



TITLE: Autism children dietary habits in Hail, Saudi Arabia: A parents' survey

Name: Albandari Abdullah Bin-Ammar
Affiliation: Assistant Professor at Ha'il University.
Country: Kingdom of Saudia Arabia
Email ID: ab.benammar@uoh.edu.sa

ABSTRACT (upto 300 words)

Developmental disabilities like autism are brought on by variations in the brain. Confined or repetitive habits or interests, as well as social engagement and communication, are common struggles for people with autism. The purpose of this study was to evaluate the dietary habits of autistic children in Hail, Saudi Arabia: A parents' survey.

Methodology: This is a cross sectional descriptive observational study conducted at Tawasol Medical Centre for Autism in Hail, Saudi Arabia. About 80 autistic children and their parents were enrolled in the study to analyze the children's food habits based on parental confession. During the months of March and April 2022, data were collected from two Tawasol Medical Centres for Autism and one Hdka Medical Centre for Autism. **Results:** There were 67.5% boys and 32.5% girls among the 80 children, for a male: Female ratio of 2.07:1.00.

Constipation and Bulges is the most common Child digestive ailment, followed by both (Constipation, Bulges) and (Diarrhea, Diarrhea and Bulges), accounting for 29%, 24%, and 11%, respectively.

Most children "cry or scream at mealtimes" on occasion (38%), followed by frequently (28%). The probability of female children constantly "crying or screaming at mealtimes" is 2.4231 (0.9049 to 6.4884), $P = 0.0782$. **Conclusion:** Autism is frequent in Saudi Arabia, with a male to female ratio that is lower than worldwide recorded

ratios. Various gastrointestinal issues exist among Saudi autistic children, necessitating specific instructions. Many autistic children have unfavorable behavioral and dietary habits, necessitating community level interventions.

BIOGRAPHY (upto 200 words)

Albandari Bin Ammar achieved her PhD at Manchester Metropolitan University, UK, at the age of 37. Currently, she serves as the Vice Dean of the College of Applied Medical Sciences at Ha'il University, KSA. With 17 publications cited over 40 times, she holds an h-index of 4. Her expertise has led her to present at numerous local and international conferences as a speaker.



Presenter Name: Albandari Bin-Ammar.
Mode of Presentation: Oral.
Contact number: +966 504876100.