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“Zinc and Growth in Jordan pediatric with picky eating; An observational research”

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Abstract

A connection between picky eating and various nutrients have not been thoroughly studied. The aim of this study is to determine whether picky eating is related to lower serum zinc levels in the southern regions of Jordan. Data was collected from all pediatric patients who were seen at the pediatrics and dermatology clinics from January 2015 to January 2017. History and physical examination allowed the collection of data related to hair loss, weight for age (Z-score), income category of the family, and the presence of underlying diseases. Blood work was used to determine serum zinc levels, vitamin D levels, and ferritin [Hg – use both] levels. Statistical analysis used ANOVA and T-tests to determine if any significant differences between mean serum zinc levels of various categories were present. Lower serum zinc levels are associated with lower weight for age Z-scores. This further confirms that underlying general nutritional deficiencies are related to zinc deficiency. Underlying disorders such as celiac disease and acrodermatitis enteropathica were rare, and only 4 cases out of 118; however, they did have severely low serum zinc levels compared to nutritional causes. The income category of the patient's family could not reliably predict lower serum zinc levels. Picky eating has been shown to be associated with lower weight for age, hemoglobin levels, and vitamin D levels. This suggests that picky eating can cause a wide range of nutritional defects other than zinc deficiency.

Keywords: Picky eating, nutrition, eating behaviour, anemia, zinc deficiency

Biography

Dr. Amjad Al tarawneh born in Al karak, Jordan, in 1975. I received the M.B.B.S. Degree in Medicine and Surgery from University of Science and Technology, Irbid, Jordan, in 1999, and had the Certification of Jordanian Board of Pediatrics in 2006. I had the Certification of fellowship of Neonatal-Perinatal Medicine (F. R.C.P.S.C), Department of Pediatrics, McMaster University, Ontario, Canada and the Certification of (PGPN) Post Graduate Program in Paediatric Nutrition, in association with Boston University, School of Medicine in 2010 and 2016, respectively.

In 2010, I joined the Department of Pediatrics, University of Mutah, as an Assistant professor of neonatal-perinatal Medicine, and in 2019 became an Associate professor of neonatal-perinatal Medicine. My current research interests include pediatric nutrition and growth, micronutrients deficiency, neonatal respiratory ventilation, neonatal nutrition and growth, neonatal sepsis and immunity, pediatric and neonatal neurodevelopment. Am a Fellow of the Royal College of Physicians and Surgeons of Canada in Neonatal-Perinatal Medicine and Jordan Association of Pediatric and have many Membership of Committees and Boards.

IN April 2016 I was Awarded In 7th NNIME symposium Allied for Optimal Child Nutrition, Baku, Azerbaijan For Achieving 2nd place among all the submitted abstracts in Middle East, for the study “Can hair loss assessments predict the severity of zinc deficiency in the Paediatric population? A prospective observational study”, and in 2009 had the Quality Assurance Award of McMaster University, ON, Canada for a research project entitled, “Adverse Effects during bles surfactant Administration: Prospective” Observational Study.”