

INFLUENCE OF PARENTAL STYLE IN OWN F&V CONSUMPTION. THE PRO CHILDREN PROJECT

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Research has shown that parental characteristics have an important influence on their children's behaviour, namely in their food habits. In this study we hypothesize that these characteristics, including parenting style, may also play a part in the parent's behaviour. Data from 1620 mothers collected within the Pro Children project (www.prochildren.org) is analyzed to test this hypothesis in relation to F&V consumption. In this cross-sectional study, parents of children born in 1990-92, filled in a structured questionnaire on their F&V intake, determinants and parenting style. F&V intake was assessed by validated food frequency questions. Parenting style was characterized by the evaluation of two dimensions of parental behaviour (involvement and strictness) originating 4 styles: authoritative, authoritarian, indulgent and neglectful. 38, 37, 13 and 12% of the mothers were categorised in authoritative, neglectful, authoritarian and indulgent parenting styles, respectively. Mean intake of F&V was higher in indulgent (272g/d) and authoritative (260g/d) and lower in authoritarian (231g/d) and neglectful (219g/d) mothers. Significant differences between parenting styles of the mothers were found for mean intake of F, V and total F&V (Kruskal-Wallis test: $p < 0,001$ for all). The results suggest that parenting styles is also reflected in own's F&V intake.

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