Consumption of Snacks and Carbonated Beverages are Higher in ADHD Korean Children Aged 7-10 Years

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Objective
Attention-Deficit Hyperactivity Disorder (ADHD) is common in children. But little is known about the dietary behaviors of Korean children with ADHD. The objective was to examine whether the number of snacks, type of snack, and attitude of mothers was associated with dietary behaviors of children with ADHD.

Methods
A total of 223 school children aged 7-10 years-old and their mothers were enrolled in Daegu City, Korea. Parents completed a socioeconomic status and were asked questions, such as frequency of children's snacking, kinds of snack, reasons for snacks, and preparation of snack. Teachers were informed of the study and requested to cooperate. The children were screened ADHD by using Korean ADHD Rating Scale by their school teachers.

Outcome Measures and Analysis
Data were analyzed using SAS version 9.3 (SAS Institute, Inc.). Significant differences were defined as p < 0.05. Student's t-test was used to determine significant differences between groups.

Results
Both the control and ADHD group were all snacking. Education levels were low, and employment level is high. Mothers of the ADHD group are more likely to provide snacks to children based on children's preference for food, such as carbonated beverage, processed food, and confectionery, compared to the mothers of the control group.

Conclusion
The present study revealed increased consumption of confectionery snacks and carbonated beverages in ADHD children.