RELATIONSHIP BETWEEN FAMILY LIFE-STYLE AND NUTRITIONAL STATUS AMONG KINDERGARTEN CHILDREN IN NINEVAH GOVERNORATE

Family life-style changes as a promoting healthy satisfying diet, physical activity, protecting children against advertisements for non-healthy, fatty foods and large format servings, and decreasing sedentary behaviors. Nutritional habits are transmitted from mother to child, the changing eating habits due to introduction of fast foods and snacks and the affluent life-style have provided a wide variety of foods for children and mothers.

The aim of present study is to determine relationship between family life-style and nutritional status among kindergarten children in Ninevah Governorate.

Correlational study was carried out on kindergarten children. The study population sample were all the children from private-urban kindergarten, and randomly from all other kindergartens (non-governmental urban and rural). The study period between 5th October 2006 to the 21st August 2007.

The sample of the study consisted of (450) child. The sample was chosen from (49) kindergarten in Ninevah Governorate, (150) child from each type of kindergarten. The data was collected by using questionnaire and checking the BMI (Wt/Ht²).

Validity of the instrument was checked through exposing the tool of the study to (14) experts in different specialties, while the reliability was measured by applying the study tool on (10) children, and by using Cronbach Coefficient Correlation which was r= (0.861).

The result of the study indicated that there are highly significant differences between life-style and socioeconomic status. Also the study shows that there are some significant differences between life-style and variables undertaken in the study. There are also highly significant differences between BMI and the variables. Also the study shows that there are highly significant differences at (P <
0.001) in BMI levels with regard to the types of kindergarten.

Consequently, the study concluded that family life-style reflects obviously on the BMI of the children. A trend to obesity and other health problems among the children were obvious.

The study recommends that parents and families may pay attention to their life-style and make healthy modifications.