

Childhood Nutrition and Long-term Health

Research Prompt

"Investigate the impact of childhood nutrition on long-term health outcomes."

Contents

[Search results](#)

- [Understanding Childhood Nutrition](#)
- [Long-Term Health Outcomes](#)
 - [Impact of Childhood Nutrition on Physical Health](#)
 - [Impact of Childhood Nutrition on Cognitive Development](#)
 - [Impact of Childhood Nutrition on Emotional Well-being](#)
- [Factors Influencing Childhood Nutrition](#)
 - [Socioeconomic Factors and Childhood Nutrition](#)
 - [Cultural Factors and Childhood Nutrition](#)
 - [Parental Influence on Childhood Nutrition](#)

Search Results

Understanding Childhood Nutrition

Search terms:

- *Components of a healthy diet for children*
- *Definition of childhood nutrition*
- *Importance of childhood nutrition*

Components of a healthy diet for children

Relevant Excerpt	Citation Source
... Health care professionals, parents, and teachers should be aware of common nutrition-related concerns in children and teens, such as dental caries, allergies, anemia, growth retardation, eating disorders, and obesity, and watch for indicators that a child may be at risk for these. Foods that comprise a healthy diet for children include vegetables, fruits, whole grains, legumes, low-fat dairy products, and lean sources of protein. Foods and beverages with low nutrient density and high energy density should be consumed in moderation only, within a child's discretionary calorie allowance....	Nutrition Review: Lifestyle Approaches to Promoting Healthy Eating for Children (semanticscholar.org)

Importance of childhood nutrition

Relevant Excerpt	Citation Source
... The association of child's calorie consumption with maternal age and occupation was found to be statistically significant. Conclusion Adequate nutrition during childhood and infancy is a key factor influencing growth and development. In the present study, the overall breastfeeding and complimentary feeding practices were satisfactory....	A study on parental awareness of feeding practices in children in the age-group 12-24 months (semanticscholar.org)
... It's worth the struggle. Why is child nutrition important? Nutrition is important at every age. Your children need proper nutrients stay healthy and strong, and grow up healthy and strong....	The Importance of Child Nutrition - Medical Associates of Northwest ... (mana.md)
It aids in building a strong foundation in the child with regards to staying healthy and imbibing good eating habits right from childhood. The 3 most	Importance of Nutrition for Children - Smile

Relevant Excerpt	Citation Source
important benefits of early childhood nutrition are; it helps in building immunity against various infectious diseases, ensures proper development of brain and other vital organs and improves a child's activity levels and cognitive functioning. Therefore, proper nutrition for children is important as it sets the stage for them towards living a healthy and balanced life for the rest of their lives....	Foundation (smilefoundationindia.org)
Considering the importance of nutrition in your child's development, especially in the first five years of growth, will have an effect on their health, both now and in the future. The kind of foods that you give to your child when growth and development are rapidly occurring will set them up for a healthy and well-balanced life....	The Importance of Nutrition in Early Childhood (kidsclubchildcare.com.au)
... The leafier and greener the food, the greater the struggle. Child nutrition is incredibly important, however. Don't cave in and let them eat nothing but fast food and sweets....	The Importance of Child Nutrition - Medical Associates of Northwest ... (mana.md)

Long-Term Health Outcomes

- [Impact of Childhood Nutrition on Physical Health](#)
- [Impact of Childhood Nutrition on Cognitive Development](#)
- [Impact of Childhood Nutrition on Emotional Well-being](#)

Impact of Childhood Nutrition on Physical Health

Search terms:

- *Effects of childhood nutrition on physical health*
- *Nutrition and chronic diseases in adulthood*

Nutrition and chronic diseases in adulthood

Relevant Excerpt	Citation Source
During a person's entire life, nutrition is essential for growth, development, maintenance, reproduction, disease control and health. Based on a brief review of existing research on lifelong nutrition, this article focuses on the relationship between early life nutrition and noninfectious chronic diseases (NCDs) in adulthood. It points out that early life is the most important stage, with the rapid growth and development of the body and strong requirements for energy and nutrients....	[Lifelong nutrition and the control of noninfectious chronic diseases]. (semanticscholar.org)

Impact of Childhood Nutrition on Cognitive Development

Search terms:

- *Effects of childhood nutrition on cognitive abilities*
- *Nutrition and academic performance*

Effects of childhood nutrition on cognitive abilities

Relevant Excerpt	Citation Source
Infant and child cognitive development is dependent on adequate nutrition. Children who do not receive sufficient nutrition are at high risk of exhibiting impaired cognitive skills. This systematic review aimed to examine the effects of nutritional interventions on cognitive outcomes of preschool-age children....	The Effects of Nutritional Interventions on the Cognitive ... (nih.gov)
Infant and child cognitive development is dependent on adequate nutrition. Children who do not receive sufficient nutrition are at high risk of exhibiting impaired cognitive skills....	The Effects of Nutritional Interventions on the Cognitive ... (nih.gov)
... Conclusions: The data from this relatively small trial suggest that, although the effects of LCPUFAs may not always be evident on standardized developmental tasks at 18 mo, significant effects may emerge later on more specific or fine-grained tasks. The results imply that studies of nutrition and cognitive development should be powered to continue through early childhood. ...	Long-term effects of LCPUFA supplementation on childhood cognitive outcomes 1–4 (semanticscholar.org)
Healthily nutrition is important especially at critical growth stages. Throughout childhood, under-nutrition causes children to have poor energy, which has adverse effects on cognitive development and academic performance. Under-nutrition also affects physical growth and maturation, therefore affecting growth rate, body weight, and final height....	Relationship between Nutritional Status and Cognitive Performance among Primary School Students (semanticscholar.org)
Disinvestment by the poor in their human and physical capital will have large and lasting effects, which are well documented and quantified in the development literature. Early childhood malnutrition results in poorer health, lower cognitive abilities, less learning, and lower lifetime earnings. Children withdrawn from school in times of hardship rarely return to the classroom, and families can have great difficulty rebuilding the assets upon which their livelihoods are based....	Guidance for responses from the human development sector to rising food and fuel prices (semanticscholar.org)

Nutrition and academic performance

Relevant Excerpt	Citation Source
Initial studies focused on benefits of improving the health of students are apparent. Likewise, improved nutrition has the potential to positively influence students' academic performance and behavior. Though researchers are still working to definitively prove the link, existing data suggests that with better nutrition students are better able to learn, students have fewer absences, and students' behavior improves, causing fewer disruptions in the classroom.[1] Improve Nutrition to Increase Brain Function Several studies show that nutritional status can directly affect mental capacity among school-aged children....	3 Ways Nutrition Influences Student Learning Potential and School ... (extension.org)
... While there's certainly more work to be done, schools have made a great deal of progress in the last decade. Good news is there is more data than ever to support the positive associations between nutrition and academic performance. Simply put, learning and health are mutual....	Nutrition and Academic Performance (american.edu)
... Health and Academic Achievement....	Nutrition and Academic Performance (american.edu)
... Mean statistic was used to analyze the data collected. The findings revealed that the categories of nutritional status have different influence on academic performance of secondary school food and nutrition students....	RELATIONSHIP BETWEEN CATEGORIES OF NUTRITIONAL STATUS AND ACADEMIC PERFORMANCE OF FOOD & NUTRITION STUDENTS IN SECONDARY SCHOOLS IN EDO STATE (semanticscholar.org)
... Simply put, learning and health are mutual. Research shows that when children get adequate nutrition and regular physical activity, academic achievement improves. Conversely, people with higher levels of education are more likely to engage in health and nutrition promoting behaviors (like exercising regularly, getting routine physicals, and refraining from smoking) and are likely to live longer (ASCD, n.d.)....	Nutrition and Academic Performance (american.edu)

Impact of Childhood Nutrition on Emotional Well-being

Search terms:

- *Effects of childhood nutrition on mental health*
- *Nutrition and emotional resilience*

Effects of childhood nutrition on mental health

Relevant Excerpt	Citation Source
The development of eating behaviors begins in the first years of a child's life, and as they grow and advance through school, their physical, emotional, social and mental health are in part affected by the availability, accessibility and familiarity of healthy (or not-so-healthy, not-so-accessible) foods. The evidence is clear: children who face food insecurities can develop mental health struggles. But those who receive positive, repeated experiences with good nutrition, a healthy diet, and exercise early and throughout their adolescent years, are more likely to enjoy positive mental health....	The Impact of Food Insecurity and Nutrition on Children's Mental ... (jacksoncountykids.org)
... But those who receive positive, repeated experiences with good nutrition, a healthy diet, and exercise early and throughout their adolescent years, are more likely to enjoy positive mental health. Links between Children's Mental Health, Diet and Nutrition There is a growing emphasis on the importance of incorporating nutrition plans into mental health programs for children and teens. With growing evidence that nutrition and physical activity play a key role in mental health, researchers from Laurie M. Tisch Center for Food, Education & Policy are beginning to understand that "diet is as important to psychiatry as it is to cardiology, endocrinology, and gastroenterology....	The Impact of Food Insecurity and Nutrition on Children's Mental ... (jacksoncountykids.org)

Nutrition and emotional resilience

Relevant Excerpt	Citation Source
... References: 1. Nutrition and Resilience. A Scoping Study....	Nutrition and Resilience in the Workplace: Emotional Health. Stress ... (linkedin.com)

Relevant Excerpt	Citation Source
<p>... Interestingly, team resilience is not the sum of each member's resilience but that of creating work climates that foster 'bounce-back' mentality. Nutrition, amongst other strong pillars of resiliency such as emotional well-being, physical fitness and stress management could be an awesome model for workplace wellness and the leaders within it, wanting to win it! If you would like to learn more, please contact me at info@nataliesteiner.com or schedule a consult at http://nataliesteiner.com for more information on corporate wellness seminars, and executive engagement coaching....</p>	<p>Nutrition and Resilience in the Workplace: Emotional Health. Stress ... (linkedin.com)</p>
<p>... We have seen an overhaul when it comes instilling practices to enhance awareness around mindfulness, stress management techniques, avoiding or reversing zoom fatigue, and specifically the assessment of productivity while working from home. But, what about nutrition and resiliency? Nutrition, has been a little behind when it comes to supporting workplace wellbeing during these times, even though nutrition is commonly a key driver during vulnerabilities such as chronic health conditions or especially when it comes to resilience-building efforts between people and systems....</p>	<p>Nutrition and Resilience in the Workplace: Emotional Health. Stress ... (linkedin.com)</p>

Factors Influencing Childhood Nutrition

- [Socioeconomic Factors and Childhood Nutrition](#)
- [Cultural Factors and Childhood Nutrition](#)
- [Parental Influence on Childhood Nutrition](#)

Socioeconomic Factors and Childhood Nutrition

Search terms:

- *Food insecurity and nutrition*
- *Income disparities and childhood nutrition*

Food insecurity and nutrition

Relevant Excerpt	Citation Source
Millions of people across America have problems accessing enough food or enough healthy food-known as food and nutrition insecurity. This can increase the risk for type 2 diabetes and affect how people with diabetes manage their health....	Food and Nutrition Insecurity and Diabetes CDC (cdc.gov)
BACKGROUND Food insecurity is associated with poorer nutrient intakes from food sources and lower dietary supplement use. However, its association with total usual nutrient intakes, inclusive of dietary supplements, and biomarkers of nutritional status among US children remains unknown....	Association of food insecurity with dietary intakes and nutritional biomarkers among US children, National Health and Nutrition Examination Survey (NHANES) 2011-2016. (semanticscholar.org)
... What Causes Food and Nutrition Insecurity? The causes of food and nutrition insecurity are complicated. Most food and nutrition insecurity problems are related to social determinants of health, such as: Low income or unemployment. Lack of access to nutritious foods....	Food and Nutrition Insecurity and Diabetes CDC (cdc.gov)
... In both countries, the people in the FI 2 group had lower incomes and education levels and were mostly single. Energy and nutrient intake differed by food insecurity status. In both Korea and the US, adults with moderate-to-severe food insecurity (FI 2) consumed fewer proteins, fiber, potassium, and vitamin C. Additionally, the FI 2 groups had higher proportions of people not meeting the	Association of Food Insecurity with Nutrient Intake and Depression among Korean and US Adults: Data from the 2014 Korea and the 2013-

Relevant Excerpt	Citation Source
Dietary Reference Intake for protein, potassium, niacin, and vitamin C than the FS groups in Korea and the US....	2014 US National Health and Nutrition Examination Surveys (semanticscholar.org)
<p>... What Is Food and Nutrition Insecurity? Food and nutrition insecurity is a term to describe when someone is unable to access or afford enough food or enough nutritious food for their overall health and well-being. Food and nutrition insecurity doesn't always mean that someone goes without food; it can mean that they're not getting the healthiest kind of food. This can be because nutritious foods may be hard to find in some communities or because they can be too expensive for many to afford....</p>	Food and Nutrition Insecurity and Diabetes CDC (cdc.gov)

Cultural Factors and Childhood Nutrition

Search terms:

- *Cultural influences on childhood nutrition*
- *Traditional diets and health outcomes*

Cultural influences on childhood nutrition

Relevant Excerpt	Citation Source
Efforts to promote proper nutrition in an attempt to reduce childhood obesity should consider maternal beliefs and cultural customs around food. Little is known regarding child feeding, including weaning practices and foods consumed in the first years of life among Marshallese children, a sub-group of Pacific Islanders, residing in the United States....	Marshallese Beliefs, Perceptions, and Practices Related to Child Feeding Among Marshallese in the United States: Implications for Childhood Obesity (semanticscholar.org)

Parental Influence on Childhood Nutrition

Search terms:

- *Parental feeding practices and nutrition*
- *Role of parents in promoting healthy eating*

Parental feeding practices and nutrition

Relevant Excerpt	Citation Source
... For example, they influence children's developing preferences and eating behaviors by making some foods available rather than others, and by acting as models of eating behavior. In addition, parents use feeding practices, which have evolved over thousands of years, to promote patterns of food intake necessary for children's growth and health. However in current eating environments, characterized by too much inexpensive palatable, energy dense food, these traditional feeding practices can promote overeating and weight gain....	Parental Influence on Eating Behavior: Conception to Adolescence (semanticscholar.org)
Parental motives can influence infant's diets directly or through parental feeding practices. Objective This study aimed to assess the associations between parental food choice motives and infants' fruit and vegetable intakes and to examine whether parental feeding practices mediated these associations....	Associations between parental food choice motives, health-promoting feeding practices, and infants' fruit and vegetable intakes: the Food4toddlers study (semanticscholar.org)
... Hypotheses were partially supported. Both mothers' and fathers' feeding practices, particularly restriction of amount of food and pressure to eat, predicted children's subsequent weight status. However, parents' positive involvement in child feeding and use of food to control child behavior had minimal or no influence on children's subsequent weight status....	Parental feeding practices and child weight status in Mexican ... (biomedcentral.com)
... Conclusion High levels of parental health motive are associated with higher infant vegetable intake. Our study contributes to understand the structure of parental feeding behaviors that may have implication for nutrition interventions targeting parents.	Associations between parental food choice motives, health-promoting feeding practices, and infants' fruit and vegetable intakes: the Food4toddlers study (semanticscholar.org)
... Our findings are encouraging in that they suggest that most parental feeding practices are parent-driven, except for pressure to eat. As most feeding practices	Parental feeding practices as a

Relevant Excerpt	Citation Source
do not appear to vary significantly in response to differences in child appetitive traits, public health campaigns could target parental motivators for the use of specific feeding practices to facilitate change in parental feeding practices....	response to child appetitive traits in ... (biomedcentral.com)

Role of parents in promoting healthy eating

Relevant Excerpt	Citation Source
INTRODUCTION Parents have a fundamental role in promoting the healthy weight of their children. OBJECTIVES To determine parental perceptions of their child's body weight, eating and physical activity (PA) behaviours, and to test a predictive model of parental perceptions regarding their child's PA and healthy eating behaviours....	Using path analysis to understand parents' perceptions of their children's weight, physical activity and eating habits in the Champlain region of Ontario. (semanticscholar.org)
The ToyBox-study Abstract Introduction: Dietary habits are established from a very young age. Parental role modeling is an important factor influencing the eating behavior of their children. Drinking behavior may have an impact in the development of childhood obesity....	Associations between beverage consumption of parents and their children. The ToyBox-study (semanticscholar.org)
... Connect with a dietitian today! Bottom line As a parent or caregiver, you have an important role in shaping your children's eating habits. By creating a positive eating environment and being a good role model, you can help your children develop healthy eating habits that can make a lasting impact on their health....	Parents' Influence on Children's Eating Habits - Unlock Food (unlockfood.ca)
... Bottom line As a parent or caregiver, you have an important role in shaping your children's eating habits. By creating a positive eating environment and being a good role model, you can help your children develop healthy eating habits that can make a lasting impact on their health. You may also be interested in: Help my child won't eat enough vegetables and fruit Managing family meals The importance of family meals and no TV Cooking with KidsTop 5 Reasons to See a Dietitian This article was written and reviewed by dietitians from Dietitians of Canada....	Parents' Influence on Children's Eating Habits - Unlock Food (unlockfood.ca)
... Although children may need to eat more frequently than adults, they should be taught healthy snacking practices. Role modeling and nutrition education from adults in children's lives are critical in promoting lifelong healthy eating....	Nutrition Review: Lifestyle Approaches to Promoting Healthy Eating for Children (semanticscholar.org)