

Unhealthy Habits of Rural Children in Fayoum Governorate, Egypt

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Abstract

Background: There is enough evidence that convenient nutrition in childhood is important for healthy development as well as for the prevention of several chronic morbidities later in life. Yet, many children consume diets that are not consistent with dietary guidelines. We aimed to describe unhealthy habits of rural children living in one of the poor governorates in Egypt. *Research Methodology:* A cross-sectional community based study was conducted among 1049 children aged 6 –17 and their parents living in rural area, Beni-Saleh, Fayoum Governorate over a period 10 months. Dietary habits were studied using a food frequency questionnaire. *Results:* A total of 1049 children in the age of 6 to 17 years were examined for their unhealthy habits. The results revealed that, 35% of the children were watching TV more than 3hours many. 90.8% not doing any type of physical activity on regular basis. 18.3% were smokers. Only 30.2% of children take fruits on daily basis with significant different regarding age and sex. 62.9% were consuming fresh vegetables 3+ /week. *Conclusion:* children in rural areas may be at a great risk for malnutrition which affecting their growth and development. The need for healthy lifestyle programming directed to rural people.