

Food consumption in children: Exploring the role of stress and ethnicity

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Could this research have any cultural value?

Will it help people in society?

Why would we want to make this research widely available?

- Children develop behaviours, and these behaviours have been found to stay with them as they develop into an adult.
- Participants were excited about engaging in the research, and as such felt important for being asked to take part. This could encourage the children to take their experiences of becoming more aware of their eating behaviours back home.
- Culturally, Leeds has been a highly appropriate place for this research because of the wide range of ethnic groups found within the local area.

Could this research have any potential impact?

Along with the benefit of obtaining individual study data, it is anticipated that this research could have a wider impact for study participants

- It could allow participants to become more individually aware of the degree to which stress influences them and their behaviour.
- In turn this could allow them to appreciate the level to which they consume healthy and unhealthy foods.
- This could make participants more aware of their emotions and how they may respond to these in relation to the consumption of differing foods.
- The research could generate a wider sense of interest for the involved schools, spreading the importance that stress and dietary behaviours have for health and well-being.