



Consultation on the draft report:

Feeding young children aged 1 to 5 years

Comments form

Organisation	Aston University MRC Lifecourse Epidemiology Unit, University of Southampton
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- Email this form to sacn@dhsc.gov.uk.
- Closing date: 5pm on 16 September 2022.

General comments	Comments
Pre-packaged/commercial toddler foods	<p>Please insert each new comment in a new row</p> <p>We think it is an oversight to have no statement of, or recommendations, regarding children’s intake of pre-packaged foods aimed at toddlers. Especially in light of the recent reports from Public Health England, and Action on Sugar (November 2021), highlighting misunderstanding of parents in the healthfulness of these foods, the misrepresentation of these foods as ‘heathy’ by manufacturers, and the significant contribution of these foods to young children’s free sugar intakes.</p> <p>Evidence:</p> <p>Action on Sugar. The sugars content of baby and toddler sweet snacks. 2021. https://www.actiononsugar.org/media/actiononsugar/Action-on-Sugar-Baby-&-Toddler-Sweet-Snacks-Report.pdf</p> <p>Public Health England: Foods and drinks aimed at infants and young children: evidence and opportunities for action. (2019) https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812205/Foods_and_drinks_aimed_at_infants_and_young_children_Appendix_2.pdf</p> <p>Although these reports include some cross-sectional evidence rather than data from a stronger study design, it is an important part of the bigger picture, not readily captured by other research studies, which tend to focus on what children eat, and not necessarily the source of foods. This could be presented in chapters regarding dietary patterns, and/or feeding behaviours, or, ideally, in a standalone chapter examining the environmental determinants of young children’s diets (see point below)</p>
Food environment determinants of young children’s dietary patterns	<p>We feel another oversight in this report, is evidence which pertains to the broader environmental determinants of young children’s dietary and feeding behaviours. Our concern is that this report could be interpreted as placing a significant burden and even blame on parents in its assessment of dietary quality and feeding behaviours, thus contributing to the concept that parents are largely responsible for the foods given to children. This narrative is counter-productive because it neglects to acknowledge the circumstances in which families live and the stark differences in financial, social and psychological resources and support different families have to feed their children, especially along the socioeconomic spectrum. This narrative also provides little rationale for government or business action on the commercial and environmental determinants of poor diet and ill health. We strongly believe that reviews covering intervention research of the environmental determinants of young children’s diets should be included in this report in the dietary quality and/or feeding behaviour chapters, if not in a standard alone chapter.</p>

	<p>Below we have provided a list of reviews that examine the relationship between food advertising and dietary intake in experimental studies:</p> <p>Systematic review: Russell S, Croker H, Viner R. The effects of screen advertising on children’s dietary intake: A systematic review and meta-analysis (2019) <i>Obesity Reviews</i> https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6446725/</p> <p>Boyland E, McGale L, Maden M, et al. Association of Food and Nonalcoholic Beverage Marketing With Children and Adolescents’ Eating Behaviors and Health: A Systematic Review and Meta-analysis. <i>JAMA Pediatrics</i>.(2022) e221037 https://pubmed.ncbi.nlm.nih.gov/35499839/</p> <p>Boyland, E, McGale, L, Maden, M, Hounsome, J, Boland, A, Jones, A. Systematic review of the effect of policies to restrict the marketing of foods and non-alcoholic beverages to which children are exposed. <i>Obesity Reviews</i>. (2022) e13447 https://onlinelibrary.wiley.com/doi/full/10.1111/obr.13447</p> <p>Further evidence that covers intervention research of environmental exposures is below, some publications incorporate findings from assessments of young children’s diets but have a broader population focus:</p> <p>Coleman P, Hanson P, van Rens T, Oyebode O. A rapid review of the evidence for children’s TV and online advertisement restrictions to fight obesity. <i>Preventative Medicine Reports</i>. (2022) https://www.sciencedirect.com/science/article/pii/S2211335522000249</p> <p>Vogel C, Piernas C. The retail food environment, in <i>Transforming Food Environments</i>, C. Evans, Editor. 2022, Routledge. p. 63-78.</p> <p>Vogel, C., et al., <i>Altering product placement to create a healthier layout in supermarkets: Outcomes on store sales, customer purchasing, and diet in a prospective matched controlled cluster study</i>. PLoS Med, 2021. 18(9): p. e1003729.</p>
<p>Reporting of study results (one of many examples paragraph 6.96)</p>	<p>It seems that reporting of individual study results was only done if they were reported in a SR? It is understandable, given the size of the task, that published SR’s were used to identify the studies used as evidence within each section, but it’s expected that if the data from a study were not explicitly reported in the SR, then the original article would be found in order to extract such information for this report. “<i>Quantitative data were not reported</i>” appears in quite a few paragraphs which could suggest to the reader/user of this report that evidence isn’t available or results were null, whereas in truth it’s just that the numbers weren’t specified in the SR in question.</p>

Please add extra rows as needed

Comments by paragraph	Comments
6.74 Visual exposure	<p>Please insert each new comment in a new row</p> <p>There are additional studies which could be considered for the effects of increasing visual exposures to fruits and vegetables on consumption, all of which reported positive effects either on a target vegetable, or generalised to other vegetables as well. We recently reviewed these as part of our systematic scoping review on influences on the dietary intakes of preschool children:</p> <p>Review: Jarman M, Edwards K, Blissett J. Influences on the dietary intakes of preschool children: A systematic scoping review (2022). IJBNPA https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01254-8</p> <p>Studies assessing visual exposure on fruit and vegetable intake: Farrow C, Bletcher E, Coulthard H, Thomas J. T, Lumsden J, Hakobyan L, Haycraft E. Using repeated visual exposure, rewards and modelling in a mobile application to increase vegetable acceptance in children. 2019 Appetite. 141.</p> <p>Owen L.H, Kennedy O.B, Hill C, Houston-Price C. Peas, please! Food familiarization through picture books helps parents introduce vegetables into preschoolers’ diets. 2018 Appetite 128:32-43.</p> <p>Rioux C, Lafraire J, Picard D. Visual exposure and categorization performance positively influence 3- to 6-year-old children's willingness to taste unfamiliar vegetables. 2018 Appetite 120:32-42</p>
Caregiver feeding practices on children’s food consumption	<p>Although we recognise the limitations of the majority of study designs assessing the impact of caregiver feeding practices on children’s food intakes there is no mention of the use of pressure to eat, which has consistently been associated with indicators of poorer diets. Although direction of effect is difficult to untangle it is generally considered an unfavourable caregiver feeding practice:</p> <p>Evidence: Galloway A, Fioito L.M, Francis L.A, Birch L.L ‘Finish your soup’: Counterproductive effects of pressuring children to eat on intake and affect 2006. Appetite 46:3:318-323</p>

Gregory J, Paxton S, Brozovic A.M. Maternal feeding practices predict fruit and vegetable consumption in young children. Results of a 12-month longitudinal study 2011 *Appetite* 57:1:167-172

Harris H, Mallan K, Nambiar S, Daniels L. The relationship between controlling feeding practices and boys' and girls' eating in the absence of hunger. 2014. *Eating Behaviors*. 15:4:519-522

Holley C, Farrow C, Haycraft E. Investigating the role of parent and child characteristics in healthy eating intervention outcomes. 2016. *Appetite* 105:291-297

McPhie S, Skouteris H, McCabe M, Ricciardelli L, Milgrom J, Baur L, Dell'Aquila. Maternal predictors of preschool child-eating behaviours, food intake and body mass index: a prospective study. 2012. *Early Child Development and Care*.182:8:999-1014

Furthermore there is evidence that management of the child's food environment (covert control, availability/accessibility of foods) is related to young children's dietary intakes, which is currently missing.

Evidence:

Haire-Jashu D, Elliott M, Caito N, Hessler K, Nanney M, Hale N, Boehmer T, Kreuter M, Brownson R. High 5 for Kids: the impact of a home visiting program on fruit and vegetable intake of parents and their preschool children. 2008. *Preventative Medicine*. 47:1:77-82

Jarman M, Ogden J, Inskip H, Lawrence W, Baird J, Cooper C, Robinson S, Barker M. How do mothers manage their preschool children's eating habits and does this change as children grow older? A longitudinal analysis. 2015. *Appetite* 95:466-474

Mirota J, Darlington G, Bucholtz A, Haines J, Ma D, Duncan A. Guelph Family Health Study's Home-Based Obesity Prevention Intervention Increases Fibre and Fruit Intake in Preschool-Aged Children. 2018. *Canadian Journal of Dietetic Practice and Research*. 79:2:86-90.

Inclusion of these areas could benefit the report by providing a more comprehensive view of the whole picture.

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