ASSESSMENT OF NUTRITIONAL STATUS AND PATTERN OF SCREENTIME AND JUNK FOOD CONSUMPTION FROM 6 MONTHS TO 5 YEARS IN URBAN SLUMS OF MUMBAI.

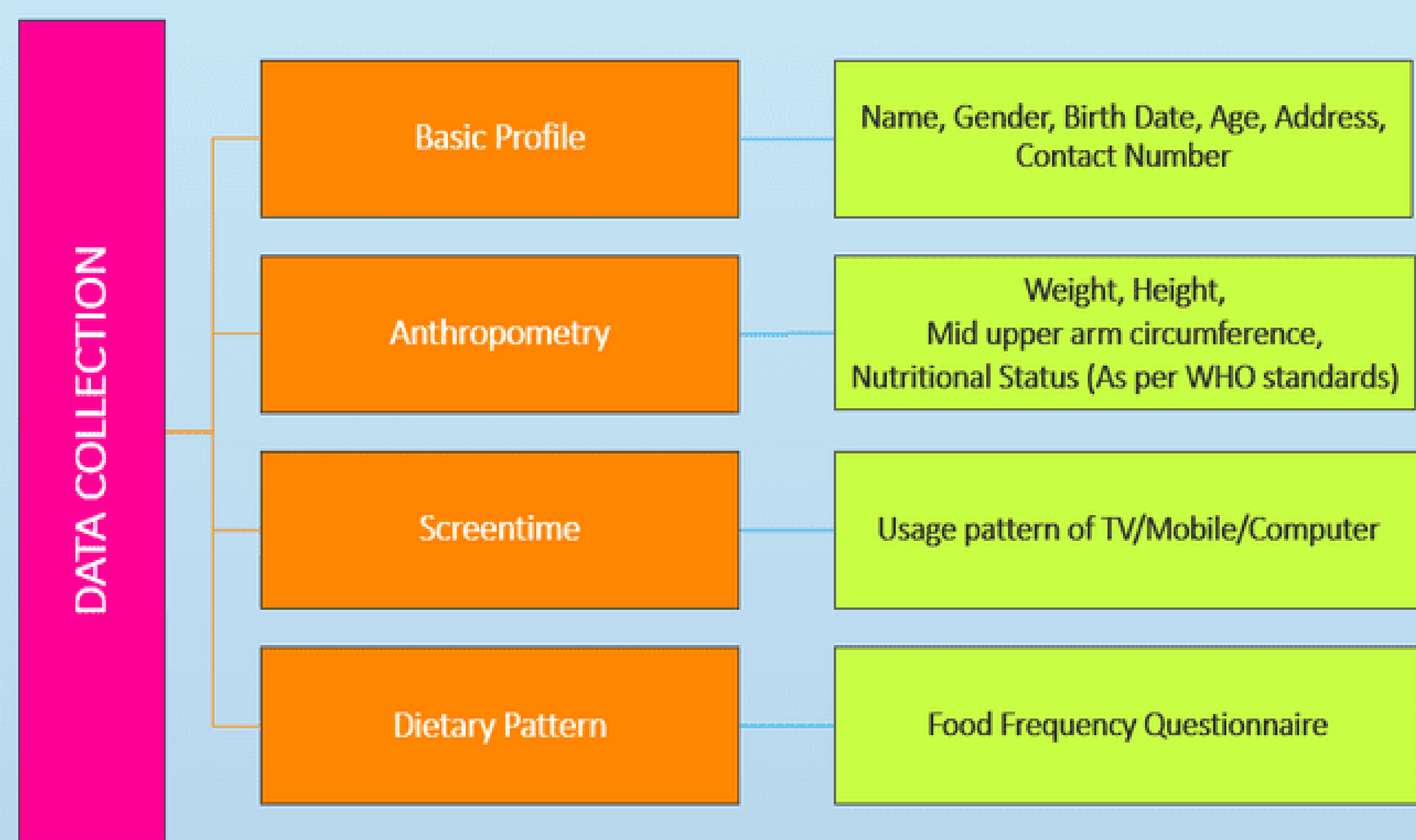**Lavina Fernandes, Sushma Shinde, Shanti Pantvaidya**
SNEHA NGO

RATIONALE

❖ Undernutrition was the predominant risk factor (69%) for under 5 deaths in India in the year 2022.

❖ Increased screentime in children is linked to physical, developmental, and emotional problems adding to the existing burden of undernutrition.

❖ The average screentime in children has increased since COVID pandemic.

❖ There is plenty of research linking screen time to an increased risk of obesity, but there is less information available about the connection between screen time and undernutrition.

OBJECTIVE

The study assesses the correlation between the Nutritional status and screentime and junk food consumption pattern.

DATA COLLECTION

| Basic Profile | → | Name, Gender, Birth Date, Age, Address, Contact Number |
Anthropometry	→	Weight, Height, Mid upper arm circumference, Nutritional Status (As per WHO standards)
Screentime	→	Usage pattern of TV/Mobile/Computer
Dietary Pattern	→	Food Frequency Questionnaire

METHODS

- Children between 6 months to 5 years were enrolled in the study.
- Subjects were divided into groups as per their nutritional status after doing their anthropometry assessment.
- A predesigned questionnaire was used to collect the data on screentime consumption and food consumption pattern from the children's parent/caregivers.
- The questionnaire contained basic demographic details, daily screentime consumption, use of digital media while eating and food frequency questionnaire.
- Quantitative data analysis was used and measures such as percentage distribution, mean was used.

Screen Time Recommended By Age As Per Indian Academy of Pediatrics

0 - 23 months of age	24 - 59 months of age
0 Hour Occasional Video Call with relatives allowed	Maximum 1 hour per day with each session not more than 20-30 minutes

RESULTS

- Out of the total 60 children enrolled from 6 months to 5 years, 35% (21) were undernourished and 65% (39) were normal and 0 children were found to be overweight.
- 76.1% (16) children of Undernourished category and 61.5% (24) of Normal category use Mobile, Television or Computer.
- 38.1% (8) undernourished children and 20.5% (8) normal children use Mobile or TV while eating food.
- 57.1% (12) undernourished children and 20.5% (8) Normal children use Social Media platform.
- 66.6% (14) undernourished children and 48.7% (19) normal category children exceed the recommended screen time.
- The association between Screentime and Nutritional status was not found to be significant ($p = 0.182$)
- Junk consumption was high in all the children except 2 children from Normal category.

NUTRITIONAL STATUS

Undernourished (Wasted, Stunted, Underweight) 35%
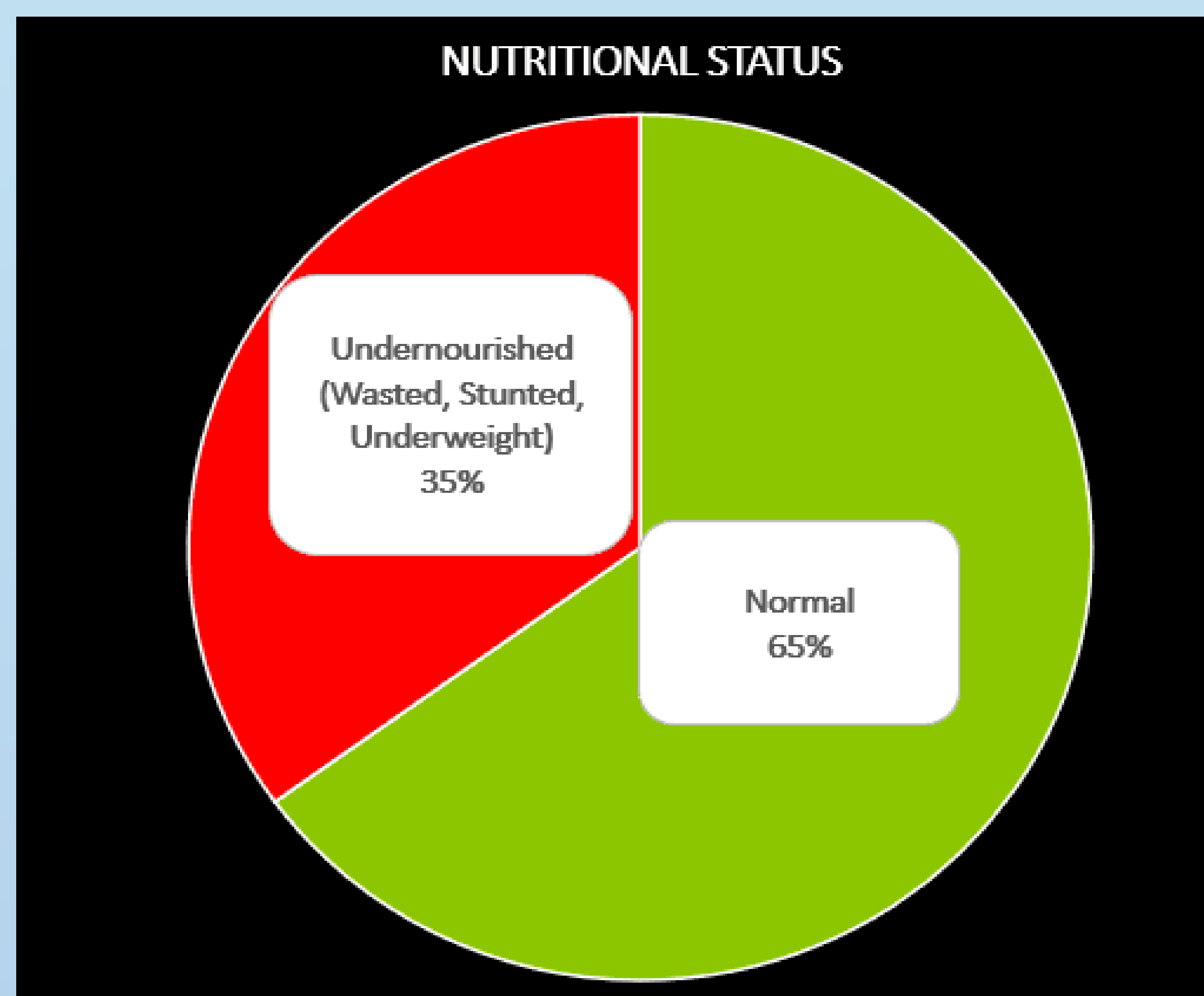
Normal 65%

	UNDERNOURISHED N=21	NORMAL N=39
Use Mobile/TV/Computer	76.1 %	61.5 %
Uses Mobile/TV while eating food.	38 %	20.5 %
Use Social Media Platform	57.1 %	20.5 %
Use screentime more than the recommended time	66.6 %	48.7 %

IMPLICATIONS

- Importance of advocating limited screentime in younger children.
- Including screentime recommendation in Infant and Young Child Nutrition Guideline.
- Further research on correlation of screentime with undernutrition with a larger sample size.
- Further research on role of media in influencing consumption of junk food and resulting to micronutrient deficiency.

KEY POINTS

- Screen time shouldn't hamper essential activities such as sleep, physical activity, study, family, meal and hobby times.
- Caregivers should ensure that the content being watched is educational, age-appropriate, non-violent, healthy and preferably interactive.
- Do not use screen media during meals, within one hour before sleep or during surface travel.

ACKNOWLEDGEMENT

- Program Officers and Community Officers involved in the study.
- Parent/Caregiver of the children enrolled in the study.
- Children enrolled in the study.