Child Feeding Community of Practice

February 28, 2020
Before we begin...

**Zoom Information**
Hover over Zoom screen to view task bar

**Audio**
- Webinar participants are muted
- Audio test: click the arrow next to the microphone icon

**Chat feature:**
- Click on the Chat bubble

**Polls** – appear as a pop-up screen

Grab your Healthy, Happy Families Educator Guide
Today’s Webinar

Dr. Amy Mobley: Healthy Fathers, Healthy Kids

Dr. Lenna Ontai and Dr. Karina Diaz-Rios: Is Mealtime Environment Associated with Healthfulness of Meals Served?

Resource Highlight: HHF website - Family Meals

In the Classroom: Healthy, Happy Families – Enjoying Family Meals Lesson
Research Summary

**Question:** Are characteristics of the mealtime environment associated with the healthfulness of foods served during the meal in a population of young children from low-income families?

**Sample:** 272 Low-income families with young children recruited through Head Start and followed-up two to four years later. Age at data collection 5 to 8 years.
Measures:

Videos of 3 mealtimes at home coded for family mealtime elements
HMI score of the foods available to the child at the mealtime.

How the mealtime elements were defined:

<table>
<thead>
<tr>
<th>Variable</th>
<th>Coding description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating at a Table (vs not)</td>
<td>Index child is eating at a kitchen or dining room table (ie, child is sitting on a chair at a distinct table, child is not sitting on a couch, sofa, or floor)</td>
</tr>
<tr>
<td>Served Family-Style (vs not)</td>
<td>Food is served in bulk on serving dishes or in containers (ie, casserole dish, pizza box, and Chinese food boxes) and placed on a dining room or kitchen table from which the parent serves others and/or index child serves self</td>
</tr>
<tr>
<td>TV Off (vs not)</td>
<td>Television is not audible during the meal (even in the case that the television is not visible)</td>
</tr>
<tr>
<td>Parent Partakes (vs not)</td>
<td>Throughout the meal, the index parent sits down and eats or drinks anything (including visual or audible evidence of her/him eating or drinking nearby during the meal, even in the case that the parent is cut off from the frame)</td>
</tr>
<tr>
<td>Family Meal (vs not)</td>
<td>Meets all of the following criteria: Eating at a Table, Served Family Style, TV Off, and Parent Partakes</td>
</tr>
<tr>
<td>Characteristic</td>
<td>Association with HMI⁺</td>
</tr>
<tr>
<td>----------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Eating at a table</td>
<td>**</td>
</tr>
<tr>
<td>Served family-style</td>
<td>*</td>
</tr>
<tr>
<td>TV off</td>
<td>*</td>
</tr>
<tr>
<td>Parent partakes</td>
<td>NS</td>
</tr>
<tr>
<td>Family meal</td>
<td>*</td>
</tr>
</tbody>
</table>

*Analysis conducted using hierarchical linear regression modeling controlling for child gender, age, parent education, parent race/ethnicity
*⁺p=.05; **⁺p<.05

**Key Findings:** Family Meal, Eating at a Table, Served Family-Style, and TV Off were associated with meal healthfulness scores.
Questions
Healthy Happy Families

About Us

Division of Responsibility
Picky Eating
Feeding Through the Ages
Setting Routines
Bribing with Food

Family Meals
Application
Tips

Additional Resources

Additional Resources

The Family Dinner Project: https://thefamilydinnerproject.org/


Ellyn Satter Institute: https://www.ellynsatterinstitute.org/resources-and-links-for-the-public/#Family%20meals%20and%20snacks

New York State Department of Health: Chatting with Children at Mealtimes https://www.health.ny.gov/prevention/nutrition/resources/chattingmeal.htm

Conversation Starters for Kids:
https://store.extension.iastate.edu/product/Mealtime-Conversation-Cards
https://www.playworks.org/resource/34-conversation-starters-for-your-family/
eExtension - Families, Food and Fitness: http://articles.extension.org/families_food_fitness

This material was funded by USDA’s Supplemental Nutrition Program - SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.