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AUTHORS: Çigdem Müge HAYLI,Mehmet Zeki AVCI

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NUTRITIONAL PROBLEMS in CHILDREN and SOLUTIONS

¹Çiğdem Müge Haylı**, ² Mehmet Zeki Avcı

¹Lecturer, Cyprus Science University, Department of Nursing Faculty of Health Sciences, Koç University of Health Sciences, Institute of Child Health and Nursing PhD student Istanbul / Turkey, orcid: 0000-0001-7630-9619

²Associate professor Cyprus Science University, Department of Nursing Faculty of Health Sciences Sciences Dean

**Corresponding Author

ABSTRACT

Nutrition, healthy growth, development, to maintain life and prevent diseases is to take a balanced and sufficient amount of food. Adequate and balanced nutrition is important for maintaining and improving health and increasing the quality of life. Nutrition skills vary from child to child as development depends on the child's motor, emotional and social maturation, the child's temperament characteristics, and their relationship with family members. The aim of this study is to define the importance of healthy nutrition of children and to offer solutions for nutritional problems.

Keywords: Nutrition, child, nutritional problems.

ÇOCUKLARDA BESLENME SORUNLARI ve ÇÖZÜM YOLLARI**ÖZET**

Beslenme, sağlıklı büyüme, gelişme, yaşamı sürdürmek ve hastalıkları önlemek dengeli ve yeterli miktarda gıdaların alınmasıdır. Yeterli ve dengeli beslenme, sağlığın korunması ve iyileştirilmesi ve yaşam kalitesi seviyesinin yükseltilmesi açısından önemlidir. Gelişim, çocuğun motor, duygusal ve sosyal olgunlaşmasına, çocuğun mizaç özelliklerine ve aile üyeleriyle ilişkilerine bağlı olduğundan, beslenme becerileri çocuktan çocuğa değişir. Bu çalışmanın amacı, çocukların sağlıklı beslenmenin sağlayacağı önemi tanımlamak ve beslenme sorunlarına yönelik çözüm önerileri sunmaktır.

Anahtar Kelimeler: Beslenme, çocuk, beslenme sorunları.

INTRODUCTION

Nutrition, healthy growth and development, to sustain life and to prevent diseases is to eat a balanced and adequate amount. Adequate and balanced nutrition is important in terms of growth and development, maintenance of life, prevention of diseases, protection and improvement of health and improvement of quality of life (1).

The child should have sufficient and healthy eating habits in order to develop his / her skills in all development areas (2). Nutrition affects physical health. It is known that physical health also affects mental health. In other words, it is necessary to pay attention to nutritional patterns and habits for mental development, which has an important place in developmental areas, even indirectly (3). Nutrition contributes positively to bio-psycho and physical development both in terms of children and families (4).

Adequate and balanced nutrition growth, development, assets activities in the best way. nutrients necessary for people who are defined as taking to protect and improve. The right amounts of nutrients, at the right times and consciously consume (4). Nutrition, which is one of the most important human needs; growth of life nutritional use of nutrients in the body to maintain and maintain health (5).

Nutrition; in every process that starts in the womb and goes to the end of life. It is an action that needs to be done consciously (5) and prevention of diseases, especially in preschool wrong eating habitsproblems can occur (6).In childhood; teeth, bone, muscle development, growth and blood production. Nutritional characteristics of children in healthy body functions and the requirement for nutrients is different. Children age, gender and physical adequate and balanced nutrition appropriate to the activity (7)

Adequate and balanced nutrition;

- Sustaining life,
- Growth and development,
- Productivity,
- For health and well-being

Starting in the womb, infancy, childhood, adolescence and adulthood is essential throughout life until old age (8).

Energy and Nutrient Requirements

- Energy
- Carbohydrate
- Protein
- Oil
- Marc
- Vitamins and minerals (9).

NUTRITION PROBLEMS

Inadequate and unbalanced nutrition; On the one hand, individuals' physical, social and mental development, economic and social development of society on the other hand adversely affect. Most of these negatives are infants and children it is affected (10). WHO is the primary cause of 7% of child deaths and secondary cause of 46% insufficient and unbalanced nutrition (11). Researches; the rate of child mortality in undernourished growth of children in malnourished societies. rates are slower than adequate fed societies. Again malnutrition also affects children's mind development negatively. It is known. Inadequate and unbalanced nutrition beriberi, scurvy, pellegra, marasmus, xerophthalmia, anemia,rickets, such as the formation of some diseases directly, cardiovascular diseases, infectious diseases such as diabetes, hypertension, obesity and indirect development of diseases. Also; chronic diarrhea, child diseases such as measles, whooping cough, diphtheria, and respiratory diseases malnutrition is frequently seen as a result of insufficient and unbalanced nutrition and some results in death (12).

Factors affecting nutrition in children: family environment, social tendencies, communication with peers, presence of disease (13). Data on the nutritional status of children in the world have been reviewed and high levels of mineral deficiencies observed, especially the zinc deficiency negatively affects growth attract (14).

Inadequate or unbalanced nutrition, the body's macro and micro nutrient balance deterioration, malnutrition or the emergence of obesity, rickets, tooth decay and Causes the development of anemia. Malnutrition of under-five deaths worldwide 35% directly or indirectly; disability is %11 for responsible (15).

In Turkey, 0-5 years it was found that 4.1% of the children were very weak / underweight and 13% were weak. Turkey Demographic and Health Survey 2013 According to the data of our country under the age of five every 10 one of the children was stunted, 1/3 of these children were found to be serious stunted. Increased stunting after the first 6 months, especially in 24-59 months, 12% important indicator of imbalance in children's nutrition (16). Turkey Nutrition and Health Survey data for 2010 under five-examined micro nutrient intake of children is not enough. With campaigns The rate of iron deficiency anemia seen in children aged 12-23 months from 30% to 7.8% reduced. Although the incidence has decreased, this ratio is still quite high (18).

In recent years, the problem of obesity in children has started to be emphasized. This situation caused by unbalanced nutrition is even more important if precautions are not taken. 14.6% of children aged 0-5 years in Turkey underweight / overweight, while 5.9% overweight / obese. These rates are higher in children of high socioeconomic families high (19). As a result, in order to reduce these ongoing problems in our country, infancy and childhood wrong eating habits during the period should be changed.

SOLUTIONS to NUTRITION PROBLEMS

- Increasing the production of necessary nutrients for baby and child.
- Cheap and nutritious food production for school children
- Cheap and quick delivery of milk and dairy products all over the country
- The milk needs of preschool and primary school children are met free of charge by the state.
- All nutrient-containing foods in childhood are required
- Suppressive / compelling about eating should not be
- Be patient / friendly
- Portions should not be large
- Opportunity and time to eat must be recognized
- Should not insist on quantity
- New nutrients are reproduced at different times must be submitted
- Food presentations should be enjoyable

- Shopping, food preparation, tableware preparing and collecting should attend
- Parents - adults should be consistent, example should behave
- Tasteful - cheerful dinner at the family table eating and social sharing (20).

The mother and father should take part in the nutrition of the child, the rules taught to the child and In practice, the mother and father should be consistent. Warnings about eating while the child is eating warnings about negative behaviors should be made after a meal. The Children positive behaviors should be verbally supported; should not be punished (21). The reward should never be food. Especially the mother and eating habits and attitudes of family members including father should form a model in terms of nutrition. Regular and positive childhood and many adult habits, including eating habits. It should be remembered that there are ages at which the habits are laid (22).

CONCLUSION

The most basic in the development of healthy lifestyle one of the principles is sufficient and balanced, in other words to support optimal nutrition. Globalization and changing living conditions. To make it healthy: Increasing nutritional awareness of all individuals and society, Adequate and balanced dietneeds to be converted. In childhood family members are the main factors that shape the child's eating habits, while the child grows up in the nursery. environment, teachers and friends, outdoor and advertising. Therefore nursing, nursing homes, health care employees, nurses, dietitians and physicians, press and industry and government have responsibility

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