

# Maternal Food-Related Practices, Quality of Diet, and Well-Being: Profiles of Chilean Mother-Adolescent Dyads

Berta Schnettler, PhD<sup>1,2</sup>; Klaus G. Grunert, PhD<sup>3</sup>; Germán Lobos, PhD<sup>4</sup>;  
Edgardo Miranda-Zapata, PhD<sup>5</sup>; Marianela Denegri, PhD<sup>2,6</sup>; Clementina Hueche, MSc<sup>2</sup>

## ABSTRACT

**Objective:** To identify mother–adolescent dyad profiles according to food-related parenting practices and to determine differences in diet quality, family meal frequency, life satisfaction, and sociodemographic characteristics.

**Design:** Cross-sectional study.

**Setting:** Mothers and children were surveyed in their homes or at schools in Temuco, Chile.

**Participants:** A total of 300 mothers (average age, 41.6 years) and their adolescent children (average age, 13.2 years; 48.7% female).

**Main Outcome Measures:** Maternal feeding practices using the abbreviated Family Food Behavior Survey (AFFBS), life satisfaction, food-related and family life satisfaction, diet quality, and eating habits.

**Analysis:** Principal component factor analysis and confirmatory factor analysis were used to verify Family Food Behavior Survey components in mother and adolescent subsamples. Hierarchical cluster analysis was used to identify profiles.

**Results:** Three AFFBS components were detected: maternal control of child snacking behavior, maternal presence during eating, and child involvement in food consumption. Cluster analysis identified 3 mother–adolescent dyad profiles with different food-related parenting practices ( $P \leq .001$ ), mother ( $P \leq .05$ ) and child ( $P \leq .001$ ) diet quality, frequency of shared family meals ( $P \leq .001$ ), and mother ( $P \leq .001$ ) and child ( $P \leq .05$ ) life satisfaction levels.

**Conclusions and Implications:** Results indicated that maternal well-being increased with an increased frequency of shared mealtime. Significantly, in contrast to the findings of previous studies, greater control over child eating habits was shown to affect adolescent well-being positively. These findings, among others, may contribute to the development of strategies for improving diet quality, overall well-being, and well-being in the food and family domains for all family members.

**Key Words:** family meals, food-related parenting practices, profiles, subjective well-being (*J Nutr Educ Behav.* 2018;■■:■■–■■.)

Accepted March 5, 2018.

## INTRODUCTION

There is increasing evidence that a high frequency of family meals is associated with positive outcomes for adolescents, such as a healthier diet.<sup>1,4</sup> However, when healthful parenting practices such as providing healthful foods at home, modeling healthy food choices, and encouraging healthy eating<sup>4</sup> are minimal, family meals do not seem to be positively associated with healthy food intake.<sup>3,5</sup> Obstacles in promoting healthy eating behaviors in adolescents include parents who are too busy and conflicting work and school schedules.<sup>6</sup> This situation is relevant because the growing rate of

<sup>1</sup>Facultad de Ciencias Agropecuarias y Forestales, Universidad de La Frontera, Temuco, Chile

<sup>2</sup>Centro de Excelencia en Psicología Económica y del Consumo, Núcleo Científico y Tecnológico en Ciencias Sociales, Universidad de La Frontera, Temuco, Chile

<sup>3</sup>MAPP Centre, Aarhus University, Aarhus, Denmark

<sup>4</sup>Facultad de Economía y Negocios, Universidad de Talca, Talca, Chile

<sup>5</sup>LICSA, Núcleo Científico y Tecnológico en Ciencias Sociales, Universidad de La Frontera, Temuco, Chile

<sup>6</sup>Facultad de Educación, Ciencias Sociales y Humanidades, Universidad de La Frontera, Temuco, Chile

*Conflict of Interest Disclosure:* The authors have not stated any conflicts of interest.

Address for correspondence: Berta Schnettler, PhD, Facultad de Ciencias Agropecuarias y Forestales, Universidad de La Frontera, PO Box 54-D, Temuco, Chile; Phone: + (56-45) 2325655; Fax: + (56-45) 2325634; E-mail: [berta.schnettler@ufrontera.cl](mailto:berta.schnettler@ufrontera.cl)

© 2018 Society for Nutrition Education and Behavior. Published by Elsevier, Inc. All rights reserved.

<https://doi.org/10.1016/j.jneb.2018.03.003>

maternal as well as paternal employment could result in fewer family meals and adolescents taking care of themselves to prepare and consume meals.<sup>3</sup> When children eat alone, it has been found that their diet is unhealthy.<sup>4</sup>

The affective dimension of meals as a moment of family unity is an important component of the role of food within families, because family meals are an important ritual for socializing, preserving relationship closeness, resolving conflicts, expressing affection, and providing emotional support.<sup>7,8</sup> The latter has been associated with healthier eating habits and a lower likelihood of obesity or being overweight among adolescents.<sup>9</sup> In addition, family meals are important because they can increase the well-being of family members<sup>5,7,10</sup> including adolescents.<sup>11-13</sup> Subjective well-being is a multidimensional category of phenomena involving emotional responses, positive and negative affect, and global judgments of life satisfaction in different domains.<sup>14</sup> Life satisfaction is the assessment one makes regarding one's overall life or specific life domains.<sup>15</sup> Regarding the food domain, food-related life satisfaction is a person's overall assessment of his or her food and eating habits.<sup>16</sup> Some studies suggest that food-related life satisfaction is positively correlated with overall life satisfaction.<sup>10,17,18</sup> Higher levels of life and food-related life satisfaction have been positively associated with better eating habits, greater frequency and increased importance assigned to family meals, and greater family support.<sup>5,10,18,19</sup> In fact, it was reported that adults and emerging adults who share meals with their family more often are more satisfied with their life, their food-related life,<sup>5,10,18,19</sup> and their family life.<sup>5</sup> However, the relationship between the frequency of family meals and adolescent well-being in the food and family domains is unclear.<sup>5</sup> In parallel, relationships among well-being, eating habits, and family relationships are not homogeneous and different subject profiles have been distinguished based on these variables.<sup>5,10,18,19</sup>

Parents use different food-related parenting practices to influence child food intake, although research on the

combined effect of several parental feeding practices is scarce.<sup>20</sup> At the same time, previous studies found conflicting results regarding the effect of food-related parenting practices on adolescent eating habits.<sup>3,12,21-23</sup> For instance, some studies associated a lower intake of fruits and vegetables with less parental control over meals,<sup>3,23</sup> whereas others reported that higher levels of parental control were related to the increased consumption of unhealthy foods, overeating,<sup>21,24</sup> and being overweight.<sup>25</sup> Likewise, it was reported that adolescent involvement in food preparation is a positive factor affecting diet quality in this age group.<sup>3,21</sup> However, others showed that increased child influence on food planning and preparation results in less healthy food choices.<sup>23</sup> However, parental influence via food-related parenting practices depends on the parent's presence and involvement in family meals.<sup>3</sup> Some authors suggested that a low frequency of family meals<sup>3,26</sup> may be related to less parental monitoring and control over meals<sup>3</sup> as well as less food-related family interaction, including adolescent involvement in food preparation.<sup>13</sup> In addition, it was suggested that maternal presence when a child eats produces a protective effect on that child's weight status.<sup>25</sup> Therefore, it is possible that the outcomes of food-related parenting practices may be related to the frequency of meals in which at least 1 parent is present and shares the meal with children at home. It may also be related to the food-related parenting practices used (or the lack of them) when parents share meals with their children.

Regardless of these possibilities, little is known about the outcomes of different food-related parenting practices on adolescent well-being.<sup>11,12</sup> Nevertheless, these practices may also have both positive and negative outcomes on adolescent well-being. A recent study reported that controlling food-related parenting practices may have a protective effect against adolescent risk for becoming overweight or obese,<sup>27</sup> thus positively affecting adolescent well-being.<sup>28</sup> However, others reported that this kind of practice may be associated with a greater risk for adolescent obesity and overweight<sup>29</sup> as well as with eating disorders and higher

levels of anxiety and depression.<sup>30</sup> All of these factors are related to lower adolescent well-being.<sup>28</sup> Utter and colleagues<sup>13</sup> found that adolescent cooking ability was associated with better family relationships and well-being and lower levels of depression, whereas adolescents who cooked most days or never cooked were more likely to report poorer family relationships, lower well-being, and greater levels of depression.<sup>13</sup> Although family meals were associated with increased family member well-being,<sup>5,7,10-13</sup> family meals might also be a source of tension, resulting in their being avoided or shortened.<sup>26</sup> In addition, it has been reported that a low frequency of family meals as well as a negative atmosphere during the time they are shared may negatively affect adolescent well-being.<sup>31</sup> Therefore, considering that adolescents' family relationships, which are affected by food-related parenting practices, are closely related to adolescents' well-being,<sup>5,32</sup> this research expects to uncover relationships between different food-related parenting practices and adolescent well-being, both in general and in the food and family domains.

The objectives of the current study were to identify profiles of mother-adolescent dyads according to food-related parenting practices and to determine whether profiles differed in terms of diet quality, family meal frequency, life satisfaction, family and food-related life satisfaction, and sociodemographic characteristics.

## METHODS

The researchers used nonprobability sampling to recruit a sample of 300 2-parent families with at least 1 child aged >10 years in Temuco, Chile. Participants aged ≥10 years were recruited with director authorization from 7 schools that served socioeconomically diverse populations.

Because most studies rely on only the parental assessment of the child's behavior, which may not reflect the child's actual behavior or diet,<sup>33</sup> mothers and their adolescent children were surveyed. Mothers were contacted by trained interviewers who explained the study objectives and the strictly confidential treatment of the information obtained. Interviews were conducted in

Download English Version:

<https://daneshyari.com/en/article/8960075>

Download Persian Version:

<https://daneshyari.com/article/8960075>

[Daneshyari.com](https://daneshyari.com)