Developing Positive Eating Habits: a practical approach to sharing responsibility

Infant & Toddler Forum Study Day

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Housekeeping

- 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

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

 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

Rickets

Constipation

Obesity

Iron

Brain function

Sugar

Caries





Obesity

- 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!







Third of daily calories from sugar

ALSPAC 2000





Dental Caries



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





Vitamin D Deficiency

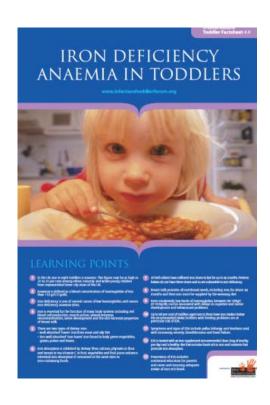
- Prevalence increasing
- 20-40% Asians deficient
- Only 20% toddlers given supplements

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





Iron Deficiency



Common:

- 17% anaemic
- 84% inadequate intake

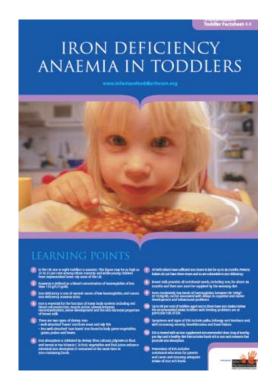
Difficult to diagnose

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

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





Guidelines

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...

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







Grab your voting pads...



