fed and what we eat  
impacts on how  
we grow in early life.*

*This may in turn  
impact on our health in  
adulthood.*

# A window of opportunity

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- The foods that toddlers learn to like in early years can help shape food habits in later life
- It seems the younger we begin to eat certain foods the more likely we are to continue eating them

Berensen et al. 1998

**Vitamin D**

**Zinc**

**Fibre**

**Iron**

**Sugar**

**Rickets**

**Constipation**

**Obesity**

**Brain function**

**Caries**

# Obesity

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- Almost a fifth of 2-5 year olds are now obese
  - Further 14% are overweight
- If current trend continues, by 2050, an estimated 25% of children under 16 in the UK will be clinically obese
- Most of the excess weight is gained before the child reaches school age



# Too Much!

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Third of daily calories from sugar

ALSPAC 2000

# Dental Caries

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By the time they are five years old, over 30 per cent of children in the UK have dental decay.

# Vitamin D Deficiency

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- Prevalence increasing
- 20-40% Asians deficient
- Only 20% toddlers given supplements

(SACN 2007, Lawson 1999, NDNS 1995, ALSPAC data: Cowin et al. 2000 )

# Iron Deficiency



Common:

- 17% anaemic
- 84% inadequate intake

Difficult to diagnose

NDNS 1995, ALSPAC 2000

# Iron Deficiency....



Why is it important...?

Long term developmental scores and school performance can be affected.

Grantham-McGregor et al. 2001

# Why this challenge is a shared responsibility?

# Lack of Information

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A recent poll suggests\*

- Over one third of parents are confused about or unaware of how toddlers' nutritional needs differ from those of adults
- 77% of parents have never received clear advice about portion sizes for toddlers
- 58% of parents have never received advice on how often toddlers should eat
- 44% of parents have never received information or advice about what types of foods to feed their toddlers

\*Who's feeding your toddler survey, Infant and Toddler Forum 2010

# Guidelines

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A key outcome for health and child care professionals is the prevention of obesity and the promotion of health-enhancing behaviour for every child, such as eating a well balanced diet, playing actively...

The Healthy Child Programme two year review



# Concerns about the quality of food in England's nurseries



***School Food Trust 2010***

# A shared responsibility



## Way forward...

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Consistent, simple and sound  
advice that can be applied  
everywhere toddlers are fed



Grab your  
voting pads...