

The relationship between socioeconomic status and beverage consumption in children: The Cuenca study [Relación entre el estatus socioeconómico y el consumo de bebidas en niños: Estudio de Cuenca]

Milla Tobarra M.

García Hermoso A.

Lahoz García N.

Notario Pacheco B.

Lucas de la Cruz L.

Pozuelo Carrascosa D.P.

García Meseguer M.J.

Martínez-Vizcaíno V.

Introduction: beverage consumption constitutes a source of children's daily energy intake. Some authors have suggested that consumption of caloric beverages is higher in children with a low socioeconomic position because families limit their spending on healthy food in order to save money. Objective: the aim of this study was to explore the relationship between socioeconomic status and Spanish children's beverage consumption. Methods: a cross-sectional study was conducted in a sub-sample of 182 children (74 girls) aged 9-11 from the province of Cuenca (Spain). Beverage consumption was assessed using the YANA-C assessment tool, validated for HELENA study. Data for parental socioeconomic status were gathered by using self-reported occupation and education questions answered by parents and classified according to the scale proposed by the Spanish Society of Epidemiology. Results: beverage intake was higher in children belonging to a middle-status family than in those of upper socioeconomic status ($p = 0.037$). The energy from beverages was similar in most water intake categories, except for water from beverages ($p = 0.046$). Regarding other beverages categories, middle-status children had higher consumption levels. In contrast, lower status children drank more fruit juices and skimmed milk. All of these do not show statistically significant differences. Conclusions: our study did not find significant associations

between beverages consumption and socioeconomic status in children. In fact, intake for most beverage categories was higher in middle-status children than in both other socioeconomic groups. Future research is needed in order to identify this complex relation between socioeconomic inequality and beverage intake behavior. © 2018 SENPE y Arán Ediciones S.L.

Beverage choice

Obesity

Socio-economic status

Youths

beverage

carbonated beverage

child

cross-sectional study

epidemiology

feeding behavior

female

fitness

human

male

preschool child

social class

Spain

statistics and numerical data

Beverages

Carbonated Beverages

Child

Child, Preschool

Cross-Sectional Studies

Feeding Behavior

Female

Humans

Male

Physical Fitness

Social Class

Spain