Vorráðstefna Ráðgjafar- og greiningarstöðvar, 12.-13. maí 2022

Bragðlaukaþjálfun

Rannsókn á börnum með matvendni, með og án taugaþroskaraskana
Fæðumiðuð íhlutun með börnum og foreldrum

-Kynning á doktorsverkefni-

Dr. Sigrún Þorsteinsdóttir
bragdlaukathjalfun@bragdlaukathjalfun.hi.is

Yfirlit

Kynning

Um rannsóknina

Greinarnar 3

Íhlutunin (grein 3 úr Appetite)

Niðurstöður

Kynning

Höfundar Bragðlaukaþjálfunar

- Dr. Anna Sigríður Ólafsdóttir, prófessor í næringarfræði
- Dr. Sigrún Þorsteinsdóttir, sálfræðingur Barnaspítala Hringsins

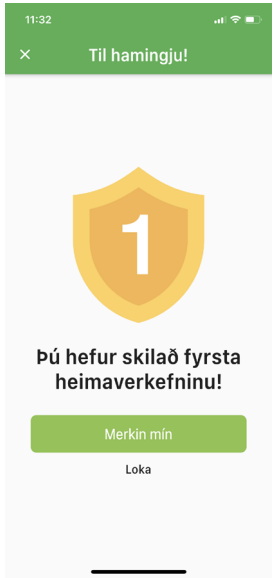
- Dr. Urður Njarðvík, prófessor í sálfræði
- Dr. Ragnar G. Bjarnason, prófessor í barnalækningum, yfirlæknir Barnaspítala Hringsins

Inngangur

- Börn með taugaþroskaraskanir s.s. einhverfurófsröskun og ADHD eru gjarnan með hærri tíðni og alvarlegri matvendni en börn án þessara raskana
- Úrlausnir skortir
  - mikilvægi hollrar og fjölbreyttrar fæðu
    - sérstaklega neysla grænmetis, ávaxta og heilkorna
- Áhersla í öðrum rannsóknum á að borða/ smakka

Rannsóknin

- Ný nálgun á matvendni barna
  - byggir á skynfærum, leikjum og heimaverkefnum
- Fjölskyldur barna með og án taugaþroskaraskana
  - á aldrinum 8-12 ára
  - 7 vikna fæðumiðuð íhlutun (n=81)
- Börn pöruð út frá taugaþroskaröskun, kyni og aldri
  - slembiraðað í íhlutunarhóp og seinkaðan íhlutunarhóp
- App sérstaklega þróað fyrir rannsóknina



3 ritrýndar greinar

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Obesity Science and Practice

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ORIGINAL ARTICLE | Open Access

Odds of fussy eating are greater among children with obesity and anxiety

Sigrun Thorsteinsdottir, Anna S. Olafsdottir, Berglind Brynjolfsdottir, Ragnar Bjarnason, Urdur Njardvik

First published: 29 July 2021 | https://doi.org/10.1002/osp4.548

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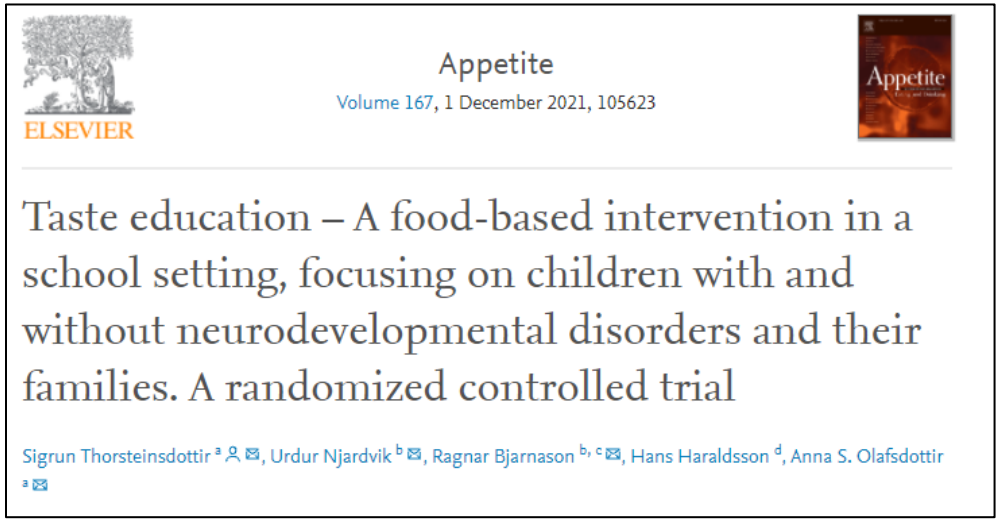

ELSEVIER

Appetite

Volume 167, 1 December 2021, 105623

Taste education – A food-based intervention in a school setting, focusing on children with and without neurodevelopmental disorders and their families. A randomized controlled trial

Sigrun Thorsteinsdottir [a], Urdur Njardvik [b], Ragnar Bjarnason [b, c], Hans Haraldsson [d], Anna S. Olafsdottir [a]

nutrients

MDPI

Article

Fussy Eating among Children and Their Parents: Associations in Parent-Child Dyads, in a Sample of Children with and without Neurodevelopmental Disorders

Sigrun Thorsteinsdottir [1,*], Annemarie Olsen [2] and Anna S. Olafsdottir [1]

Grein í Appetite

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Appetite

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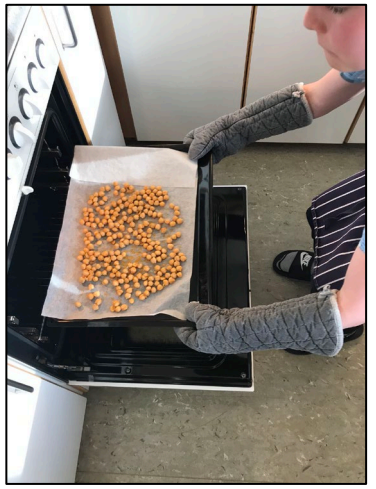
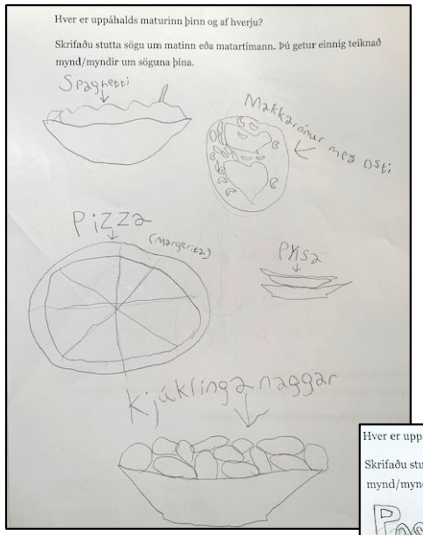
Íhlutunin

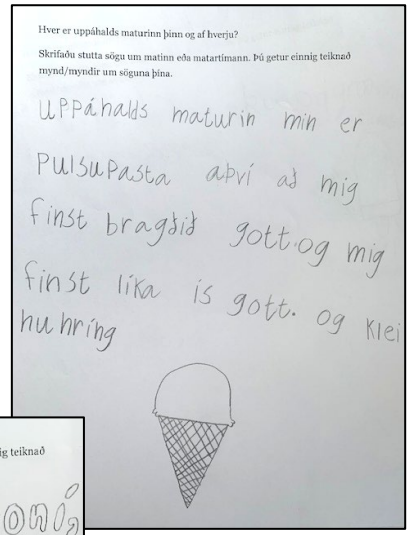
- Án þrýstings
- Nærgætin nálgun
- Áhersla á skynupplifun (*sensory based*)
- Endurtekningar (*repeated exposures*)
- Leikir og matreiðsla

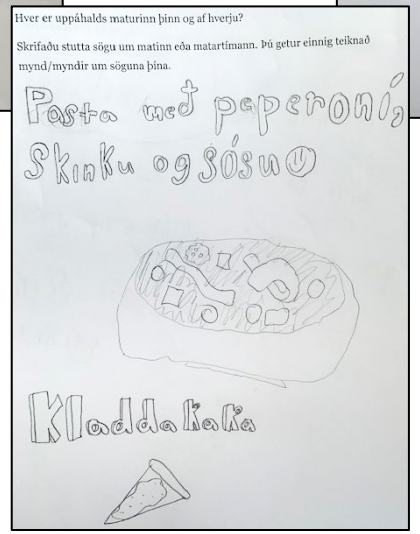


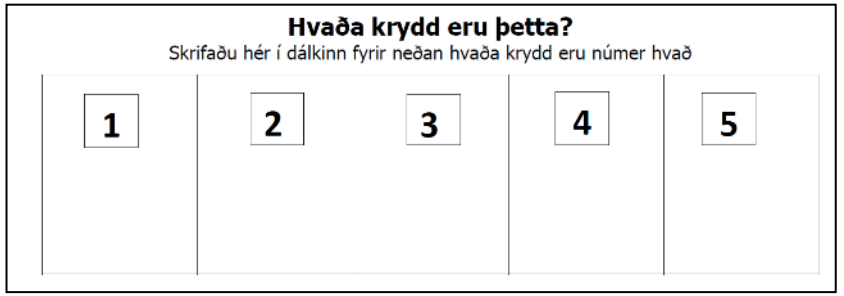
Íhlutunin

Tími 1 – *Lykt*



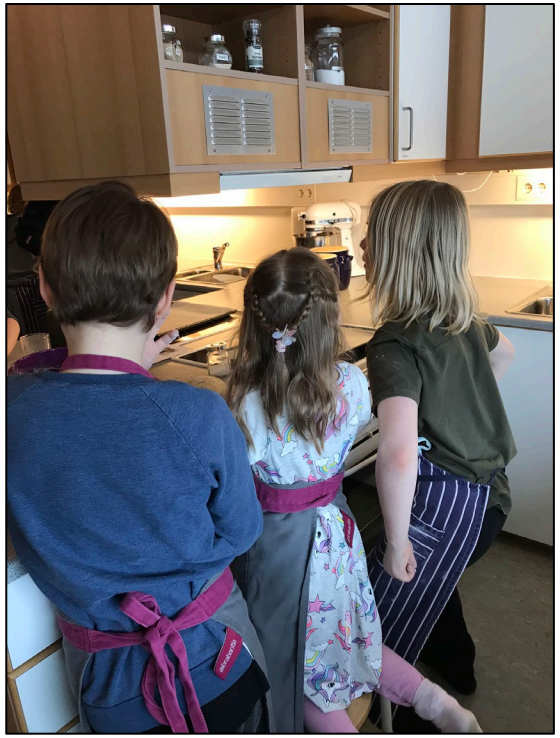






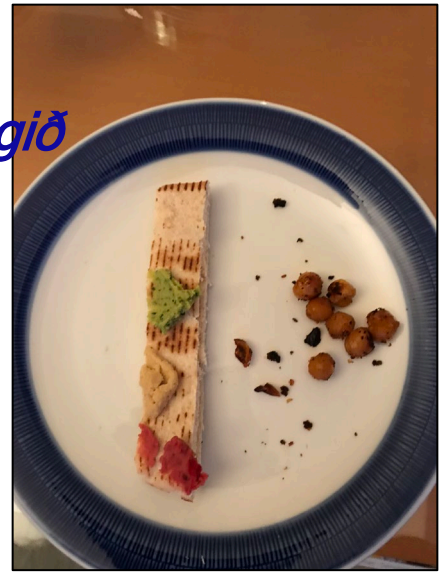
Íhlutunin

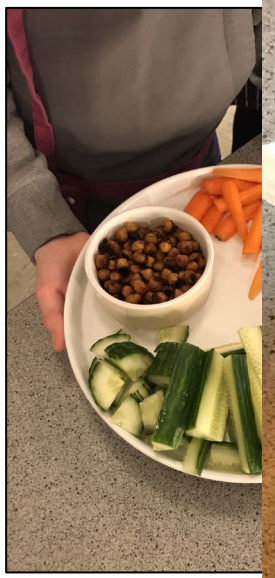
Tími 2 – *Áferð, hljóð og eldamennska*

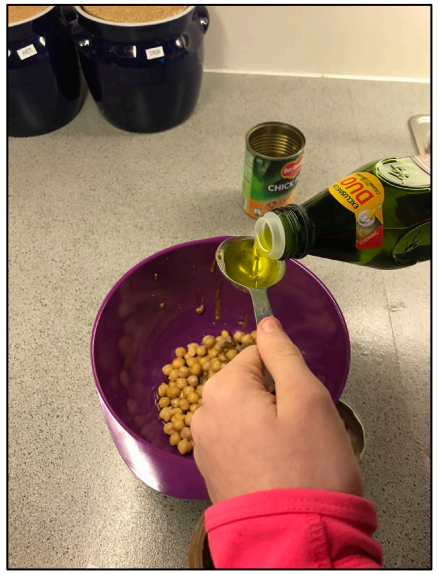


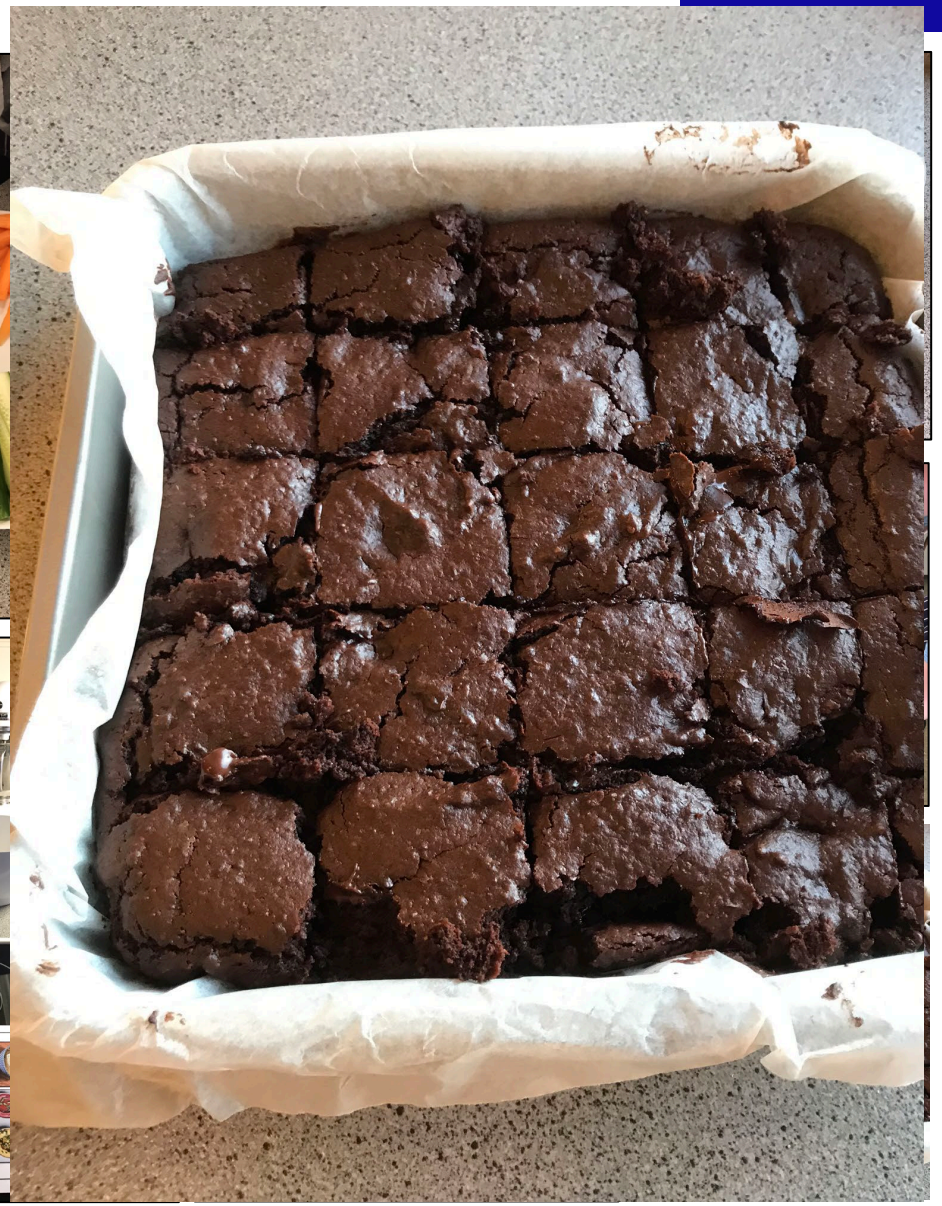
Íhlutunin

Tími 3 - *Kjúklingabaunaferðalagið*



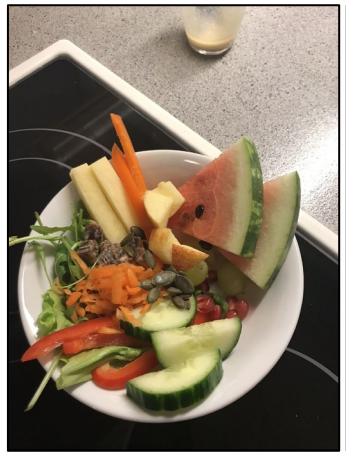


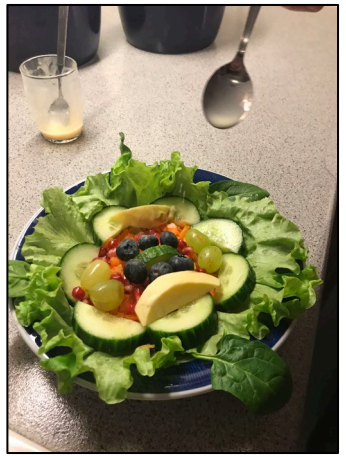


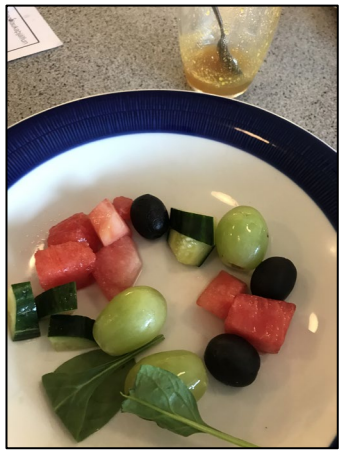


Íhlutunin

Tími 4 – *Bragð, áferð og litir regnbogans (salathlaðborð)*







Íhlutunin

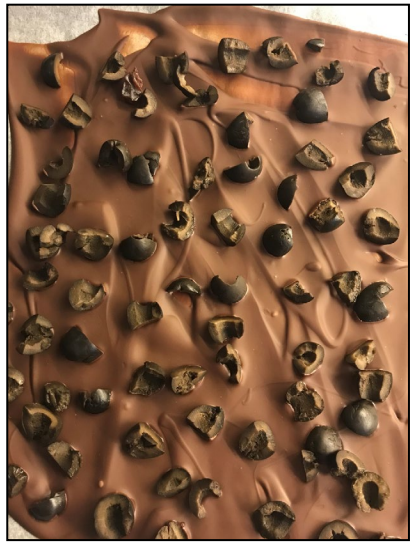
Tími 5 – *Matreitt með fræjum og þurrkuðum ávöx*

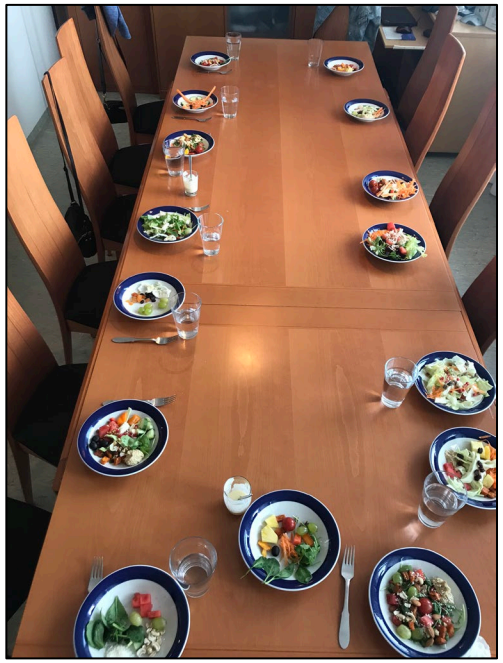
Hrökkkex

Innihald	Áhöld
¾ dl hafra-mjöl 1 dl hveiti ¾ dl rúg-mjöl ½ dl sesam-fræ eða sól-blóma-fræ 1 tsk salt ¾ dl olía 1 dl vatn Svo má setja fleiri fræ og jafnvel krydd. Prófaðu þig áfram!	Stór skál Mæli-skeiðar Sleikja Köku-kefli Bökunar-plata Bökunar-pappír

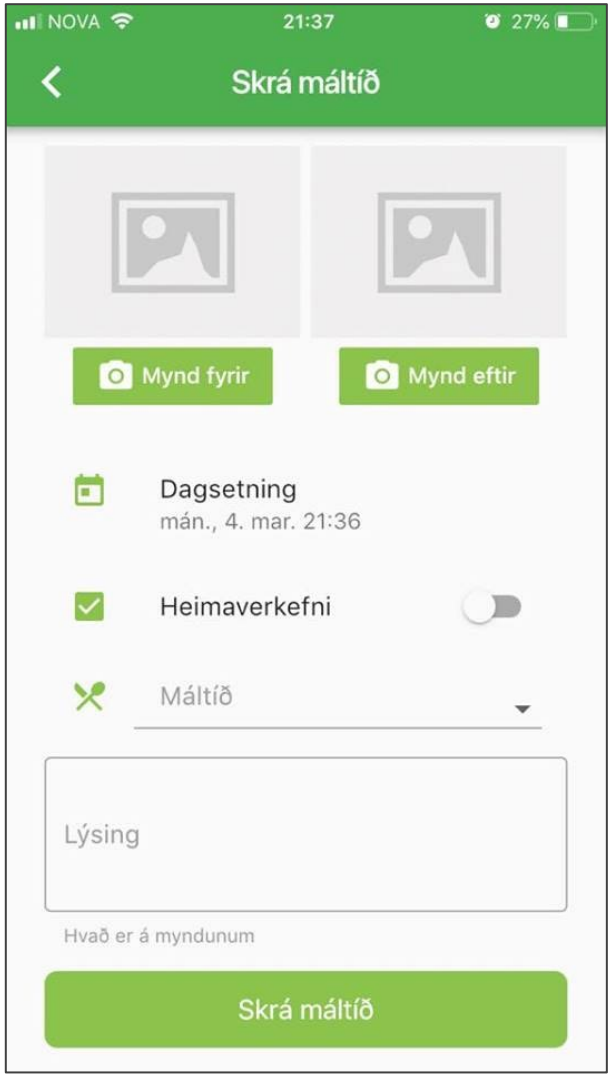
Íhlutunin

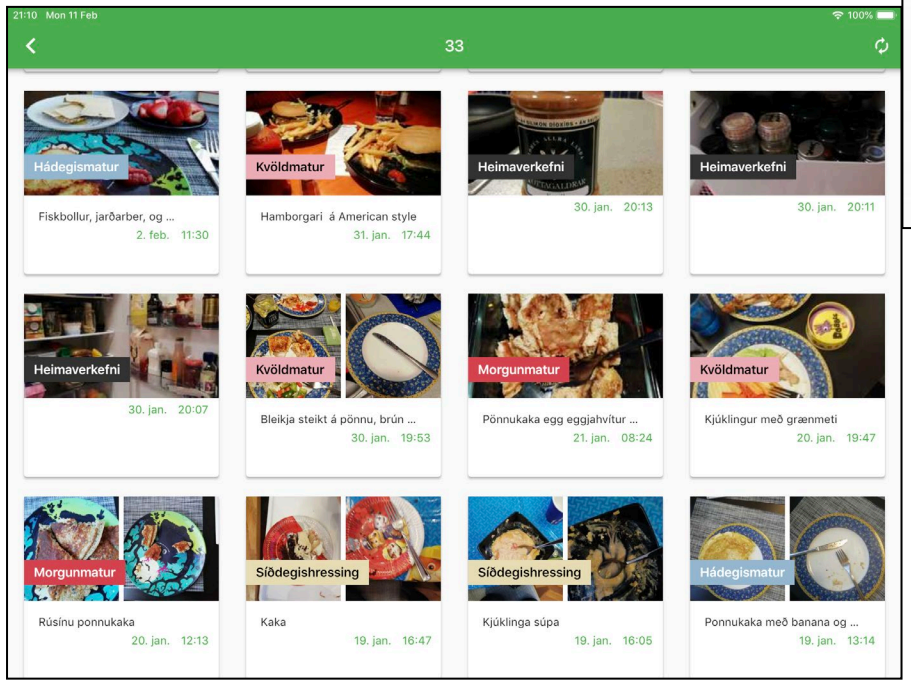
Tími 6 – *Útskriftarveislan*

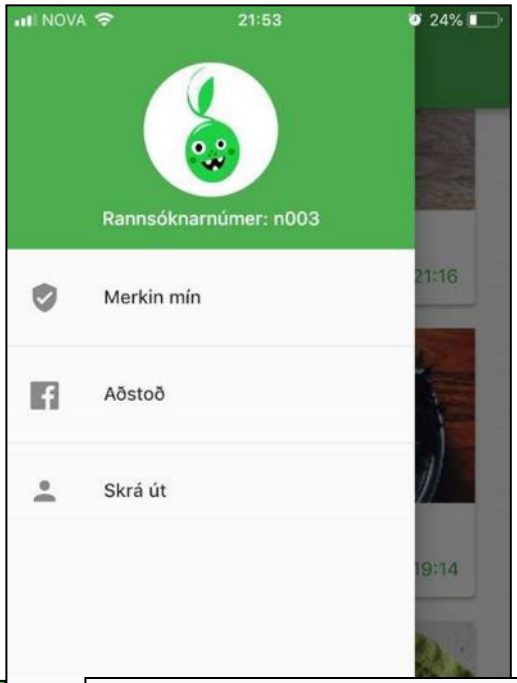




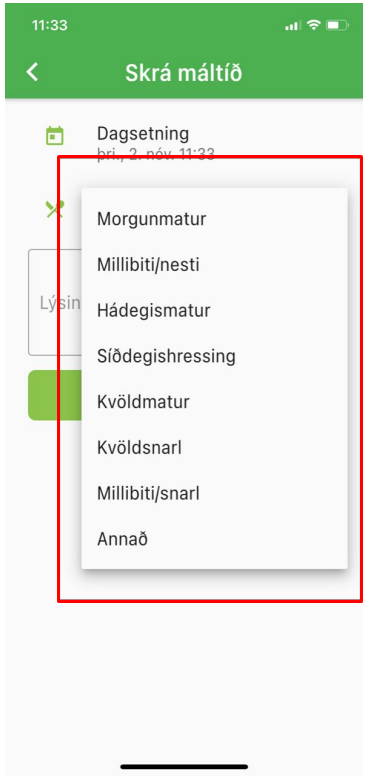
Íhlutunin: BragðAppið (TasteBuddy App)

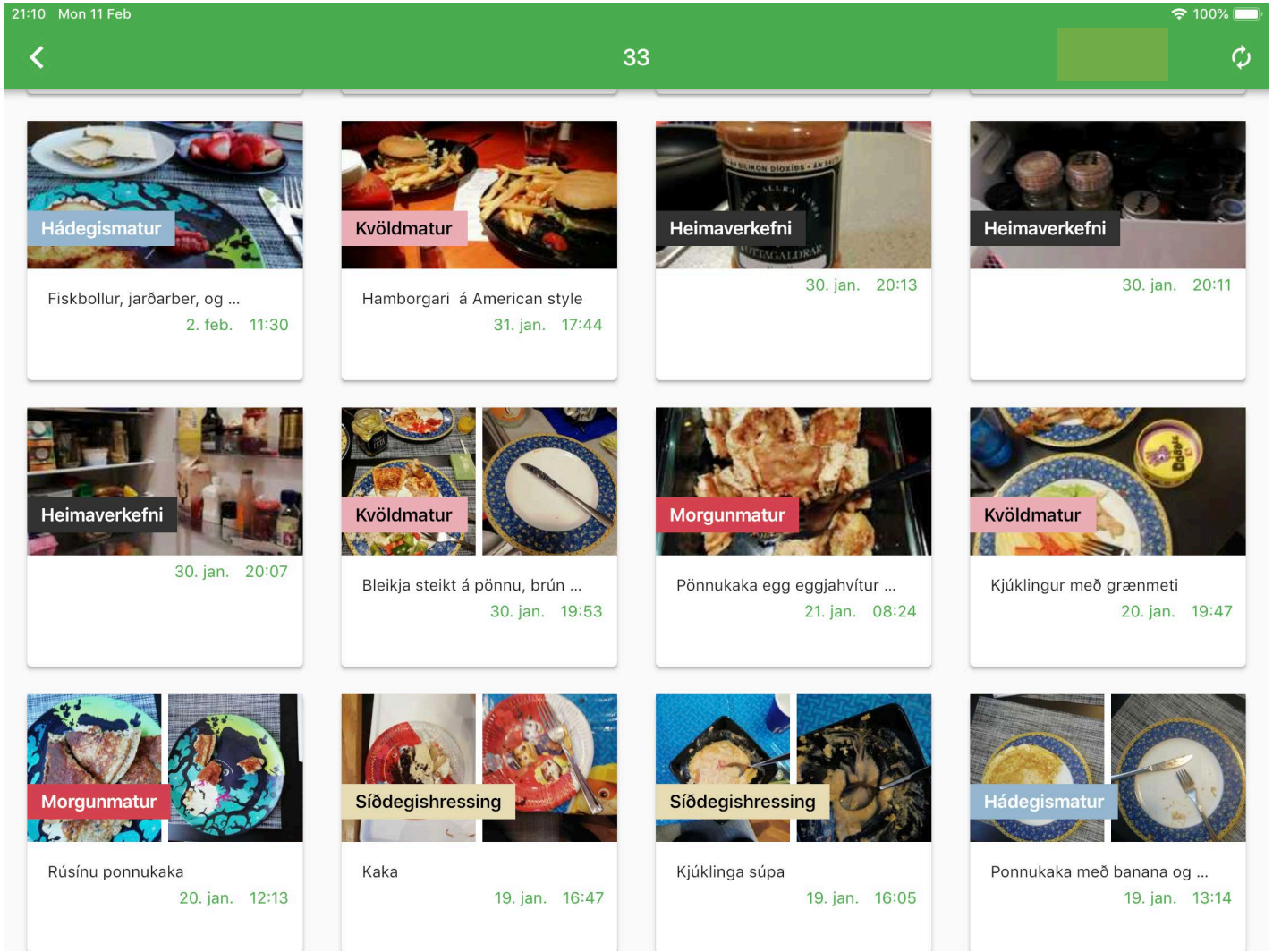


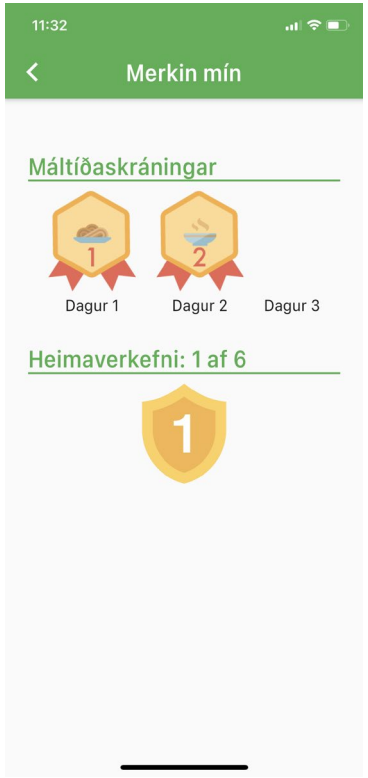




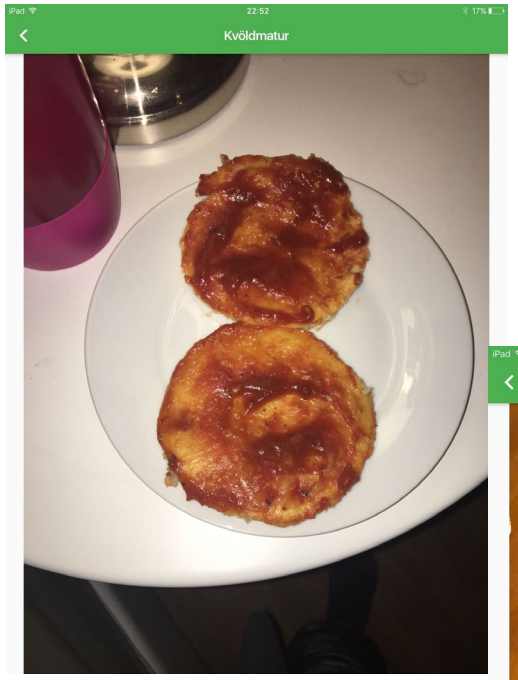
Íhlutunin: BragðAppið (TasteBuddy App)



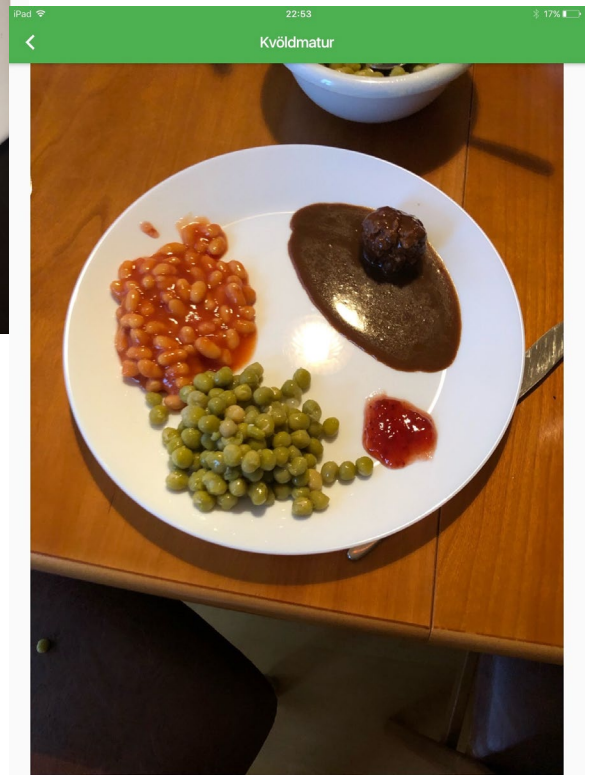


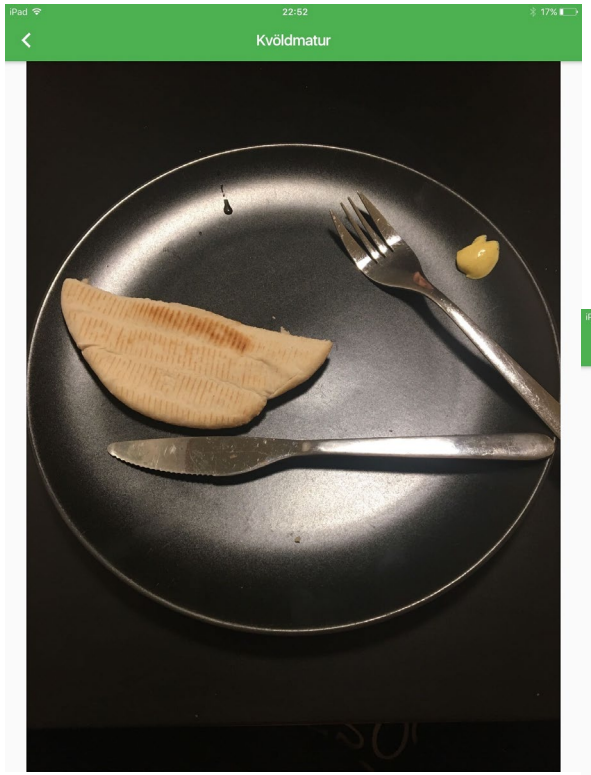


Íhlutunin: BragðAppið (TasteBuddy App)



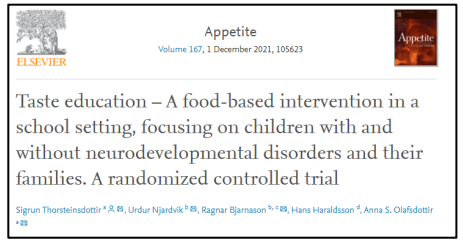
Fyrir og eftir





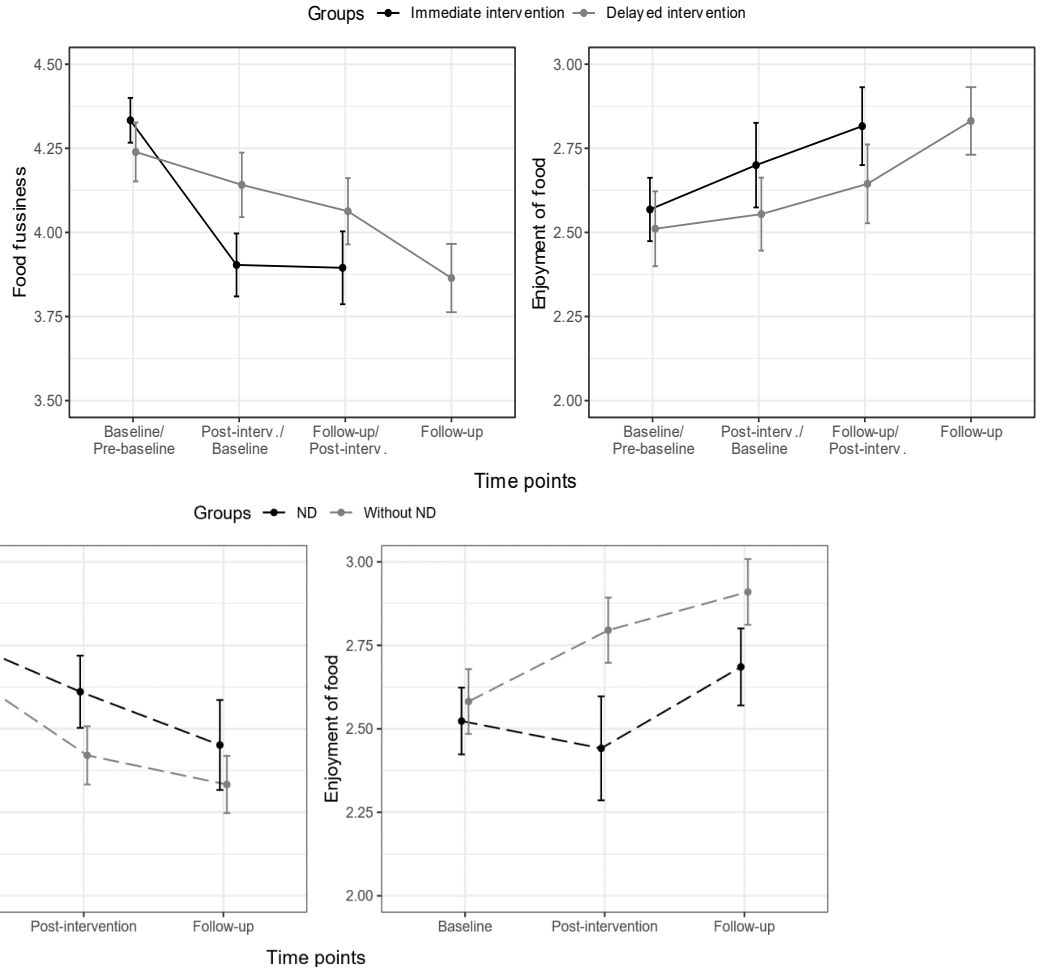
Fyrir og eftir

Grein í Appetite: Niðurstöður

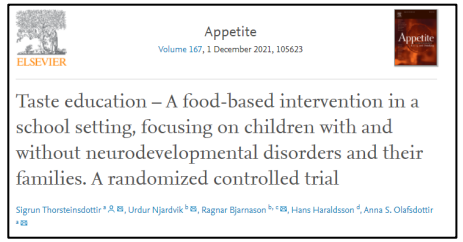


- Marktækt dró úr matvendni samanborið við viðmiðunarhóp
- Ánægja af því að borða jókst, þó ekki marktækt
- Áhrifin héldust til 6 mánaða
- Svipaður árangur hjá börnum með og án taugaþroskaraskana

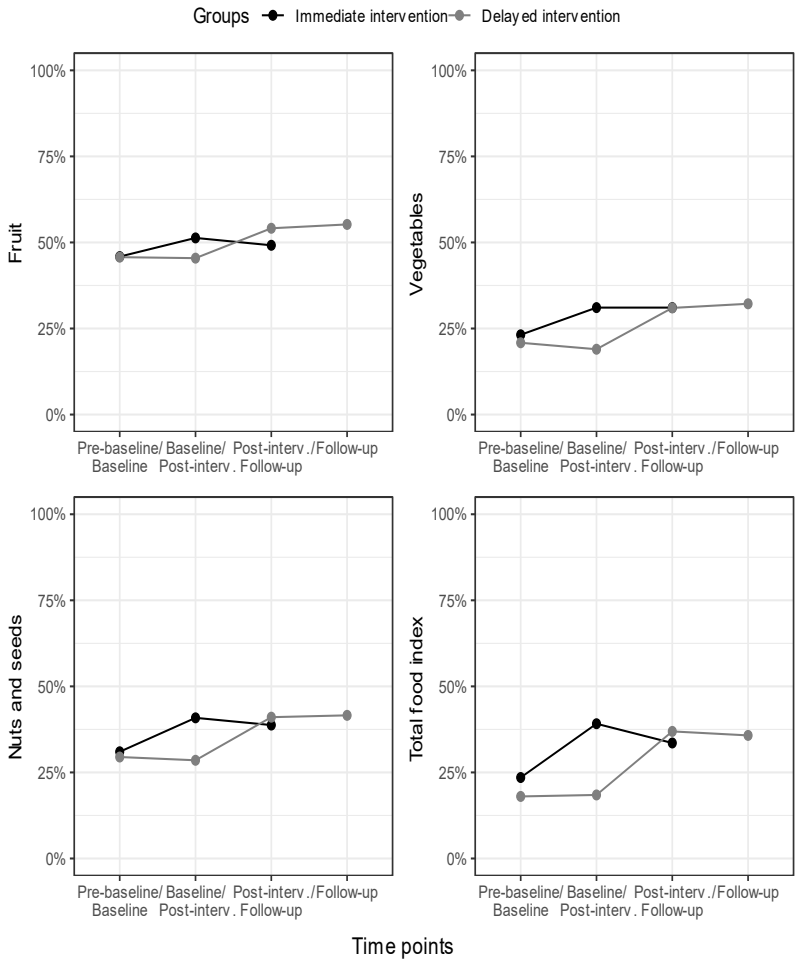
Matvendni og ánægja af því að borða: Children's Eating Behaviour Checklist



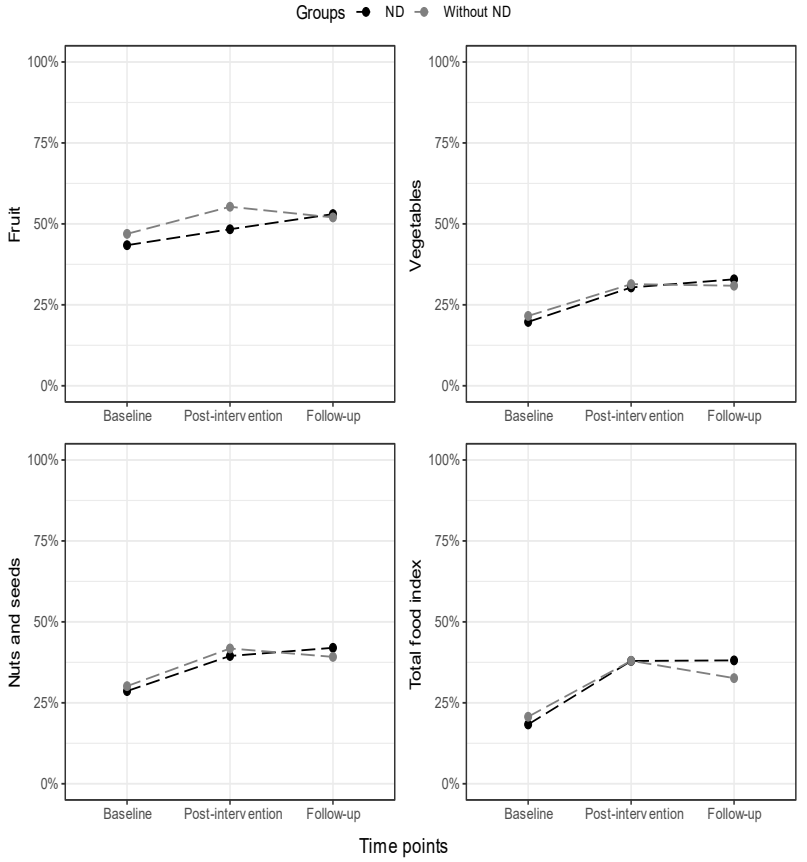
Grein í Appetite: Niðurstöður



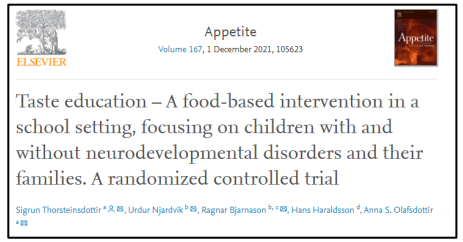
- Auknar líkur á því að samþykkja grænmeti, hnetur og fræ, en ekki ávexti
- Áhrifin héldust til 6 mánaða
- Svipaður árangur hjá börnum með og án tauga-þroskaraskana



Samþykktar fæðutegundir



Grein í Appetite: Umræður



- Rannsóknin er sú fyrsta sinnar tegundir á heimsvísu
  - mikilvægt innlegg í umræðuna um heilbrigðar matarvenjur barna
- Bragðlaukaþjálfun lofar góðu
  - einföld, þægileg leið til að draga úr matvendni barna, og auka fjölbreytni í fæðuvali til lengri tíma
  - fyrir flest börn, með og án taugaþroskaraskana
- Næstu skref
  - Skoða Bragðlaukaþjálfun í leikskólum
  - Þróa efni fyrir fjölskyldur, skóla o.fl.
  - Birta fleiri greinar

Heimferðarskilaboð

- Eitt barn með taugaþroskaröskun og matvendni
  - Er eitt barn með taugaþroskaröskun og matvendni!
- Börn eru oft mjög kvíðin gagnvart mat
  - Kvíði eða matvendni?

Þakkir

bragdlaukathjalfun@hi.is

Styrkir og samstarfsaðilar

- Doktorsstyrkur frá Rannsóknarsjóði Háskóla Íslands
- Verkefnastyrkur Rannsóknarsjóðs Háskóla Íslands
- Lýðheilsusjóður Embættis landlæknis

- Fjarðarkaup lagði til allt hráefni á námskeiðunum
- Ásbjörn Ólafsson heildsala lagði til hluta verðlauna
- Dr. Annemarie Olsen, University of Copenhagen, meðhöfundur, grein II
- Bragðlaukaþjálfarar:
  - Berglind Lilja Guðlaugsdóttir, Eyrún Briem Kristjánsdóttir, Anna Rut Ingvadóttir

Sérstakar þakkir fyrir stuðning við Heilsuskólann yfir árin