

北京大学学报 | 家长自报 4~36 月龄婴幼儿挑食行为的准确性评价

本文关键字：偏食、婴儿、儿童、学龄前、双亲、认知

影响因子：无

建议阅读时间：2 分钟

目的

以膳食频率问卷为评价标准，从 4~36 月龄婴幼儿是否挑食和其挑食种类两方面评估家长对其所喂养的婴幼儿挑食行为判断的准确性。

方法

采用多阶段随机整群抽样和立意抽样结合的方法，选取 4~36 月龄且开始添加非乳类辅食的婴幼儿及其家长作为研究对象，采用自行设计的问卷，对儿童喂养人进行访谈式问卷调查，了解婴幼儿基本情况、膳食情况和挑食情况。根据家长报告，将全部儿童分为挑食/不挑食组或对某类食物挑食/不挑食组。采用 Mann-Whitney U 检验比较挑食/不挑食组儿童摄入的食物种类有无差别，评价家长自报儿童是否挑食的准确性；比较对某类食物挑食/不挑食组儿童该类食物日平均摄入量有无差别，评价家长自报儿童挑食种类的准确性。

结果

儿童挑食比例随年龄增加而上升，4~6 月龄、7~12 月龄婴儿均对乳类挑食的比例最高（25.00%、24.00%）；13~24 月龄、25~36 月龄幼儿均对蔬菜挑食的比例最高（26.92%、47.46%）。4~6 月龄、7~12 月龄挑食儿童摄入食物种类数目（8 种，19.5 种）高于不挑食儿童（6 种，18 种），而 13~24 月龄、25~36 月龄挑食儿童摄入食物种类数目（28.5 种，34 种）均低于

不挑食儿童 (31 种, 37 种)。4~6 月龄婴儿的家长对各类食物的判断准确性均较高, 但两组间各类食物摄入量差异均无统计学意义; 7~12 月龄婴儿的家长仅对乳类和蛋类的判断准确性高且差异有统计学意义; 13~24 月龄幼儿家长对除蔬菜以外的各类食物判断准确性均较高, 且蛋类摄入量差异有统计学意义; 25~36 月龄幼儿家长对除乳类、豆类和谷物之外的各类食物判断准确性均较高, 但各类食物摄入量差异均无统计学意义。

结论

小于 12 月龄儿童的家长对其是否挑食、挑食种类的判断准确性低, 而 13~36 月龄儿童的家长对其挑食行为的判断准确性较高。

表 1 各年龄层儿童家长自报的挑食比例

Table 1 Percentage of children perceived as picky by the parents in each age group

Age/months	Total	Picky		Non-picky	
		<i>n</i>	% ^a	<i>n</i>	% ^b
4-6	217	16	7.37	201	92.63
7-12	418	50	11.96	368	88.04
13-24	480	104	21.67	376	78.33
25-36	489	177	36.20	312	63.80
Total	1 604	347	21.63	1 257	78.37

a, percentage children perceived as picky accounted for the total sample in the same age group; b, percentage children not perceived as picky accounted for the total sample in the same age group.

表 2 家长文化程度

Table 2 Education background of the parents

Level	<i>n</i>	% ^a
Primary and below	49	3.05
Middle and high school	636	39.65
Bachelor	778	48.50
Master and above	141	8.79

a, percentage of the total sample.

表 3 家长报告各年龄层对各类食物挑食儿童的分布

Table 3 Food category avoided by picky eaters according to parents' report

Age/ months	Dairy		Beans		Grains		Vegetables		Fruits		Meat		Eggs	
	<i>n</i> ^a	% ^b	<i>n</i> ^a	% ^b	<i>n</i> ^a	% ^b	<i>n</i> ^a	% ^b	<i>n</i> ^a	% ^b	<i>n</i> ^a	% ^b	<i>n</i> ^a	% ^b
4-6	4	25.00	0	0.00	1	6.25	1	6.25	2	12.50	0	0.00	4	25.00
7-12	12	24.00	4	8.00	6	12.00	6	12.00	3	6.00	6	12.00	3	6.00
13-24	7	6.73	4	3.85	15	14.42	28	26.92	6	5.77	12	11.54	8	7.69
25-36	8	4.52	7	3.95	19	10.73	84	47.46	16	9.04	34	19.21	13	7.34
Total	31	8.93	15	4.32	41	11.82	119	34.29	27	7.78	52	14.99	28	8.07

a, number of children who avoided to eat specific food category in each age group; b, percentage specific food-avoided children took accounts for all picky eaters in the same age group.

表 4 各年龄层儿童摄入的食物种类

Table 4 Total kinds of food took by children in each age group

Age/ months	Picky			Non-picky			<i>U</i> value ^a	<i>P</i> value ^a
	Median	P ₂₅	P ₇₅	Median	P ₂₅	P ₇₅		
4-6	8.00	7.00	12.50	6.00	4.00	10.00	1094.5	0.035
7-12	19.50	14.00	23.25	18.00	11.25	24.00	8294.0	0.258
13-24	28.50	21.00	39.75	31.00	23.00	44.00	211517.0	0.116
25-36	34.00	25.00	45.50	37.00	28.00	47.00	29935.0	0.122
Total	29.00	20.00	40.00	23.00	13.00	37.00	178268.5	0.000

a, comparing medias of two groups through Mann-Whitney *U* test.

表 5 家长报告对某类食物挑食及不挑食儿童该类食物的日平均摄入量

Table 5 Daily intake of each category of food of children perceived as avoid and not avoid the specific food category

Category	Groups	Age/ months								Total	
		4 -6		7 -12		13 -24		25 -36		Median	QR
		Median	QR	Median	QR	Median	QR	Median	QR		
Dairy/g	Avoid	79.00	223.75	40.00	93.14	50.00	58.00	112.50	220.36	60.00	164.00
	Non-avoid	90.00	134.64	90.00	205.00	80.00	170.00	80.00	167.14	85.36	91.43
	U value	366.5		1 456.5		1 369.0		2 074.5		20 074.0	
	P value	0.673		0.026		0.535		0.576		0.124	
Beans/g	Avoid			5.71	9.04	2.63	2.08	7.71	5.71	3.33	5.86
	Non-avoid	2.70	6.43	2.86	6.14	4.43	9.75	5.71	12.14	4.29	8.57
	U value			576.5		470.0		1 574.0		7 931.0	
	P value			0.252		0.174		0.73		0.937	
Grains/g	Avoid	8.57	- ^a	35.00	101.75	8.57	55.14	21.43	74.29	14.29	58.50
	Non-avoid	20.00	34.00	20.00	43.54	20.00	45.71	14.29	45.71	17.14	44.29
	U value	47.5		1 252.0		2 450.5		4 805.0		28 515.0	
	P value	0.593		0.512		0.094		0.389		0.812	
Vegetables/g	Avoid	0.33	- ^a	5.25	28.57	5.71	10.00	5.36	11.79	5.36	11.96
	Non-avoid	4.29	8.57	4.29	9.29	5.71	10.86	5.71	11.43	5.71	10.68
	U value	5.5		885.5		5 595.5		14 975.5		69 164.5	
	P value	0.179		0.717		0.804		0.494		0.887	
Fruits/g	Avoid	2.14	- ^a	15.17	- ^a	11.43	44.55	12.38	21.93	10.00	25.24
	Non-avoid	5.71	12.80	8.57	25.00	14.29	30.71	13.33	27.14	10.00	23.75
	U value	70.0		283.5		1 381.0		2 966.5		15 874.0	
	P value	0.309		0.619		0.838		0.246		0.336	
Meat/g	Avoid			3.93	13.21	2.43	11.39	4.29	6.99	4.29	7.14
	Non-avoid	5.71	8.57	2.93	8.57	5.67	13.33	5.71	13.33	4.54	12.76
	U value			907.0		2 028.0		6 507.0		27 422.5	
	P value			0.567		0.235		0.295		0.321	
Eggs/g	Avoid	4.64	7.55	4.00	- ^a	8.57	47.11	21.43	53.24	8.57	29.64
	Non-avoid	10.00	15.71	20.00	41.43	34.29	47.36	30.00	51.43	25.71	51.43
	U value	114.0		123.0		1 047.0		2 364.5		12 570.0	
	P value	0.081		0.021		0.006		0.255		0.002	

a, unable to calculate the quartile range due to the small sample size; QR, quartile range.

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