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# Traditional Foods' Impact on Health Promotion and Disease Prevention

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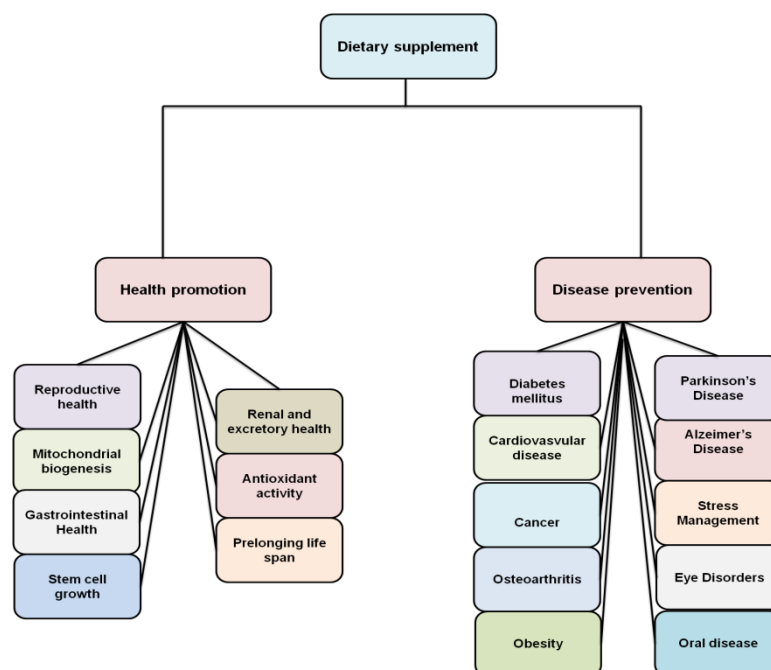
#### Abstract

Modern civilizations are experiencing an increase in non-communicable diseases due to unhealthy diets and inactivity. This paper investigates how parents influence their kids' choices of diet and activities to maintain a healthy lifestyle. When attempting to promote children's health and avoid obesity, health professionals must consider parents' attitudes on diet and exercise. To overcome these implications, a qualitative study with an ethnographic foundation used in-depth semi-structured conversations with 50 parents of children aged 6–8 (35 mothers and 15 fathers). Parents were worried about their kids' low food consumption, the emergence of eating disorders, and their "too active" lifestyles. Because they believed that kids wouldn't eat enough to support healthy development, they encouraged eating and were in control of diet. Because they believed their kids were already active, they did not encourage or even restrict physical activity. According to their statements, they were unaware of the risks associated with excessive consumption and inactivity. Parents' perceptions influenced the choices they made for their children along with the manner they raised. Public health goals to limit intake and increase exercise conflict with parents' worries about under eating and over activity.

**Key words:** Traditional foods, healthy lifestyle, disease, inactivity, diets.

## 1. Introduction

Traditional foods are frequently prepared using products that are readily available locally, in season, and unprocessed. They are meticulously constructed to fit the dietary demands of communities. They contribute to a diet that is well-balanced because they are abundant in vital nutrients, vitamins, and minerals (Rodríguez-García *et al.*, 2019). The inherent aromas, textures, and nutritional value of these meals are also typically preserved during preparation utilizing time-tested techniques, assuring optimal health benefits. Due to their intrinsic nutritional advantages and cultural importance, traditional foods have a big impact on promoting good health. The fact that these cuisines are often made from materials that are easily found nearby and have been handed down through generations was evidence of the sageness of traditional culinary techniques (Devaraj *et al.*, 2019). They give a well-balanced and wholesome diet and are abundant in vital nutrients, vitamins, and minerals. Traditional foods can be a part of one's daily meals and can aid in the fight against poverty and chronic illnesses, including diabetes, obesity, and cardiovascular problems. Furthermore, traditional cuisines frequently emphasize pure and unprocessed components, lowering the consumption of toxic additives and preservatives that are frequently found in modern diets (Chen and Antonelli, 2020). Figure 1 depicts the dietary supplement in and disease from health promotions.



**Figure 1:** Dietary supplement in disease

The idea of using food as medication is not a new one; ancient civilizations understood the close relationship between their diet and health (Scoditti *et al.*, 2019). The many facets of how foods affect the prevention and promotion of health were covered in the discourse. A well-balanced diet helps strengthen the immunological system, aid in maintaining an ideal weight, and reduce the risk of contracting chronic illnesses including diabetes, coronary heart disease, and some cancers. They also looked into the role of particular nutrients and bioactive substances that were present in food and have anti-ailment properties. Traditional meal preparation and consumption also establish cultural identities and foster social bonds, all beneficial for general mental health. They can enhance global public health and safeguard the cultural heritage of many groups by encouraging the use of traditional cuisine (Ganesan *et al.*, 2019). This study's objective is to look at parents' perspectives toward the choices of foods and activities they make for their kids and their role in upholding a healthy lifestyle. We want to know how parental attitudes and contributions affect children's eating behaviors, levels of physical activity, and general well-being.

Patja *et al.*, (2022) effectively promoted health and prevent disease, health practitioners must overcome obstacles, which was the goal. The researcher intended to emphasize the distinct demands for creating curriculum in educational programs by giving an overview of the current training methodologies at various academic levels. Cena and calder, (2020) demonstrated what constitutes a healthy diet by looking at current dietary trends and how they affect health and disease. The study tried to highlight important elements and recommendations that aid in a healthy diet by examining the most recent scientific evidence. It also aimed to develop a thorough understanding of how particular dietary patterns might affect different facets of health, such as the avoidance of chronic illnesses and the advancement of general wellbeing. Rojas–Rivas *et al.*, (2019) emphasized the numerous therapeutic uses for fenugreek, establishing it as a useful herbal treatment with various positive health effects. It focused on the biological and pharmacological properties of materials and has the potential to transform therapies and lead to better health outcomes for various medical diseases. Scoditti *et al.*, (2019) evaluated the information from observation and intervention studies to comprehend the connections between dietary patterns, particular foods and vitamins and minerals, and lung function. The goal was to learn more about how they could help treat and prevent COPD (chronic obstructive pulmonary disease). Chowdhury *et al.*, (2023) looked into the food classification, especially those who have diabetes, using 40 immigrant adult immigrants who participated in qualitative interviews. It utilized a variety of techniques, such as pile sorting of food items, participant observation of meals, and audiotaped unstructured narrative interviews. The results emphasized the value of modifying health education messaging to take into account cultural norms. Budreviciute *et al.*, (2020) focused on self-management and food's impact on NCD risk and prevention at all stages. Treatments in diet are crucial for lowering the chances of NCDs. The most successful preventive approach to warding off non-communicable illnesses involves lifestyle adjustments, such as enhancements in food, exercise, quitting smoking, and management of metabolic disorders. Carrero *et al.*, (2020) although the typical culinary advice for people with chronic kidney disease (CKD) emphasize a priority on nutritious quality, but without professional counselling, it may result in a decline in fruit and vegetable consumption and diet diversity. Determining how foods may be utilized to lower risk and prevent Non-Communicable Diseases (NCD) during all periods of life was one of the main objectives. The use of culinary therapies is essential for reducing the risk of NCDs. To combat the increased incidence of NCDs in global communities, the review highlighted the importance of NCDs, their risk factors, and a number of widely used prevention methods. Dimidi *et al.*, (2019) discussed about the fermented foods, including sourdough bread, kefir, the kombucha sauerkraut, tempeh, natto, miso, and sauerkraut. Characterize them and comprehend how they work, particularly how they affect the microbiota. Analyze the data pertaining to effects on individual digestive health and disease. Clinical trials are required to examine the potential health advantages of fermented foods in light of strong *in vitro* results. Lăcătușu *et al.*, (2019) focused to pay more attention to the diet because of its established long term health advantages. Large scale investigations, such as decrease in atherosclerosis clinical events in communities that followed the Mediterranean food pattern, supporting the initial reports of cardiovascular protection. Due to its numerous benefits, the diet has become a key component of campaigns aimed at increasing overall health and illness prevention. Rodríguez–García *et al.*, (2019) focused on cardiovascular disorders, menopausal symptoms, osteoporosis, and breast cancer benefits of lignans. Utilizing the Phenol Explorer database, dietary differences in lignan intake were investigated. According to recent research, lignans are bioactive compounds that promote health. Having a diet high in lignans may help shield one from chronic conditions including several malignancies and cardiovascular disease.

## 2. Materials and methods

This study uses parent interviews to examine how parents view their children's food and exercise. Results of a larger investigation into how pupils act at school including perspectives from both

parents and kids.

### Sampling procedure and screening

This paper aims to investigate dietary and physical activity preferences in households with children aged 6–8, with a particular emphasis on the crucial window of obesity rebound and the formation of dietary and physical activity habits. The participants were purposefully chosen at a state school that was situated in a neighborhood with parents who had low socioeconomic and educational levels, putting their children at a higher risk of health problems associated with being overweight and obese. We approached each of the 91 school-affiliated families to take part. Parents' nights or a letter sent by their children were used to reach the parents. Using a preliminary chosen group of 26 fathers and additional participants included guaranteeing diversity in factors associated with overweight and obesity, 50 parents from 35 households consented to participate in the study.

The vast majority of families were made up of two adults and their kids, but some were also made up of women who were separated or divorced. The respondents were stay-at home mothers, while over fifty percent of them had part or full-time jobs. About half of the respondents had completed their secondary education, while the remaining had attended trade and college. Four of the participating families had overweight kids, six had obese kids, and the remaining 25 had kids who were a healthy weight. The study looked at various families, eating and activity routines, and social features to identify the factors that contribute to overweight and obesity. **Table 1** displays the Interviews with participants.

**Table 1:** Interviews with participants were conducted

Participants	Both parents	Mother alone	Father alone	Total
Number of interviews	12	20	3	35
Number of parents taking part	24	20	6	50

### Collection of data

Data were gathered through 35 in-depth, informal conversations with parents. While 12 couples opted for joint interviews, the majority of parents preferred individual interviews. Parents were free to freely express their experiences and viewpoints because the conversations took place in a conversational manner. Discussions took place at either the parents' home or the school, depending on what was most convenient for both parties, at a time and place set by both parties. Could you explain a typical day with your kids, this was one of the opening questions that were used to start the dialogue. Subsequent questions probed further into the respondents' answers. A topic list was created to guarantee thorough treatment of pertinent topics. This list made it easier to move through the interview when parents' responses were succinct or lacking in detail, ensuring that all pertinent questions were asked. Interview times ranged from 40 to 50 minutes on average. Participants gave their verbal agreement before having their interviews recorded on a digital device. These recordings were then transcribed verbatim for analysis. Table 2 display the examples of the subjects discussed in the interview.

**Table 2:** Examples of the subjects discussed in the interview

Topics used to examine parental perspectives
The children's consumption of certain foods, or their absence
Children's unstructured or structured, solo or group activities
How they raised their kids' food-related decisions

choosing extracurricular activities
Children's unstructured or structured, solo or group activities
Information and other requirements for keeping their kids at a healthy weight
choosing extracurricular activities

### Analysis

The stages of analysis included coding the interviews, grouping the resulting themes to find patterns, generalizing structures and ideas, and recording individual reflections and insights. The study alternated in and out between phases. To reduce the chance of losing the participants' meanings, most data analysis. After discovering the patterns and divisions, the last divisions and pertinent quotes were converted into English. Data coding, retrieval, and analysis were made easier using the computer program Nvivo 2.0. We read each interview at least four times. Any terms that appeared to indicate significant elements of diet and exercise choices were noted during the initial reading using first-level coding. During the following reading, the words that stood out were utilized to generate description codes, which were tags of meaning given to different areas of the interview transcripts and later served as a guide to other divisions and themes found in the data. In addition to the coding, memos that included code explanations or reflections on the research were logged in Nvivo and used to create concepts out of raw data.

As patterns in beliefs, attitudes, and decisions developed via additional readings, descriptive labels tended to clump into smaller sets with more generic and abstract divisions. Divisions were changed to account for contradictory, negative, and confirmed cases. Table 3 shows the Divisions and subdivisions for a "healthy lifestyle".

**Table 3:** Theme 1, Divisions and subdivisions for "healthy lifestyle"

	Divisions	Subdivisions
Healthy lifestyle	Healthy diet	Variety, harmony, and fullness
		Nutritional good and bad
		Traditional foods have value
	Being active	Engaging in routine activities
		playing outside and participating in extracurricular activities

### 3. Results

Based on the interviews, the research found three key themes:

- Parents' Perspectives on a Good Lifestyle: Participants discussed their views on what constituted a healthy way of life for their children, taking into account factors like as nutrition and exercise.
- Participant' Objectives and Desires for Kids food and Task: Families talked about what is most important to them when it comes to their kids' food and exercise routines.

- The theme "Parents' Reported Role in Nutrition and Activity Choices" looked into how parents saw their power and duty in selecting foods and activities for their kids.

### Thoughts of parents regarding a healthy lifestyle

#### Healthy diet's definition

A healthy diet, according to parents, should be balanced, it emphasizes on the type, make-up, and quantity of each food rather than the total amount. They have perceived "good" and "bad" foods. Vegetables, fruits, beans, fish, milk and cheese, and olive oil are all part of a healthy diet. Minimizing sweets, candies, industrial baked goods, and fast food is important, as is minimizing salt, sugar, and fat intake. Parents had a strong sense of trust and appreciation for traditional foods, organic produce from vegetable gardens, or regional cuisine they had grown up eating (such as chorizo, pork, beans, vegetables, regional fruits, and cow milk). Fast food restaurants, modern culture, and obesity-related health issues are all linked to industrial, quick, and pre-prepared foods like hamburgers and pizza. Table 4 represents the thoughts of parents regarding a healthy lifestyle.

**Table 4:** Theme 2, Divisions and subdivisions of participants' preferences for children's food and activity

	Divisions	Subdivisions
Participants preference	Eating patterns	Picky eating is a frequent habit.
		Under eating causes anxiety.
		positive perception of being a heavy eater
	Activity patterns	Being calm, quiet, acting properly, and maintaining equilibrium.
		It's normal for kids to be active

#### Being active

With parents, by being energetic for their kids mostly meant getting involved in daily activities, moving about and playing without any problems, and doing well in school. They connected playing outside in public spaces like schoolyards, plazas, and streets with being engaged, as well as taking part in school gymnastics and other extracurricular activities. Being active was also seen to include limiting the constant use of electronics. A surprising number of parents did not believe that their children needed to participate in organized sports or follow a set fitness regimen to be considered active. Additionally, they did not see the necessity to be active during typical daily tasks like walking to school or choosing the stairs over the elevator.

#### Parents' dietary and activity preferences for their kids

##### Be concerned about underrating

Parents have seen that kids can be discriminating and fussy eaters, frequently wasting particular foods. Interestingly, they postulated that there was a negative correlation between parent classification of meals and children's choices, with kids tending to favor things that their parents

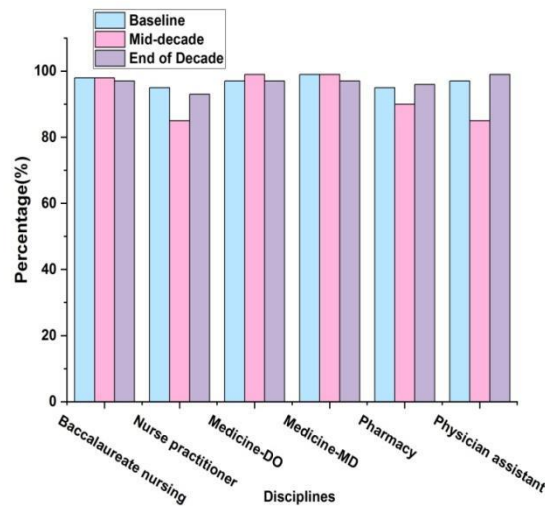
themselves thought were less healthy. Parents were concerned about the amount and diversity of food their kids ate, and they were pleased when they finished meals and sampled a variety of foods. Becoming a big feeder was viewed favorably, and parents became concerned if they thought their kids weren't getting enough to eat. With worries about potential linkages to eating disorders, underrating was seen as a potential hazard to kids growth, development, and health. Parents who had selective eaters frequently worried about their kids' eating habits, whereas those who had well-fed, abundant children praised. Some parents took satisfaction in their parenting because they saw children who ingested a lot as privileged. Table 5 shows the parental role for their children eating.

**Table 5:** Theme 3 'Parental role': divisions, subdivisions

	<b>Divisions</b>	<b>Subdivisions</b>
<b>Parental role</b>	Assuring intake	Understanding the needs of their kids
		Ensuring a large and varied supply
		Education (teaching principles, self-discipline, and self-regulation)
	Promoting the psychological and emotional health of kids	Assisting Others In Finding Activities
		The Promotion Of Socialization

### **Children's Activity Levels as Reported by Parents**

Parents typically thought their kids were active because they saw them moving around and doing different things. However, it seemed that kids weren't as energetic as parents thought when considering reports from kids and school activities. Different levels of physical activity were noted by parents, and having kids deemed "very active" was occasionally seen favorably. Parents equated excessive activity with restlessness, suggesting that this would be cause for concern over potential hyperactivity. The parents valued calm and quiet behavior in youngsters or being inactive and not moving about much. Parents perceived this conduct as a desirable quality because they connected it to being well-behaved and balanced. Figure 2 and table 6 are displays the healthcare promotion in the base, mid, and end of the decade for various disciplines.



*Figure 2: Healthcare promotion in the base, mid, and end of the decade for various disciplines*

**Table 6:** Healthcare promotion at base, mid, and end of the decade for various disciplines

Disciplines	Percentage (%)		
	Base line	Mid-decade	End of Decade
Baccalaureate nursing	98	98	97
Nurse practitioner	95	85	93
Medicine-DO	97	99	97
Medicine-MD	99	99	97
Pharmacy	95	90	96
Physician Assistant	97	85	99

### Perceived roles of parents

#### Ensuring ingesting

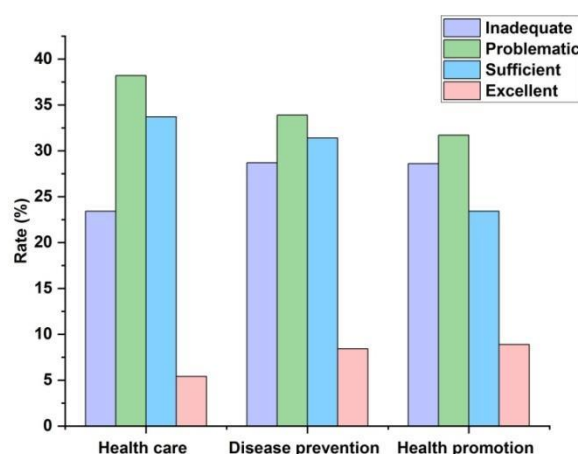
Parents urged their kids to eat all of their meals because they felt accountable for their energy intake. They wanted to provide their kids the correct kinds and amounts of food since they thought they knew their kids' needs the best. Parents believed that if children could make their own food choices, they wouldn't have a healthy diet. Parents who believe that food has value beyond its cost also identified education as an important aspect of teaching their kids not to waste food. They intended to teach their kids self-control and self-regulating eating habits. Self-regulation, in this sense, meant adjusting to the portions offered by parents without requiring continual reminders to finish their meals. However, they did not let their kids choose how much to eat. This strategy seems to emphasize obedience over genuine self-control.

#### Promoting the emotional and social well-being of youngsters

Parents thought their kids were already active and didn't think they required more exercise. Instead of emphasizing energy expenditure, they focused on guiding and assisting kids as they discovered activities, boosting socializing, safety, and wellbeing. Alternatives provided did not place a high



priority on exercise since worries regarding spending time on screens were more closely linked to loneliness and a lack of creativity than to physical inactivity. Parents gave their children the chance to play imaginatively and cooperatively at home using toys, board games, creating art, reading, or schoolwork. Children were deemed to be too young to leave the house alone, therefore parents or other responsible people made the decision about whether to do something inside or outside. This required constant monitoring in a certain area. The suggested activities for the kids had to be squeezed into the parents' hectic schedules, and it was even harder to coordinate various after-school activities for kids who had siblings. As a result, children's engagement in activities was influenced by both their siblings' obligations and the schedules of their parents. Figure 3 and Table 7 are shows the Report 2022 in health promotion and disease.



*Figure 3: Report 2022 in health promotion and disease*

Table 7: Report rate for the Health promotion and disease

Discipline	Rate (%)			
	Inadequate	Problematic	Sufficient	Excellent
Health care	23.4	38.2	33.7	5.4
Disease prevention	28.7	33.9	31.4	8.4
Health promotion	28.6	31.7	23.4	8.9

#### 4. Discussion

The research aimed to analyze unfavorable and inconsistent cases to increase variance among a socioeconomically disadvantaged community. A theoretical saturation point was achieved when no further cases could be chosen without changing the construct being studied. The study attained analytic generalizability by enhancing diversity and reaching saturation. Although the study concentrated on decisions about food and activities in a particular local setting, the findings had wider implications. By highlighting the significance of taking into account parents' perspectives and the environment when developing culturally appropriate strategies that encourage health and prevent fat in the future, they help us better understand parents' ideas and preferences. The study's results support earlier studies on how socioeconomic factors affect kids' food and exercise habits, with family wealth being negatively correlated with unhealthy behaviors.

#### 5. Conclusions

Different parents take different approaches to their kids' nutrition and exercise. They have an unhealthy worry about their kids not eating sufficiently or moving about too much since they are

unaware of the risks associated with excessive intake and inactivity. They consequently tend to regulate what they eat and discourage physical activity. Parents' choices and methods of raising their children are greatly influenced by these perceptions. In contrast to public health efforts to minimize food intake and encourage exercise, parents' worries about under and over eating and activity are at odds with these priorities. Future research should look at other groups and gather viewpoints from families with various socioeconomic traits to learn more about the difficulties faced by people from lower socioeconomic backgrounds compared to those from more affluent home.

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