

B20 Association between parental feeding styles and diet quality among preschoolers in Terengganu

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This cross-sectional study aimed to determine the association of parental feeding styles with diet quality among preschool children aged three and four years old in Terengganu. It was carried out in three Terengganu districts preschools: Kuala Terengganu, Kuala Nerus, and Marang. Parents of preschoolers were given a questionnaire that included socio-demographic information and anthropometric measurements. The feeding styles of the parents was determined using Caregiver Feeding Style Questionnaire (CFSQ), adapted into the Malay version. Dietary data were collected using a validated Food Frequency Questionnaire, and the diet quality of children was assessed using the Healthy Eating Index for Malaysians (HEI for Malaysians). Association of parental feeding styles and diet quality among preschoolers were examined using Fisher Exact Test. A total of 195 respondents (49.7% boys and 50.3% girls), with a mean age of 3.54 ± 0.50 years old, participated in this study. Based on the result, 36.9% of the parents were classified as indulgent, while 33.3% of parents had an authoritarian feeding style, followed by uninvolved (16.4%) and authoritative (13.3%). Most preschoolers had moderate diet quality, with a mean HEI for Malaysians composite score of 51.48 ± 11.73 . The children had low mean scores for vegetables, fruits, milk and dairy products, and legumes. There was a significant association found between parental feeding styles and the diet quality of these children ($p=0.001$). This finding somehow indicated that parental feeding styles did reflect the diet quality of preschoolers in three districts of Terengganu. Therefore, further research is needed to help understand the larger feeding style context and its influence on diet quality among children. Future nutrition and health-related research or intervention should also incorporate factors associated with diet quality to improve the children's diet quality.