INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

Parents Nutritional Practices, Mechanisms and Status of Learners in Feeding Program: Basis for an Intervention Plan

DOI 10.5281/zenodo.13922414

Rachel O. Gajo
Department of Education, Division of Negros Occidental, Philippines
https://orcid.org/0009-0003-5453-0269

Denise Ann C. Taguiwalo
Department of Education, Division of Negros Occidental, Philippines
https://orcid.org/0009-0004-2752-7993

Sharon Rose C. Larita
Department of Education, Division of Negros Occidental, Philippines
https://orcid.org/0009-0002-4152-7805

Randy O.Gajo
Department of Education, Division of Negros Occidental, Philippines
https://orcid.org/0009-0001-9706-9308

Allan R. Genovia
Department of Education, Division of Negros Occidental, Philippines
https://orcid.org/0009-0003-6070-6523

Honey Bhea A. Jungco
Department of Education, Division of Negros Occidental, Philippines
https://orcid.org/0009-0002-7375-7488

Domric M. Panunciar
Commission on Higher Education, Central Philippines State University-San Carlos, Philippines
https://orcid.org/0009-0003-0996-1708

Abstract:

The current study was specifically interested in determining the level of parent's nutritional practices, mechanisms and status of learners in feeding program. A descriptive research design using the adapted but modified instrument was utilized. The study covered 220 parents of enrolled learners from Grade 1 to Grade 6 learners for AY 2023-2024. Findings revealed that the majority of the respondents are composed of female, of younger and middle-aged parents. most of the respondents are in elementary level and belong to the family with below average monthly income. Moreover, data reveled that there is a high relationship between nutritional practices and nutritional feeding mechanisms likewise in nutritional feeding mechanism and nutritional status. Furthermore, there is a significant relationship between the extent of parent's home nutritional practice and the learner's nutritional status. Lastly, there is also a significant relationship in between feeding mechanisms and nutritional status. Consistent mealtime was influenced by meal planning done ahead and monitoring continuously promotes healthy nutritional practices and improve nutritional status.

Key Words: Nutritional Practices, Feeding Mechanisms, Nutritional Status, Feeding program

Introduction:

Nutrition was a significant factor in the growth, development, and overall functioning of a child. However, malnutrition, including nutrition deficiencies and excesses was common in children and adolescents in either developed or developing countries according to the 2023 World Health Organization (WHO)and seriously threatens the physical and mental growth and development of school-aged learners Niseteo, et. Al. (2020).

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

In the study conducted by Paes, et. Al. (2015), highlighted the lack of parental nutrition knowledge and negative dietary practices may lead their children engage in irrational eating practices. Moreover, according to Mahmood (2021), there are some factors that could influence children's eating habits such as the home food preparation, meal planning, parents' practices and knowledge.

Meanwhile according to the (DO No. 365, s. 2023) of the school-Based Feeding Program (SBFP) initiative in the Department of Education (DepEd)it addresses malnutrition among public school children as one of the 7-point priority intervention in support of Matatag Agenda, However, for nearly thirty years, there have been almost no improvements in the prevalence of **undernutrition** in the **Philippines**. One in three **children** or 29% in school suffered from stunting being small in size for their age, Acayan (2021).

Though generally all public schools implemented the said program, the parent's practices at home and their feeding mechanisms weren't fully grasped by the department, leading to conceding practices and attitudes. This gap between the parent's nutritional practices and department implementation underscores the need for improved school-based feeding program to further enhance its implementation.

Since the school nutritional data for severely wasted and wasted learners for three consecutive years shows it growing trends from 40% up to 42% to 61% this current school year. This increasing trend of school nutritional status affect its access and performance in terms of well-being and resiliency. Hence, this research aimed to address this gap by identifying the parents' home nutritional practice and feeding mechanisms in relation to status of learners in feeding program as a basis for an intervention plan.

Objectives of the Study

This study aimed to determine the level of parent's nutritional practices, mechanisms and status of learners in feeding program as basis for the intervention plan.

Theoretical/ Conceptual Framework

Self-determination theory (Ryan and Deci, 2010) served as the foundation for this investigation. Self-determination theory could prove to be an appropriate framework for conceptualizing the role played by different food parenting practices in motivating children to adopt healthy eating habits. Moreover, the theory of planned behavior (TPB) Ajzen (2012) had often been suggested for the study of parenting practices on child food consumption. This theory focuses in interpersonal constructs - the concepts of active parental guidance.

Furthermore, among the many social learning theories, the one most influential have been those articulated by B. F. Skinner (Vargas, 2017). Operant conditioning plays a role in the parents' nutritional practices as they employ their daily practices at home they could see which nutritional practice should be continued and should be discontinued as they could see its effects on their learner's health and nutrition.

Methodology:

The present study utilized a descriptive research design using an adapted but modified survey instrument. The respondents of the study were the parents of Grade 1 to Grade 6 of enrolled learners for the SY 2023-2024. A random sampling was used in determining the 220 respondents. The researcher adapted questionnaire was used and was subjected to validity testing by the experts. A validity rating of 3.79 was established. The items in the questionnaire were also analyzed to test their reliability. Using Cronbach alpha, it reported acceptable reliability results of 0.87. The survey was given personally to the respondents. The respondents were informed that their participation in the study was voluntary since they had the option to not be directly involved in its execution. Additionally, they were informed that any information acquired from them would be kept private and utilized solely for the investigation. The data gathered were statistically treated using a frequency count, percentage mean,

A. Profile Characteristics

A.1 Age of respondents

Age	Frequency (f)	Percentage (%)
18-24 years old	7	3.2
25-34 years old	80	36.4
35-44 years old	80	36.4
45-54 years old	39	17.7
55-64 years old	11	5.0
65 years old and above	3	1.4
Total	**220**	**100**

Table A. 1 Frequency and Percentage Distribution on the Socio-demographic profile of the respondents in terms of age.

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

A.2 Sex of respondents

Sex	Frequency (f)	Percentage (%)
Male	53	24.1
Female	167	75.9
Total	**220**	**100**

Table A.2 Frequency and Percentage Distribution on the Socio-demographic profile of the respondents in terms of sex.

A.3 Highest educational attainment of respondents

Highest Educational Attainment	Frequency (f)	Percentage (%)
Elementary Level	63	28.6
Elementary Graduate	25	11.4
High School Level	58	26.4
High School Graduate	58	26.4
College Graduate	10	4.5
Masters Graduate	3	1.4
Others	3	1.4
Total	**220**	**100**

Table A.3 Frequency and Percentage Distribution on the Socio-demographic profile of the respondents in terms of highest educational attainment.

A.4 Average monthly income of respondents

Average Monthly Income	Frequency (f)	Percentage (%)
Php 0–10,957	195	88.6
Php 10,957–21,914	22	10.0
Php 21,915–43,828	3	1.4
Total	**220**	**100**

Table A.4 Frequency and Percentage Distribution on the Socio-demographic profile of the respondents in terms of average monthly income.

The respondents under this study are commonly females and belong to a young and middle-aged and most of the respondents are elementary level with lower family income.

In the study of Cruz, et. Al. (2021), it showed that adolescent women who lived with neither parent and belonged to the poorest wealth quintile were more likely to become pregnant as a teenager. Thus, the study revealed that this is one factor that the most parents today are composed of the younger and middle- aged. Furthermore, in the study of Ma, et. Al. (2023) who states that healthy diet behaviors were more commonly implemented by females than males. Moreover, in the study of World Health Organization (2019) about educational attainment of parents which showed that malnutrition was highly attributed with low educational attainment. Additionally, Nelson (2017) added that low income was associated with poor nutrition at all stages of life, from lower rates of breast-feeding to higher intakes of saturated fatty acids and lower intakes of antioxidant nutrients.

B. Extent of nutritional practices in nutrition knowledge, attitudes and dietary practices

B. 1 Extent of nutritional practices in terms of nutrition knowledge

Nutritional Knowledge	Mean	SD	Interpretation
I feed my child three times of meal a day. *Ginapakaon ko ang akon bata tatlo ka beses sa isa ka adlaw	4.20	1.226	Very High
I decide for my child's food portion size. *Ako ang ga desisyon sang kadamuon sang pagkaon sang akon bata	3.09	1.704	Average
I give the right kind and amount of food to my child according to the dietary guidelines *Ginahatagan ko sang husto nga kadamuon nga pagkaon ang akon bata nga yara sa dietary guidelines	3.57	1.449	High
I don't let my child eats too many sweets (candy, milktea, etc). * Wala ko gina sugtan ang akon bata nga magkaon sang mga matam-is nga pagkaon pareho sang Dulsi kag milktea kag iban pa.	2.53	1.358	Low
I don't let my child eats too many high fat foods. *Wala ko gina sugtan ang akon bata nga magkaon sang mga fatty-foods (Junkfoods,matam-is,maasin)	2.60	1.312	Low
I don't let my child eat too much of his favorite foods.	2.78	1.189	Average

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

*Wala ko gina sugtan ang akon bata nga magkaon sang madamo nga pagkaon nga paborito nya kaunon.			
I regulate my child's eating habits. *Gina giyahan ko ang akon bata sa pagkaon	3.20	1.401	Average
I provide the different food groups for my child's nutrition * Ginahatagan ko sang mga lain-lain nga mga pagkaon ang akon bata para sa iya nutrisyon	4.00	1.353	High
I follow the local food-based dietary guidelines for my child's nutrition. *Ginasunod ko ang mga local food guidelines para sa insakto nga nutrisyon sang akon bata.	3.84	1.453	High
Nutritional Knowledge Mean	**3.31**	**0.983**	**Average**

Table B.1 Shows the Extent of nutritional practices in terms of nutritional knowledge

B. 2 Extent of nutritional practices in terms of nutrition attitude.

Nutritional Attitude	Mean	SD	Interpretation
I provide a food without preservatives for my child. *Ginahatagan ko ang akon bata sang mga pagkaon nga wala sang mga preservatives (seasoning-magic sarap, knorr,ginisa mix, vetsin)	3.16	1.246	Average
I know that following the dietary guidelines will give a right nutrition to my child. *kabalo ko nga ang pagsunod sa dietary guidelines magahatag sang husto kag insakto nga nutrisyon sa akon bata.	3.86	1.103	High
I praise my child if she/he eats fruits and vegetables for him/her to eat more. *Ginadayaw ko ang akon bata kung siya magkaon sang prutas kag utan para mag kaon siya sang madamo	3.87	1.594	High
I Know it is good to eat less by eating smaller portions of food *Kabalo ko nami ang mag kaon sang gamay lang nga pagkaon sang gagmay lng nga bahin.	3.37	1.026	Average
I secure that my child got the minimum meal frequency *Ginasigurado ko nga akon bata maka kaon sang tatlo ka beses nga pagkaon sa isa ka adlaw	3.80	1.005	High
I am confident of the food I prepare for my child. * Kampante ako sa mga gina preparar ko nga mga pagkaon para sa akon bata.	3.90	1.160	High
I give a diversity of food from many food groups *Ginahatagan ko sang mga nasari-sari nga pagkaon nga ara sa go,,grow kag glow food groups ang akon bata.	3.71	1.234	High
I make sure my child has three basic meals at the right time and place *Gina sigurado ko gid nga nagakaon ang akon bata sang insakto nga pagkaon sa insakto nga oras kag lugar.	3.67	1.614	High
I discourage having sweets and candies *Ginadilian ko ang ang akon bata sa pagkaon sang dulce ukon mga matam-is.	2.72	1.481	Average
Nutritional Attitude Mean	**3.47**	**0.872**	**High**

Table B.2 Extent of nutritional practices in terms of nutritional attitude

B. 3 Extent of nutritional practices in terms of dietary practices.

Dietary Process	Mean	SD	Interpretation
I make sure that I keep some fruits on table for my child *Ginasigurado ko nga may prutas sa amon lamesa para sa akon bata	3.39	1.582	Average
I offer fruits or any nutritional foods to my child instead of sweets as a reward for good behavior. *Ginahatagan ko ang akon bata sang masustansiya nga pagkaon imbis sang mga matam-is nga pagkaon bilang iya nga premyo	3.48	1.422	High
I offer my child her favorite foods in exchange for his/her good behavior. * Ginahatagan ko ang akon bata sang iya paborito nga pagkaon	2.70	1.444	Average

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

kabaylo sang maayo ya nga Batasan			
I make sure that my child eats everything on her plate. * Ginasigurado ko gid nga maubos sang akon bata ang pagkaon sa iya pinggan.	3.51	1.476	High
I have to be especially careful of making sure my child eats enough. *Gahalong gid ko sa pagkaon sang akon bata nga siya makakaon gid sang insaktuhan.	3.12	1.446	Average
I make sure my child gets to eat anyway even though he says he is not hungry. *Ginapakaon ko gid ang akon bata bisan ga hambal pa siya nga busog siya.	3.22	1.274	Average
I know my child has the right intake and frequency of consuming foods from a specific food group. *Kabalo ko nga ang akon bata ga kaon sang insakto nga mga pagkaon basi sa food groups (go,grow,glow foods)	3.20	1.304	Average
I make sure my child has intake of foods from a list of locally available nutrient-rich foods * Gina sigurado ko gid nga naga kaon ang akon bata sang mga pagkaon nga ara sa lista sang mga local food nutrient-rich foods	3.14	1.269	Average
I know the frequency of intake of foods of my child. *Kabalo ko kung pila ka beses nagakaon ang akon bata.	3.47	1.524	High
Dietary Practices Mean	**3.25**	**1.018**	**Average**

Table B.3 Extent of nutritional practices in terms of dietary practices.

The parent's home nutritional practices in terms of nutrition knowledge it showed that most respondents value the provision of meal for their children at least three times a day but neglecting the restriction of eating too many sweets its disregarding the poor nutritional value and unhealthy effects to children's health. As to the parent's home nutritional practices in terms of nutrition attitudes respondents are confident in providing the right food for their children and show poor regard in discouraging their children to eat sweets. Additionally, the parent's home nutritional practices in terms of dietary practices respondents always tend to impose that their children eat everything on their plate and bribe their child to receive their favorite foods.

This is aligned with the study of Allafi, et. Al. (2019), whose findings suggest that parents' nutritional knowledge can slightly assist in adopting healthier eating habits in children, which may reduce nutrition-related diseases. Moreover, there are identified several health effects related to children's sugar-sweetened beverage consumption, such as childhood obesity, diabetes, metabolic syndrome, early menarche, and dental caries (Khan et. Al. 2021). Also, Field, (2017) that parents who choose their children's portion, they're child is less likely to overeat.

C. Extent of nutritional feeding mechanism in terms of consistent mealtime, meal planning and monitoring

C.1 Extent of nutritional feeding mechanism in terms of consistent mealtime

Consistent Mealtime	Mean	SD	Interpretation
Mealtimes occur at the same time each day. * Ang amon tion sa pagkaon pareho kada adlaw.	3.47	1.447	High
We eat meals at the same time every day. * Nagakaon kami sa pareho nga oras kada adlaw.	3.46	1.485	High
My child's meals and snacks are scheduled each day. *Naka skedyul ang pagkaon kag meryenda sang akon bata kada adlaw.	3.47	1.586	High
Snacks are offered at the same time every day. *Ginahatagan ko sang meryenda ang akon bata sa pareho nga oras kada adlaw.	3.24	1.523	Average
A consistent feeding schedule is important to me at home. *Importante gid sa akon nga wala naga lain ang skedyul sa tion sang pagkaon namon sa balay	3.28	1.545	Average
Consistent Mealtime Mean	**3.39**	**1.349**	**Average**

Table C.1 Extent of nutritional feeding mechanism in terms of consistent mealtime

C.2 Extent of nutritional feeding mechanism in terms of meal planning

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

Meal Planning	Mean	SD	Interpretation
I know about nutrient content of foods; food groups and food guides and I select food from each of the groups according to the required servings. *Kabalo ko sang mga nutrisyon sang mga pagkaon sa kada grupo kag gina preparar ko ang insakto nga kadamuo	3.65	1.223	High
I plan several meals in advance * Gina planuhan ko anay sang maayo ang akon mga inug preparar nga pagkaon.	3.79	1.079	High
I consider foods available according to season. * Ginakonsiderar ko ang mga seasonal nga prutas, utan kag iban pa nga pagkaon	3.87	1.206	High
I take off time to look for affordable places to buy food to reduce on expenditure. * Nagapangita gid ako sang lugar para baklan sang mga barato nga pagkaon para makatipid	3.71	1.133	High
If possible, I purchase in bulk as it reduces expenditure. *Kung may kwarta man lang ga bakal ko tingob para makatipid	3.82	1.246	High
I avoid foods which are poor value for money such as food containing only energy, e.g., sodas and many artificial soft drinks. *Wala ko ga bakal softdrinks kay kamahal kag wala man sang nutrisyon.	3.38	1.378	Average
I take advantage of opportunities when food supply is plentiful and cheap. *Kung barato ang baligya-anay sang utan, prutas kag iban pa, gabakal ko sang damo	3.87	1.217	High
I know about nutrient content of foods; food groups and food guides and I select food from each of the groups according to the required servings. *Kabalo ko sang mga nutrisyon sang mga pagkaon sa kada grupo kag gina preparar ko ang insakto nga kadamuo	3.65	1.223	High
Meal Planning Mean	**3.72**	**0.900**	**High**

Table C.2 Extent of nutritional feeding mechanism in terms of meal planning

C.3 Extent of nutritional feeding mechanism in terms of Consistent mealtime

Monitoring	Mean	SD	Interpretation
How much do you keep track of the sweets (candy, ice cream cake, pies, pastries) that your child eats? *Gaano mo gina subaybayan ang imo bata sa mga matam-is nga mga pagkaon pareho sang dulce, sorbete, keyk,pies kag mga tamis nga tinapay nga iya gina	3.29	1.295	Average
How much do you keep track of the snack food (potato chips, Doritos, cheese puffs) that your child eats? * Gaano mo gina subaybayan ang imo bata sa mga junk foods nga pagkaon pareho sang Potato chips, Doritos, Cheese puffs nga iya gina kaon?	3.24	1.003	Average
How much do you keep track of the high-fat foods that your child eats? *Gaano mo gina subaybayan ang imo bata sa mga mantikaon, cholesterol kag maasin nga mga pagkaon nga iya ginakaon?	3.26	1.255	Average
Monitoring Mean	**3.27**	**1.040**	**Average**

Table C.3 Extent of Feeding mechanism in terms of Consistent mealtime

The parent's feeding mechanisms in terms of consistent mealtime, the respondents see to it that their children eat on the same specific mealtime each day but put low value in giving snacks to their children in a specific time. In terms of meal planning, the respondents usually consider getting the cheaper variety of foods that are in season while giving less attention in controlling their children's intake of sodas, soft drinks and artificial food containing only energy. In terms of monitoring parents placed little value in controlling and tracking the kind of food their children eat.

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

This is consonance with Mahmood, et. Al. (2021) who states that Family meals were found to contribute the most in modeling children's dietary habits as they represent an important moment of control and interaction between parents and their children. Also supported by the study of Robson et.al. (2020) whose results revealed that dietary outcomes showed some evidence of a positive association between family meal frequency and fruits, vegetables, fruits and vegetables, sugar-sweetened beverages, and the Healthy Eating Index. More so, Moguel (2019) finding shows that food-intake monitoring is intended to acquire information, such as the number of vitamins, minerals and other substances ingested by a person.

D. Frequency and Percentage Distribution on Nutritional Status

Nutritional Status	frequency	Percentage	Descriptive Inter
BMI less than 13.5	27	12.3	severely wasted
BMI 13.5 to 18.5	42	19.1	Wasted
BMI 18.6 to 24.9	69	31.4	Normal
BMI 25 to 39.9	34	15.5	obese
Height-for-age<-2 SD	48	21.8	stunted
Total	**220**	**100**	

Table D. Frequency and Percentage Distribution on Nutritional Status

Most of the learners under this study were having a normal nutritional status. They belong to healthy children with a well balance diet and good nutritional practices as provided by their parents and guardians at home. There are plenty of children in the under study who were well provided with nutritious food such as fruits and vegetables and food from other food groups which attribute to their overall well-being.

Supported by the research results of Albanus (2023), it showed that there is a significant relationship between nutritional knowledge of parents and malnutrition of their children. Knowledge on the causes and prevention of malnutrition is significant in affecting the nutritional status of the children, Nzala, et. Al. (2018) reveals that knowledge related to promotion of health is essential in influencing nutritional status. These findings are consistent with the findings of several other studies.

E. Difference analysis on the extent of nutritional practices when grouped according to their age

E.1 Nutritional practices grouped according to respondents age

Age	Nutritional Knowledge (mean rank)	Nutritional Attitude (mean rank)	Dietary Practices (mean rank)
18–24 years old	125.43	126.29	130.86
25–34 years old	102.85	109.07	106.76
35–44 years old	118.19	110.66	114.87
45–54 years old	103.82	104.58	99.90
55–64 years old	116.09	118.41	124.68
65 years old and above	141.00	155.67	132.00
T-test	0.557	0.774	0.643
Interpretation	**Not Sig.**	**Not Sig.**	**Not Sig.**

Not Sig. If the p-value is more significant than 0.05
Sig. If the p-value is lesser than or equal to 0.05
Table E.1 Difference analysis on the extent of nutritional practices when grouped according to their age

E.2 Nutritional practices grouped according to respondents' sex

Sex	Nutritional Knowledge (mean rank)	Nutritional Attitude (mean rank)	Dietary Practices (mean rank)
Male	98.35	100.37	102.62
Female	114.36	113.72	113.00
T-test	0.109	0.181	0.299
Interpretation	**Not Sig.**	**Not Sig.**	**Not Sig.**

Not Sig. If the p-value is more significant than 0.05
Sig. If the p-value is lesser than or equal to 0.05
Table E.2 Difference analysis on the extent of nutritional practices when grouped according to their sex

E.3 Nutritional practices grouped according to respondent's highest educational attainment

Highest Educational Attainment	Nutritional Knowledge (mean rank)	Nutritional Attitude (mean rank)	Dietary Practices (mean rank)
Elementary Level	111.57	111.36	117.53
Elementary Graduate	117.70	100.04	114.60
High School Level	114.73	113.33	110.19
High School Graduate	100.69	108.28	103.14
College Graduate	101.35	110.80	88.10
Masters Graduate	140.83	154.33	157.17
Others	136.00	123.00	105.00
T-test	0.761	0.876	0.601
Interpretation	**Not Sig.**	**Not Sig.**	**Not Sig.**

Not Sig. If the p-value is more significant than 0.05
Sig. If the p-value is lesser than or equal to 0.05
Table E.3 Difference analysis on the extent of nutritional practices when grouped according to their Highest Educational Attainment

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

The parent's profile is unrelated to their nutritional knowledge, attitudes and dietary practices as their nutritional practices.

This is in consonance with Ma, et. Al. (2023) whose study revealed that healthy diet behaviors were more commonly implemented by females than males and which needed to be improved in those with abnormal body mass indexes (BMIs) overweight and obese. Furthermore, Allotey (2022) stated that 86.4% of mothers who states that healthy diet behaviors were more commonly implemented by them and 88.7% of fathers reported that fathers support complementary feeding Moreover, Le, et. Al. 2023, stated that educational attainment is a critical sociodemographic factor that shapes food choices. Also, in the research by Darmon & Drewnowski (2019) suggests that individuals with higher educational attainment tend to favor more nutritious while those with lower educational levels may be more inclined to opt for more affordable but less healthy options.

F. Difference analysis on the extent of nutritional feeding mechanism when grouped according their profile.

F. 1 Nutritional feeding mechanism when grouped according respondents age

Age	Consistent Mealtime (mean rank)	Meal Planning (mean rank)	Monitoring (mean rank)
18–24 years old	122.00	131.57	132.64
25–34 years old	105.58	109.22	105.59
35–44 years old	110.57	111.08	109.14
45–54 years old	112.36	103.41	110.12
55–64 years old	112.41	110.91	127.59
65 years old and above	182.00	170.67	168.50
T–test	0.466	0.546	0.446
Interpretation	**Not Sig.**	**Not Sig.**	**Not Sig.**

Not Sig. If the p-value is more significant than 0.05
Sig. If the p-value is lesser than or equal to 0.05
Table F.1 Difference analysis on the extent of nutritional feeding mechanism when grouped according to their age

F. 2 Nutritional feeding mechanism when grouped according respondents' sex

Sex	Consistent Mealtime (mean rank)	Meal Planning (mean rank)	Monitoring (mean rank)
Male	103.16	95.60	97.37
Female	112.83	115.23	114.67
T–test	0.332	0.049	0.081
Interpretation	**Not Sig.**	**Sig.**	**Not Sig.**

Not Sig. If the p-value is more significant than 0.05
Sig. If the p-value is lesser than or equal to 0.05
Table F.2 Difference analysis on the extent of nutritional practices feeding mechanism when grouped according to their sex

F. 3 Nutritional feeding mechanism according respondent's highest educational attainment

Highest Educational Attainment	Consistent Mealtime (mean rank)	Meal Planning (mean rank)	Monitoring (mean rank)
Elementary Level	115.17	112.29	113.53
Elementary Graduate	122.96	108.02	112.58
High School Level	111.56	117.97	107.76
High School Graduate	98.41	99.66	105.47
College Graduate	102.75	106.70	113.60
Masters Graduate	118.00	135.00	144.50
Others	140.33	146.83	135.33
T–test	0.634	0.666	0.917
Interpretation	**Not Sig.**	**Not Sig.**	**Not Sig.**

Not Sig. If the p-value is more significant than 0.05
Sig. If the p-value is lesser than or equal to 0.05
Table F.3 Difference analysis on the extent of feeding mechanism when grouped according to their highest educational attainment

In terms of age and educational attainment and feeding mechanisms is discrete. However, in terms of sexual orientation in feeding mechanisms shows that the female group has more apprehension than male group.

This is in accordance with the research results of Ma, et. Al. (2023) who states that healthy diet behaviors were more commonly implemented by females than males. However, in the study results of Almeida (2021) whose study revealed that higher scores for parental modelling and active promotion of F&V consumption were observed in older parents, those with average nutrition knowledge were observed in the middle-age parents. More so, in the study findings of Nzala, et. Al. (2018) and the Multiple Indicator Cluster Survey of 6,142 children which reveals higher incidence of malnutrition among families where the mother had a low educational level.

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

G. Parents home nutritional practices and parents feeding mechanisms

	Test statistics	Nutritional Knowledge	Nutritional Attitudes	Dietary Practices	Consistent Mealtime	Meal Planning	Monitoring
Nutritional Knowledge	Correlation Coefficient	1	.792**	.681**	.658**	.441**	.524**
	Sig. (2-tailed)		.000	.000	.000	.000	.000
	N	220	220	220	220	220	220
Nutritional Attitudes	Correlation Coefficient	.792**	1	.746**	.748**	.579**	.587**
	Sig. (2-tailed)	.000	.	.000	.000	.000	.000
	N	220	220	220	220	220	220
Dietary Practices	Correlation Coefficient	.681**	.746**	1	.691**	.573**	.491**
	Sig. (2-tailed)	.000	.000	.	.000	.000	.000
	N	220	220	220	220	220	220
Consistent Mealtime	Correlation Coefficient	.658**	.748**	.691**	1	.729**	.657**
	Sig. (2-tailed)	.000	.000	.000	.	.000	.000
	N	220	220	220	220	220	220
Meal Planning	Correlation Coefficient	.441**	.579**	.573**	.729**	1	.628**
	Sig. (2-tailed)	.000	.000	.000	.000	.	.000
	N	220	220	220	220	220	220
Monitoring	Correlation Coefficient	.524**	.587**	.491**	.657**	.628**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.
	N	220	220	220	220	220	220

****. Correlation is significant at the 0.01 level (2-tailed).**

***. Correlation is significant at the 0.05 level (2-tailed).**

Table G. Spearman rank–order correlation coefficient analysis in nutritional practices and nutritional feeding mechanism

The parents' home nutritional practices have a direct outcome on the feeding mechanisms. Their own knowledge and understanding of proper nutrition as well as their own attitudes for mealtime has a direct relationship on their children's dietary practices.

This is anchored with the study of Campbell, et. Al. (2018) who found a direct correlation between maternal knowledge of healthy foods and feeding their children those foods, along with making these foods available in their home. Not only does maternal awareness of healthy foods result in feeding children healthy foods, it also fosters a supportive environment to assist the child in being able to consume healthy foods.

H. Parents home nutritional practices and learner's nutritional status

Nutritional practices	Sig. (2-tailed)	Spearman	Descriptive Interpretation
Nutritional Knowledge	.595	.036	Not Significant
Nutritional Attitude	.003	.196	Significant
Dietary Practice	.004	.196	Significant

****. Correlation is significant at the 0.01 level (2-tailed).**

***. Correlation is significant at the 0.05 level (2-tailed).**

Table H. Spearman rank–order correlation coefficient analysis in nutritional practices and nutritional status

The table shows a direct relationship between parents' nutritional attitude and dietary practices towards the nutritional status of the child. It implies Parents who have a positive nutritional attitude and dietary practices has a child who were in normal nutritional status. However, learners whose parents have a limited nutritional knowledge were likely belong to below normal nutritional status. This was also confirmed by one of the teachers that parents' nutritional practices linked to the nutritional status of the child as the parents have a good nutritional practice their child eats adequately that improved their health and nutrition resulted to increase their body mass index. On the contrary learners whose parents disregard the good nutritional practices were always in the list of recipients of school-based feeding program.

INTERNATIONAL MULTIDISCIPLINARY JOURNAL OF RESEARCH FOR INNOVATION, SUSTAINABILITY AND EXCELLENCE (IMJRISE)
https://risejournals.org/index.php/imjrise
ISSN Online: 3028-032X | ISSN Print: 3028-0370
Volume 1, Issue no. 10 (2024)

The significant relationship of nutritional attitude and dietary practices towards nutritional status of the child was align with in the finding of Ma, et. Al. (2023) who found out that the correlations between nutritional dietary practices and attitudes, knowledge and practices and attitudes and practices were relatively associated. It was necessary for nutrition promotion to emphasized the nutritional attitude and dietary practices, as well as health behavior, knowledge and guidance, especially for parents with low education and elevated BMIs. Parents who were opt to consider the nutritional value of food intake of their children tend to have higher BMIs. In contrast to parents who have not. This was also confirmed by one of the teachers who states that there were several of severely wasted learners whose parents have a low educational attainment were always included in the beneficiaries of SBFP.

I. Parents feeding mechanism and learners nutritional status

Nutritional feeding mechanism	Sig. (2-tailed)	Spearman	Descriptive Interpretation
Consistent mealtime	.000	.318	Highly Significant
Meal planning	.000	.424	Highly Significant
Monitoring	.001	.219	Significant

****. Correlation is significant at the 0.01 level (2-tailed).**
***. Correlation is significant at the 0.05 level (2-tailed).**

Table I. Spearman rank–order correlation coefficient analysis in nutritional feeding mechanism and nutritional status

The nutritional feeding mechanisms have diverse effect with each other. Consistent mealtime was influenced by meal planning done ahead and monitoring continuously promotes a healthy nutritional practice. This showed that the parents see to it that their child eat at the right time, with the right amount of food that were appropriate with their child's body needs. It also shows the importance of monitoring as through this, they could directly see the effect of their meal preparations done for the betterment of their child's nutritional status. This was also confirmed by one of the teachers that parents' feeding mechanisms was associated to learner's nutritional status as the parents have a good dietary practice, consistent meal planning and frequent monitoring of food intake of their child, mainly contributes to good nutrition and well-being of their child which help increase their body mass index. On the contrary learners whose parents disregard the appropriate feeding mechanisms were always in the School based feeding program.

This was consonance in the study results of Palupi, et. Al. (2019), showed that there was an association between feeding mechanisms and nutritional status. Parent's feeding mechanisms was mainly related to nutritional status among children aged 7-59 months. Yet, there remains a need to implement good feeding practices to achieve adequate food intake and improve the nutritional status of children. However, according to the World Health Organization (WHO) (2022), the main reasons for stunting in children were: inadequate complementary feeding and food insecurity, poor food quality, and low dietary diversity, as well as inadequate, infrequent and insufficient intake of essential nutrients for growth.

Conclusion:

From the findings of the study, the researcher arrived at the following conclusion.

The parent's home nutritional practices in terms of nutrition knowledge showed that most respondents value the provision of meal for their children at least three times a day but neglecting the restriction of eating too many sweets its disregarding the poor nutritional value and unhealthy effects to children's health. As to the parent's home nutritional attitudes respondents were confident in providing the right food for their children and show poor regard in discouraging their children to eat sweets. Additionally, in the respondent's dietary practices they tend to imposed that their children eat everything on their plate and bribe their child to receive their favorite foods.

Moreover, the parent's feeding mechanisms in terms of consistent mealtime, most of the respondents see to it that their children eat on the same specific mealtime each day but put low value in giving snacks to their children in a specific time. In meal planning, the respondents usually consider getting the cheaper variety of foods that are in season while giving less attention in controlling their children's intake of sodas, soft drinks and artificial food containing only energy. In terms of monitoring parents were petty slight in controlling and tracking the kind of food their children eat.

Furthermore, the parent's profile was distinct to their nutritional knowledge, attitudes and dietary practices as their nutritional practices. Likewise, in terms of age and educational attainment and feeding

mechanisms was discrete. However, in terms of sexual orientation in feeding mechanisms shows that the female group has more apprehension than male group.

On the other hand, the parents' home nutritional practices have a significant difference on the feeding mechanisms. Their own knowledge and understanding of proper nutrition as well as their own attitudes for mealtime had a direct relationship on their children's dietary practices.

Additionally, there was a significant relationship between parents' nutritional attitude and dietary practices towards the nutritional status of the child but not significance towards nutritional knowledge. Parents who have a positive nutritional attitude and dietary practices had a child who were in normal nutritional status. However, learners whose parents have a limited nutritional knowledge were likely belong to below normal nutritional status.

Lastly, feeding mechanisms and the learner's nutritional have a significant difference. They were linked with each other. Consistent mealtime was influenced by meal planning done ahead and monitoring continuously promotes a healthy nutritional practice.

Recommendations

In light of the findings and conclusions derived from the study, the following recommendations and plan of action were formulated.

1. The Schools Division Superintendent, may plan health nutrition awareness training to all schools, as well as implement innovative program aside from the school-base feeding program to address on the health concern of the school children to propel the schools to eliminate malnourished learners.
1. School heads may help monitor and properly distribute the food packs based on the feeding guidelines and operation and may used the intervention plan about the proper nutritional practices and feeding mechanism to parents that may help address the mal nutrition of the school children.
2. School based feeding coordinator may implement the intervention plan and supervise consistent feeding mealtime among learners to heighten the school-based feeding program of the school. Also, he/she may conduct training and program based on the intervention plan to enhance parent's knowledge on nutritional practices and feeding mechanisms that certainly can be used by the parents to help improve their children nutritional status.
3. Teachers may conduct a random pre and post monitoring of parent nutritional practices and feeding mechanisms through home visitation method to know the practices of parents at home to consequently understand the certain nutritional status of their learners and may enhance the intervention plan based on their monitoring results to help elevate learner's nutritional status.
4. Parents should understand methodically the importance on how to provide proper and appropriate nutrition to their children. They may participate in attending to forums and symposiums of school to gain insight of nutrition practices to improved their child nutritional status and health.
5. Researchers may be motivated to conduct more research related to the present study like knowing the level of effectiveness of school-based feeding program between hot meal preparation and food pack distribution. Also, the effectiveness of associating and promoting local agricultural and livestock production in implementing the school-based feeding program.

References

A. Books

Contento I. R.; Koch P.A. (2020). *Nutrition Education Linking Research*, *Theory and Practice,* Jones and Bartlett Learning, LLC; Date retrieved: November 12, 2023.

Dimaggio P. A. (2016). *The Pediatrician's Guide to Feeding Babies and Toddlers: Practical Answers to your Questions on Nutrition, Starting Solids, Allergies, Picky Eating and More (For Parents, By Parents),* Clarkson Potter/Ten Speed Publishing Inc. Date retrieved: November 12, 2023.

Duyff R. (2017). *Complete Food and Nutrition Guide*, 5th Ed. Harvest Publishing Inc., Date retrieved: November 12, 2023.

Hoffinger R. (2016). *Hands on Nutrition Education: Teaching Healthy Eating Skills Through Experiential Learning*, Academy of Nutrition and Dietetics Publishing Inc., 1st Ed.., Date retrieved: November 12, 2023.

Li W. W. (2023). *Eat to Beat Your Diet, Burn Fat, Heal Your Metabolism and Live Longer*, Grand Cental Publishing, Date retrieved: November 12, 2023.

Malloy-Weir L, Cooper M.(2017). *Health literacy, literacy, numeracy and nutrition label understanding and use: a scoping review of the literature*, J Hum Nutr Diet., Date retrieved: November 12, 2023.

Mayfield B. J. (2020). *Communicating Nutrition, the: Authoritative Guide*, 1st Ed. Academy of Nutrition and Dietetics, Date retrieved: November 12, 2023.

Milton A.H.et al.(2024). *Nutrition and Sustainable Development Goal4: Quality Education*, Frontiers Media SA. Date retrieved: November 12, 2023.

Monteiro CA, et al. (2019). *Ultra-processed foods: what they are and how to identify them.* Public Health Nutrition, Date retrieved: November 12, 2023.

Roth, D.E. et al. (2017). *"Early childhood linear growth faltering in low-income and middle-income countries as a whole-population condition: analysis of 179 Demographic and Health Surveys from 64 countries (1993–2015)."* The Lancet Global Health 5, no. 12: Date retrieved: November 12, 2023. Yr

Stevens G.A., M.M. Finucane, C.J. Paciorek, S.R. Flaxman, R.A. White, A.J. Donner A.J., M. Ezzati, (2012). *Nutrition Impact Model Study Group (Child Growth). "Trends in mild, moderate, and severe stunting and underweight, and progress towards MDG 1 in 141 developing countries: a systematic analysis of population representative data,* Elsevier-Health and Sciences Division, Date retrieved: November 12, 2023.

Vadiveloo M, Perraud E, Parker HW, Juul F, Parekh N. (2019). *Geographic differences in the dietary quality of food purchases among participants in the nationally representative food acquisition and purchase survey (FoodAPS)*, Nutrients, Date retrieved: November 12, 2023.

Winkler MR, Lenk KM, Caspi CE, Erickson DJ, Harnack L, Laska ML. (2019). *Variation in the food environment of small and non-traditional stores across racial segregation and corporate status*, Public Health Nutr., Date retrieved: November 12, 2023.

B. Manuals and Journals

Ahmad R. Allafi, Fawaz D. Almansour, Lama B. Saffouri, The effect of parents' nutritional knowledge and attitudeson their children's eating habits, Progress in Nutrition 2019; Vol.21, N. 4: 813-824 DOI: 10.23751/pn.v21i4.7902, Date retrieved: November 12, 2023.

Amoussou Y.U., Tambe A.B., Azandjeme C., Mbhenyane V., (2021). Socio Cultural Beliefs Influence Feeding Practices of Mothers and Their Children. Date retrieved: November 12, 2023.

Berlin K.S., Davies W.H., Silverman A. H.,Rudolph C. D. (2009). Assessing Family-based Feeding Strategies, Strength and Mealtime Structure with the feeding strategies Questionnaires, Date retrieved: November 12, 2023.

Birch L.L, Johnson S.L. Thomas K.G., Fisher J.O., (2001). Confirmatory Factor Analysis of the Child Feeding Questionnaire: A measure of Parental Attitudes Beliefs and Practices about Child Feeding and Obesity Proness, Date retrieved: November 12, 2023.

Bucyanayandi T.N. (2015) Handbook on Nutrition for Extension Worker, p.28-30, Date retrieved: November 12, 2023.

Heliyon,Iliasu I., Mustapha A.(2021) Nutrition knowledge, dietary practices and nutritional status of non-academic staff at the Tamale campus of University for Development Studies Date retrieved: November 12, 2023.

Khan, Raihan & Siraj, Md Afjalus & Kheya, Habiba & Khalid, Sumaira & Tabassum, Mehnaz & Zaman, Sojib Bin. (2021). Consumption of sugar-sweetened beverages and their health impact on children. Discoveries. 10.15190/drep.2021.2, Date retrieved: November 12, 2023.

Mahmood L., Barrantes P., Moreno L.A., Manios Y., Esther M.G., (2021. The influences of parental Dietary Behavior and Practices on Children Eating Habits, Date retrieved: November 12, 2023.

Ma, L., Xu, H., Zhang, Z., Li, L., Lin, Z., & Qin, H. (2023). Nutrition knowledge, attitudes, and dietary practices among parents of children and adolescents in Weifang, China: A cross-sectional study. *Preventive Medicine Reports*, *35*, 102396, Date retrieved: November 12, 2023.

Vargas E. A. (2015), B.F Skinner Theory of Behavior, Vol.8 p.2-38, Date retrieved: November 12, 2023.

Bhawra J., Kirkpatrick S.I., Hall M.G., Vanderlee L., White C.M., Mammond D. (2023. Patterns and Correlates of Nutrition Knowledge Across Five Countries In the 2018 international food policy study, Nutrition Journal Vol.22, Date retrieved: November 13, 2023.

Cena H., Calder P.C. (2020). Defining a Healthy Diet Evidence for the Role of Contemporary Dietary Patterns in Health and Disease, Date retrieved: November 13, 2023.

Wahl D.R., Villinger K., Konig L.M., Ziesemer K., Schupp H.T., Renner B., Healthy Food Choices are Happy Food Choices: Evidence from a real-life Sample Using Smartphone based assessment, Vol.7, Date retrieved: November 13, 2023.

Flore K., (2023). Parental Involvement in School Based Feeding Program International Journal of Research Studies in education 12(7). Date retrieved: November 13, 2023.

Walton K, Haycraft E, Jewell K, Breen A, Randall Simpson J, Haines J. The Family Mealtime Observation Study (FaMOS): Exploring the Role of Family Functioning in the Association between Mothers' and Fathers' Food Parenting Practices and Children's Nutrition Risk. Nutrients. 2019 Mar 15;11(3):630. doi: 10.3390/nu11030630. PMID: 30875873; PMCID: PMC6472050, Date retrieved: November 13, 2023.

Zahid, N., Khadka, N., Ganguly, M., Varimezova, T., Turton, B., & Spero, L. (2019). Associations between Child Snack and Beverage Consumption, Severe Dental Caries, and Malnutrition in Nepal. International Journal of Environmental Research and Public Health, 17(21), 7911, Date retrieved: November 13, 2023.

C. Internet and Electronic Sources

https://www.bls.gov/tus/ehmquestionnaire1416.pdf Date retrieved: November 12, 2023.

https://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/body-mass-index-bmi Date retrieved: November 12, 2023.

https://www.esquiremag.ph/money/wealth/filipino-income-class/obe.htm; Date retrieved: November 12, 2023.

https://www.pubmed.ncbi.nlm.nih.gov.,Date retrieved: November 12, 2023.

https://www. sciencedirect.com/topics/agricultural-and-biological-sciences/nutrition-knowledge.html, Date retrieved: November 13, 2023.

https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/relationship-between-nutrition-knowledge-and-dietary-intake/what.html, Date retrieved: November 13, 2023.

https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2021.630014/full.pdf,. Date retrieved: November 13, 2023.

https://www.researchgate.net/publication/256506024_A_study_of_Nutrition_knowledge_attitudes_and_food_habits_of_primary_students.pdf., Date retrieved: November 13, 2023.

https://www.ncbi.nlm.nih.gov.pmrcarticles/pmc5288891. Date retrieved: November 13, 2023.

https://www.sciencedirect.com/science/article/pii/S1747938X22000720), Date retrieved: November 13, 2023.

https://doi.org/10.1371/journal.pone.0251620, Date retrieved: November 13, 2023.

https://www.who.int/docs/default-source/gho-documents/world-health-statistic-reports/6-june-18108-world-health-statistics-2018.pdf., Date retrieved: November 13, 2023.

https://www.who.int/news/item/01-04-2016-general-assembly-proclaims-the-decade-of-action-on-nutrition/html, Date retrieved: November 13, 2023.

https://www.deped.gov.ph/2017/08/07/do-39-s-2017-operational-guidelines-on-the-implementation-of-school-based-feeding-program-for-school-years-2017-2022/html., Date retrieved: November 13, 2023.