

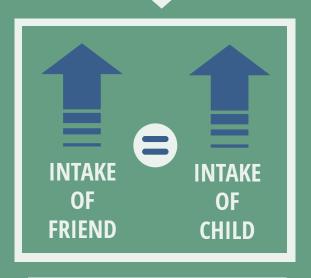
INFLUENCE OF FRIENDSHIP NETWORKS ON YOUTH DIETARY BEHAVIOURS

Caregivers and friends have a strong influence on youth behaviours throughout development (1).

Friendships strongly influence health behaviours during adolescence.



A recent review* investigated the impact friendship networks have on individual youth dietary behaviours.



CONSUMPTION OF UNHEALTHY FOODS

BOYS consumed MORE unhealthy foods than GIRLS consumed



POPULAR CONSUMED MORE
UNHEALTHY FOODS THAN LESS
POPULAR CHILDREN





Friendships among children and adolescents is associated with their consumption of unhealthy foods and dietary behaviours.

*For more information:

Sawka, K. J., Mccormack, G. R., Nettel-Aguirre, A., & Swanson, K. (2015). Associations between aspects of friendship networks and dietary behavior in youth: Findings from a systematized review. Eating Behaviors, 18, 7–15. doi: 10.1016/j.eatbeh.2015.03.002

References:

1) Rasmussen, M., Krølner, R., Klepp, K.I., Lytle, L., Brug, J., Bere, E., et al. (2006). Determinantsof fruit and vegetable consumption among children and adolescents: A review of theliterature. Part I: quantitative studies. International Journal of Behavioral Nutrition and Physical Activity, 3.



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