

Social Determinants of Health: Developmental Importance of Proper Nutrition in Children

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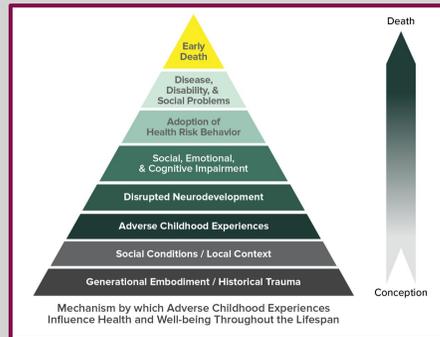
Background:

- A healthy and balanced diet should consist of different types of vegetables and fruits, whole grains, low-fat dairy products, oils and a variety of protein foods (CDC, 2021).
- Unfortunately, children on average are not getting a balanced diet.
- Having a healthy diet can help someone maintain a healthy body weight, receive the right nutrients, and decrease the chance of contracting chronic health conditions such as Heart Disease and Diabetes 2 (CDC, 2021).
- Empty calories on average account for 40 % of daily calories for kids aged 2-18 (CDC, 2021).
- Between 2001-2010 consumption of sugary beverages decreased (CDC, 2021).
- Eating a healthy breakfast is connected with improved memory, reduced absenteeism, and a better mood (CDC, 2021).

PICO Question:

What are the social and community determinants that contribute to nutrition in children?

Significance:



-This graphic demonstrates the adverse childhood experiences through their environments of family, school, demographic, and community impacts will influence nutritional habits. These nutritional habits will continue through adolescence due to the disrupted neurodevelopment creating impairments and them the risk of disease or early death into adulthood depending on the severity (CDC, 2020).

Community Impact:

- Community nutrition programs can allow easier access to healthy food options (Serving Communities, 2012).
- Programs stress the importance of healthy eating by demonstrating how to prepare nutritional meals (Serving Communities, 2012).
- Programs must be directed towards the demographics of the community to be effective (University of Kansas, 2018).
- Nutritional programs must be included in a wide scope of the community; churches, clubs, parks, afterschool programs (University of Kansas, 2018).



Demographic Impact:

- Demographics can result in different nutritional outcomes: including proper nutrition, malnutrition, or obesity (Alkerwi et al., 2015).
- Socioeconomic status directly correlated with health status (Alkerwi et al., 2015).
- Geography & education level can impact the child's nutritional habits (Alkerwi et al., 2015).
- Food deserts, in typically low income areas, limit the accessibility of healthy foods for residents (Karpyn et al., 2019).
- Minority populations tend to be predisposed to conditions, such as obesity and chronic health conditions (De Hoog et al., 2014).
- Educational experience ties into the parent's financial capability to provide the necessary nutrition for their children (Alkerwi et al., 2015).

Family Impact:

- High food insecurity in families is associated with developmental risks in math and vocabulary skills in children less than 5 years of age (Oliveira et al., 2020).
- Children are exposed to their parental eating habits and are more likely to continue them in adulthood (Huxtable et al., 2018).
- Relaxed attitudes of parents on healthy eating habits and active play have been shown to increase childhood obesity rates (Huxtable et al., 2018).
- Malnutrition resulting from families in poverty due to the poorer diet quality and quantity which is associated with impaired brain development (Oliveira et al., 2020).
- Lower socioeconomic status is associated with short-term and long-term nutritional habits in children (Levesque et al., 2021).

School Impact:

- Good nutrition benefits overall health, well-being, and aids in proper cognitive development (Baxter, 2009).
- USDA Fresh Fruit and Vegetable Program (Baxter, 2009).
- Nutritional education reduced calorie and sugar intake, and increased fresh food intake and nutritional knowledge (Cotton et al., 2020).
- Schools should be good nutritional environments and teach good nutritional lessons (Cotton et al., 2020).
- 1 in 3 children will develop type II diabetes due to half of their daily food intake consists of sugars and fats (Baxter, 2009).
- \$10 Billion taxpayer dollars goes toward school meal reimbursement (Baxter, 2009).



Summary/Connection to IPE:

- Parents are crucial in helping children establish nutritional behaviors and this can be done through behavioral techniques like reflective listening.
- Along with parents, healthy eating behaviors can be influenced by education and external sources.
- Social, community, demographics, school, and family life can impact nutrition in diverse aspects.

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