



Retrospective Reports of Child Feeding Practices, Current Appetitive traits, BMI and Satisfaction with Food-related Life in Chinese College Students



Scientific and Creative Research on Eating, Appetite and Media

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Introduction

- Child feeding practices** in childhood might be important contributing factors of Chinese young adults' current **BMI** and **satisfaction with food-related life (SWFL)** with continuous impact on adolescents' **appetitive traits**
- Child Feeding Practices:** behavior restrictions and feeding strategies (Russell et al., 2018)
- Appetitive traits:** tendency in food intake under internal and external stimuli and/or to the properties of available food (Wardle et al., 2001)
- BMI** : people's weight status
- SWFL:** a significant indicator of people's quality of life(He et al., 2019)
- Hypotheses:**
 - H1 & H2:** Positive/Negative child feeding practices will be positively/negatively associated with adolescents' satisfaction with food-related life and BMI
 - H3:** Appetitive traits could take the mediating roles in the relationship between child feeding practices and satisfaction with food-related life and BMI

Method

- Sample:** 476 Chinese college students in Guangzhou & Shenzhen (195 males, 281 females; aging from 18 to 29)
- Measurements:**
 - Adapted Retrospective CFPQ:** measure the retrospective maternal child feeding practices
 - AEBQ:** assess current appetitive traits in Chinese college students
 - SWFL Scale:** 5-item self-report measure assessing life satisfaction with food-related life
 - BMI:** self-reported data, using formula kg/m²
- Statistical Analyses:** Correlation analysis and Path analysis

Results

	Age	Gender	BMI	CON	MON	PTE	RES	SWFL	EF	EOE	FF	EUE	FR	H
Age	1													
Gender	0.056	1												
BMI	-0.051	-.199***	1											
CON	-0.004	-.171***	.276***	1										
MON	-0.024	0.001	0.035	.328***	1									
PTE	-0.024	-0.059	-.179***	.138**	.344***	1								
RES	-0.035	-0.055	-0.06	.207***	.654***	.546***	1							
SWFL	-0.017	-.213***	0.078	.150***	.123**	.123**	.159***	1						
EF	0.029	-0.027	0.041	.119**	.136**	.121**	.240***	.393***	1					
EOE	-0.06	0.066	0.014	.108*	0.035	0.079	.100*	0.071	.222***	1				
FF	0.026	0.026	-.106*	-0.036	-0.073	-0.005	-0.08	-.224***	-.304***	0.037	1			
EUE	0.004	0.009	-0.017	-0.038	.100*	.144**	.132**	0.002	-0.027	-.258***	.092*	1		
FR	-0.073	.098*	-0.054	0.029	0.086	.136**	.127**	.247***	.397***	.465***	-0.047	0.03	1	
H	-0.07	0.059	-.129**	0.011	0.081	.173***	.168***	.137**	.194***	.475***	0.088	0.039	.637***	1
SE	0.029	0.024	-.265***	-0.064	0.055	.165***	0.082	-0.018	-0.032	.130**	.126**	0.076	.148***	.232***
SR	0.03	.248***	-.332***	-0.031	0.088	.228***	.188***	-0.039	-.102*	0.076	.163***	.296***	.123**	.229***
Mean	19.780	1.590	20.434	2.015	3.293	3.338	3.383	3.911	3.860	2.402	2.491	3.139	2.978	2.571
SD	1.238	0.492	3.804	0.985	1.020	0.797	0.679	0.870	0.737	0.926	0.640	1.007	0.716	0.743

Figure 1: Correlations between variables.

Four feeding practices(CON, MON, PTE, RES); Eight appetitive traits (EF, EOE, FF, EUE, FR, H, SE, SR)

* $p < .05$, ** $p < .01$, *** $p < .001$

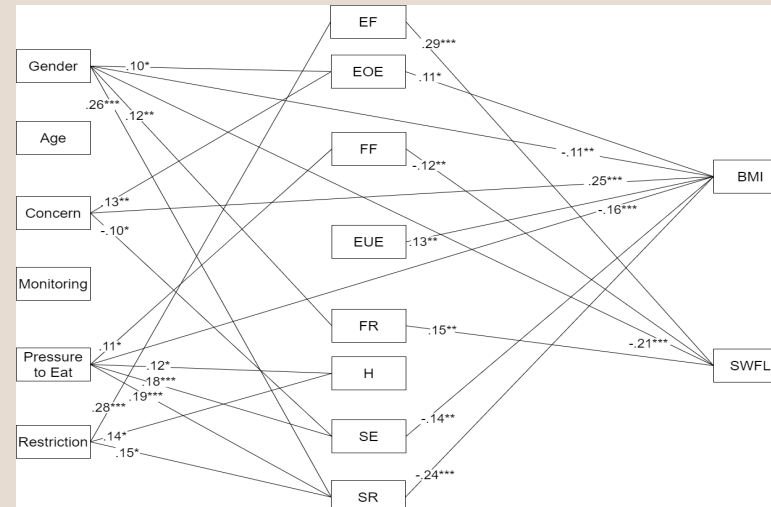


Figure 2: Mediation Model of variables.

Four feeding practices (CON, MON, PTE, RES); Eight appetitive traits (EF, EOE, FF, EUE, FR, H, SE, SR)

* $p < .05$, ** $p < .01$, *** $p < .001$

Results cont.

- Child feeding practices were significantly related to young adults' BMI and SWFL
- Concern ($r = .28, p < .001$) and Pressure to eat ($r = .18, p < .001$) were significantly related to BMI
- Concern ($r = .15, p < .001$), Monitoring ($r = .12, p = .009$), Pressure to eat ($r = .13, p = .006$), and Restriction ($r = .16, p < .001$) were significantly related to SWFL
- Both associations could be partially mediated by young adults' appetitive traits

Discussion

- Child feeding practices might be important contributing factors of Chinese young adults' current BMI and SWFL, and which could be partially explained by young adults' appetitive traits
- Limitation:** the retrospective report could be inaccurate description of child feeding practices
- Future Research:**
 - Enlarge the age range of RPs to investigate continuous effect over time
 - Ethnic identity as moderator to evaluate cultural differences in Asians and non-Asians

Conclusion

- The confirmation of correlation and mediation introduced a new perspective of young adults' weight status and life satisfaction related to food by considering the potential impacts from child feeding practices in young adults' childhood

References

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