





Prevalence of zinc-rich food consumption and associated factors in children at a children's home in Pamplona, Colombia

Prevalencia de consumo de alimentos fuente de zinc y factores asociados en niños de un hogar infantil de Pamplona, Colombia

Prevalência do consumo de alimentos ricos em zinco e fatores associados em crianças de um orfanato em Pamplona, Colômbia

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ABSTRACT

Introduction: Zinc is an important mineral for the organism given its structural function and its importance in cell growth, therefore, a good intake of this mineral prevents infant mortality. **Objective:** to determine the prevalence of consumption of food sources of zinc and associated factors in children aged 1 to 4 years. **Materials and methods:** a descriptive observational study was carried out with an analytical, prospective, cross-sectional approach; the sample studied corresponded to 95 parents of children in a children's home in Pamplona, Norte de Santander; a structured questionnaire was used for data collection, which was applied by personal interview. **Results:** The food groups with the highest prevalence of consumption were meats and meat products, cereals and cereal products, legumes, tubers, nuts and seeds; the average frequency of consumption per day was 1.1, per week between 1.2 and 5.0, and the average per month ranged from 1.8 to 6.6; statistically significant differences were found with some demographic and socioeconomic characteristics assessed. **Conclusion:** Factors such as sex, nationality, origin, marital status, socioeconomic status, number of family members, income, money spent on food are related to the consumption of foods from the meat, cereals, fruits, vegetables, legumes and miscellaneous groups.

Keywords: Zinc; eating; prevalence; nutritional status. (Source: DeCS, Bireme).

Sustainable development goals: Zero hunger; good health and well-being. (Source: SDG, WHO).

RESUMEN

Introducción: El zinc es un mineral importante para el organismo dada su función en la estructura y crecimiento celular, que previene la mortalidad infantil. **Objetivo:** Determinar la prevalencia de consumo de alimentos fuente de zinc y los factores asociados en niños de 1 a 4 años de edad. **Materiales y métodos:** Estudio observacional descriptivo con enfoque analítico, prospectivo, transversal; la muestra estudiada correspondió a 95 padres de familia de niños de un hogar infantil de Pamplona, Norte de Santander; para la recolección de datos se empleó un cuestionario estructurado aplicado por entrevista personal. **Resultados:** Los grupos de alimentos con mayor prevalencia de consumo fueron carnes y derivados, cereales y derivados, leguminosas, tubérculos, nueces y semillas; la frecuencia promedio de consumo al día fue de 1,1, a la semana entre 1,2 a 5,0 y el promedio al mes osciló entre 1,8 a 6,6; se encontraron diferencias estadísticamente significativas con algunas características demográficas y socioeconómicas evaluadas. **Conclusión:** Factores como el sexo, nacionalidad, procedencia, estado civil, estrato socioeconómico, número de integrantes de la familia, ingreso económico, dinero destinado para la compra de alimentos, se relacionan con el consumo de alimentos de los grupos de carnes, cereales, frutas, verduras, leguminosas y misceláneos.

Palabras clave: Zinc; consumo de alimentos; prevalencia; estado nutricional. (Fuente: DeCS, Bireme).

Objetivos de desarrollo sostenible: Hambre cero; salud y bienestar. (Fuente: ODS, ONU).

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