

Good dissertation abstract on relationship between reading nutrition value labels...

[Health & Medicine](#), [Obesity](#)



Is there a relationship between reading labels and BMI?

There is a strong indication that there is a very important relationship between women who read the nutritional labels and their BMI or body mass index. One study found that a good percentage of mothers (55.1%) did report using and reading nutrition labels (www.ncbi.nlm.nih.gov). However when it came to using the ingredients list and serving size on the labels the percentages began to drop. This led the people in charge of this study to the idea that misuse of the labels could be contributing to obesity and education and awareness should be exercised with these labels. The mothers in the 55% that reported reading these labels said that they mainly focused on the panel information.

Different ethnicities, ages, marital status, education and employment all came into question when considering the discussion about the relationship between food labels and BMI. Each was assessed and when it came to ethnicities the study found in one study that lower economic based African Americans in one state reported that 80% sometimes or always read the food nutrition labels, another study showed that low income Latinas may use the nutrition information more than some of the other comparison groups (www.heart.org). This can be significant because it shows why a certain percentage of each ethnic group may struggle with obesity more than others.

The relationship between mothers reading nutrition labels and their children's reported BMI is a very important topic since today one in three kids in America is overweight. WIC feels through better education on how to read and properly use the nutrition labels, young mothers will be able to

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make a serious change in the struggle with childhood obesity. The studies they have done included a range of different participants so they could really hone in on the problem with childhood obesity and come up with an answer about BMI and its contributing factors to obesity.

References

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