



# INFLUENCE OF FRIENDSHIP NETWORKS ON YOUTH DIETARY BEHAVIOURS

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



Friendships strongly influence health behaviours during adolescence.



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

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**INTAKE  
OF  
FRIEND**



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↑  
**INTAKE  
OF  
CHILD**

**CONSUMPTION OF  
UNHEALTHY FOODS**

**BOYS** consumed **MORE** unhealthy foods than **GIRLS** consumed



**CHILDREN PERCEIVED AS MORE POPULAR** CONSUMED **MORE UNHEALTHY FOODS** THAN **LESS POPULAR CHILDREN**



**TOTAL CALORIC INTAKE** of a child and their closet friends was similar



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). Determinants of fruit and vegetable consumption among children and adolescents: A review of the literature. Part I: quantitative studies. *International Journal of Behavioral Nutrition and Physical Activity*, 3.



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