The impact of feeding and parenting guidance on prevention of child obesity

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...prevent the development of obesity in infants and young children who are at risk because of maternal body size, income status, and ethnicity...
intervention

...public health nursing...

...community health workers...
recruitment pregnant women with high-risk factors Mexican-American WIC in Houston, TX
approach

{ assess growth
  monitor growth
  track growth
  > activity
  < being sedentary
  > breastfeeding
  < screen time
  appropriate sleep
}
study design/rct

intervention/9 home visits
CHW visits over 2 year span
control/resources at WIC
measures

anthropometrics
diet recalls
home environment
sleep quality
sleep quantity
maternal stress
food insecurity
results: intervention

...infants: **healthier** growth trajectory birth-24 months...

...**significant**: breastfeeding and CHW intervention...
breastfeeding: moms

2 mos. bf thinner/6 mos. vs. no bf

min. 2 mos.
first two years

...first two years of life are a critical time period...

...establish healthy patterns...

...curb the obesity trend...
public health
diversity
home visits
data collection
minimize subject burden
barriers
transportation
work
language
childcare
CBPR: overcome barriers
innovation!

ecological model of growth

holistic factors
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questions?