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Estado nutricional como factor predictor del desarrollo cognitivo social.

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ESTADO NUTRICIONAL COMO FACTOR PREDICTOR DEL DESARROLLO COGNITIVO SOCIAL

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RESUMEN

Existe consenso sobre la importancia predictiva de un adecuado desarrollo infantil en el éxito en la vida adulta. Para que un desarrollo infantil sea considerado apropiado, múltiples factores deben ser tomados en cuenta; entre los que cuentan con mayor evidencia científica son la nutrición, el nivel socioeconómico (SES) del núcleo familiar, el nivel de estimulación ambiental, y factores socio culturales. El objetivo de esta revisión es presentar de forma integrada la evidencia empírica en el área = con especial énfasis en los aspectos que aun siendo señalados como relevantes para un adecuado desarrollo, no son evaluados en la literatura en su conjunto. Tomando todos estos factores y en el marco propuesto por la Teoría de línea de Base Social (SBT) (Coan & Sbarra, 2015), se presentará una propuesta de un modelo integrador para evaluar el desarrollo no sólo desde los factores cognitivos sino también desde los sociales, fundamentales para una integración adecuada a la vida social adulta.

Palabras clave

Desarrollo cognitivo - Cognición social - Nutrición

ABSTRACT

NUTRITIONAL STATUS PREDICTIVE EFFECTS ON THE DEVELOPMENT OF SOCIAL COGNITIVE ABILITIES

There is a general consensus on the predictive importance of adequate child development for success in adult life. In order to consider child development as adequate, there are numerous factors to consider. Amongst the ones that have gathered the most scientific evidence, we can list the following: nutrition, socio-economic level (SES) of the family core, environmental stimulation level, and socio-cultural factors. The goal of this review is to assess the evidence gathered so far in this regard and to examine the factors that, while still being indicated by literature as relevant for proper development are yet to be evaluated in an integrated comprehensive fashion. Taking all these factors into account within the framework of Social Baseline Theory (SBT) (Coan & Sbarra, 2015) we present a proposal for an integrative model to evaluate development not only considering cognitive but social factors, which are key to proper integration into adult social life.

Keywords

Cognitive development - Social cognition - Nutrition

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