การศึกษาพฤติกรรมการบริโภคอาหารว่างและเครื่องดื่มในเด็กกลุ่มอายุ 6-30 เดือนที่สถาบันสุขภาพเด็กแห่งชาติมหาวิทยาลัย

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Abstract : Snacks and Beverages Consumption in 6-30 Months Old Children at Queen Sirikit National Institute of Child Health
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Introduction : As the prevalence of obesity is rapidly growing in Thailand and worldwide in all age groups, the World Health Organization (WHO) designs obesity as one of the most important public health threats with significant impact on chronic conditions associated with obesity. Eating behavior in the first year of life is influenced by early feeding experiences. Healthy eating behavior during this period will promote good eating habit and good health in adult life.

Objective : To study snack consumption patterns and nutritional status of children during 6 to 30 months of age.

Method : Cross-sectional descriptive study was conducted by randomly selection. With interviewers-administration questionnaires, the data included nutritional status, consumption of formula, vegetable, fruit and beverage.

Subjects : Patients 6 to 30 months of age at Queen Sirikit National Institute of Child Health (QSNICH) between August and December 2003 were enrolled.

Statistic analysis : Data were shown as percentage distribution among age with SPSS version 12.0.

Result : One hundred and sixty children were enrolled. One hundred and two children (63.8%) were from out-patient department while fifty eight children (36.2%) were from in-patient department. One hundred and thirty five children (84.4%) were normal nutrition status while eighteen children (11.3%) were malnutrition and seven children (4.4%) were obesity.

According to beverage consumption, one hundred and thirty six children (85%) consumed beverage regularly and ninety six of them (80.3%) consumed orange juice. Orange juice was the first beverage in their consumption for one hundred and forty seven children (92%). The mean age to start drinking beverage was 5 months old. Thirty nine children (24.4%) did not eat vegetable and nine children (5.6%) did not eat fruit at all.
According to snack consumption, one hundred and six children (66.3%) consumed snack regularly. The mean age of snack consumption was 8.5 months and increasing with age. The mean age of buying snack by themselves was 19 months old. The mean daily expense for snack was 16.4 baht and increasing with age. Conclusion: Snack consumption was increasing with age. The snack consumption expense in obese children was more than the skinny children. Bakery and chips were the most favorite snacks in this age group children.