

Instant soups and noodles responsible for burning nearly 10,000 children each year

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Table 1

Characteristics	Soup Related Scalds	
	N	%
Age		
4yr	153	15.7%
5yr	115	11.8%
6yr	144	14.8%
7yr	142	14.6%
8yr	120	12.3%
9yr	112	11.5%
10yr	86	8.8%
11yr	56	5.8%
12yr	44	4.5%
Gender		
Male	419	43.1%
Female	553	56.9%
Race		
White	267	27.5%
Black	365	37.6%
Other	115	11.8%
Unknown	225	23.1%
Ethnicity		
Hispanic	96	9.9%
ED Disposition		
Admitted	57	5.9%
Observation	2	0.2%
Transferred	25	2.6%
LWBS/AMA	9	0.9%
Discharged	879	90.4%
Fatality	0	0.0%
Not Recorded	0	0.0%
Total	972	

Demographics of scald injuries related to microwave soup burns. NEISS database 2006-2016

Demographics of scald injuries related to microwave soup burns. NEISS

database 2006-2016. Credit: Courtney Allen

Microwavable instant soup products cause at least two out of every 10 scald burns that send children to emergency departments each year, according to new research being presented at the American Academy of Pediatrics (AAP) 2018 National Conference & Exhibition.

An abstract of the study, "Instant Soup Scald Injuries in Children," will be presented on Monday, Nov. 5, at the Orange County Convention Center in Orlando, Fla.

"Scald burns are a major cause of preventable [injury](#) among [children](#), and our research found that instant soup spills are responsible for a large number of these painful burns," said Courtney Allen DO, FAAP, a Pediatric Emergency Medicine Fellow at Emory University.

The researchers examined National Electronic Injury Surveillance System data from 2006 to 2016 to identify pediatric patients whose scald burns were caused by either microwavable instant soup, [instant noodles](#), cup of soup, or water for making instant soup. They determined scald burns related to instant soups and noodles affect more than 9,500 children annually between ages 4 and 12 years.

The peak age for instant soup spill injuries, Dr. Allen and her colleagues determined, was 7 years old. They also found that the most commonly burned area of the body was a child's torso, comprising 40 percent of the injuries. Roughly 57 percent of the children burned were female.

Location of Injury

Characteristics	Soup Related Scalds	
	N	%
FACE (head, face, mouth, neck, ear, eyeball)	35	3.6%
TRUNK (shoulder, upper trunk, lower trunk, pubic region)	390	40.1%
UPPER EXTREMITY (upper arm, elbow, lower arm, wrist, hand, finger)	252	25.9%
LOWER EXTREMITY (upper leg, knee, lower leg, ankle, foot, toe)	294	30.2%
Not recorded	1	0.1%
Total	972	

This graph shows the location of injury. Credit: Courtney Allen

"Instant soups and noodles in prepackaged cups and bowls may seem simple to prepare just by adding water and microwaving them," Dr. Allen said. "But once they're heated up they become a dangerous [burn](#) risk. Caregivers need to closely supervise younger children who might otherwise get hurt if cooking for themselves."

In addition, Dr. Allen said, the food product industry may consider structural changes to packaging to prevent injuries as well—making them more difficult to tip over, for example.

More information: Abstract Title: Instant Soup Scald Injuries in Children

Provided by American Academy of Pediatrics

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