



Child Feeding Community of Practice

February 28, 2020



Before we begin...

Zoom Information

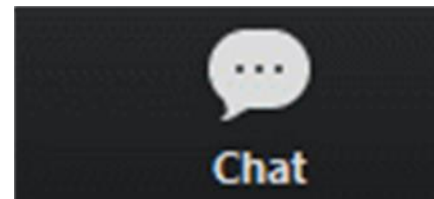
Hover over Zoom screen to view task bar

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.

RESEARCH Original Research



Deconstructing the Family Meal: Are Characteristics of the Mealtime Environment Associated with the Healthfulness of Meals Served?



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ARTICLE INFORMATION

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ABSTRACT

Background Multiple studies and guidelines emphasize the benefits associated with family meals. However, family meals are not well defined and little research has been conducted to determine whether mealtime characteristics are associated with the healthfulness of foods served.

Objective The objective of this study was to define and measure specific mealtime characteristics and examine whether these characteristics are associated with the healthfulness of meals served to young children from low-income families, as measured by the Healthy Meal Index (HMI).

Participants/setting Study participants included 272 young children from low-income families residing in southeast Michigan during 2011 to 2013.

Design For this cross-sectional study, parents video-recorded 757 mealtimes that were coded for four mealtime variables and meal healthfulness using the HMI. Mealtime characteristics included Eating at a Table (vs not), Served Family-Style (vs not), TV Off (vs not), and Parent Partakes (sits and eats or drinks with child) (vs not). A Family Meal was defined as a meal that had all four measured mealtime characteristics.

Main outcome measures All meals were scored using the HMI, which has two components: the HMI Adequacy score (based on the presence of foods that are recommended for a healthy diet) and the HMI Moderation score (based on the absence of foods recommended to be consumed in moderation). The scores are summed to obtain the HMI Total score.

Statistical analyses performed Generalized estimating equations tested the associations of mealtime characteristics with HMI scores, controlling for child sex and age, and parent education and race/ethnicity.

Results In adjusted models, Family Meals were positively associated with HMI Adequacy ($P=0.02$) and Total ($P=0.05$) scores. Eating at a Table was positively associated with HMI Moderation ($P=0.01$) and HMI Total ($P=0.01$) scores. Served Family-Style was positively associated with HMI Adequacy scores ($P=0.04$). TV Off was associated with higher HMI Total scores ($P=0.05$). Parent Partakes was not associated with HMI scores.

Conclusions Family Meals were associated with greater healthfulness of the foods served. Characteristics of mealtime that are commonly utilized to define Family Meal were differentially associated with meal healthfulness.

J Acad Nutr Diet. 2019;19(8):1296-1304.

GIVEN THE PERSISTENTLY HIGH PREVALENCE OF overweight and obesity in children,¹ child feeding and dietary guidelines increasingly recommend shared family meals, without the television on and served family style, as a strategy for improving children's diet quality and reducing the risk of obesity.²⁻⁶ Multiple studies have found positive health effects associated with family meals, such as lower risk of excessive weight gain,⁷⁻⁹ more healthy eating habits,^{8,10} and greater diet quality overall.¹¹⁻¹⁴

Studies also suggest that the presence of television and other forms of media during mealtimes are associated with lower overall diet quality and greater body mass index among children.¹⁵⁻¹⁹ Family-style service, allowing children to serve themselves from larger serving dishes, is believed to improve a child's ability to eat in response to internal satiety cues by allowing children to decide what and how much to consume; however, different studies have found both positive and negative associations with food intake in preschoolers.²⁰⁻²³

Measures:

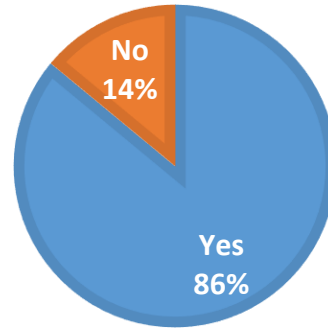
Videos of 3 mealtimes at home coded for family mealtime elements
HMI score of the foods available to the child at the mealtime.

How the mealtimes elements were defined:

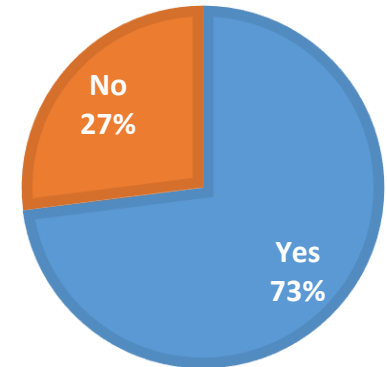
Variable	Coding description
Eating at a Table (vs not)	Index child is eating at a kitchen or dining room table (ie, child is sitting on a chair at a distinct table, child is not sitting on a couch, sofa, or floor)
Served Family-Style (vs not)	Food is served in bulk on serving dishes or in containers (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
TV Off (vs not)	Television is not audible during the meal (even in the case that the television is not visible)
Parent Partakes (vs not)	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)
Family Meal (vs not)	Meets all of the following criteria: Eating at a Table, Served Family Style, TV Off, and Parent Partakes

Characteristic	Association with HMI ⁺
Eating at a table	**
Served family-style	*
TV off	*
Parent partakes	NS
Family meal	*

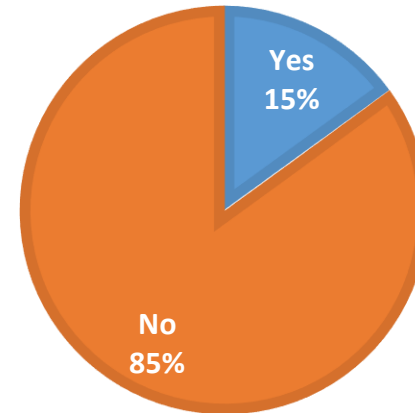
EATING AT A TABLE



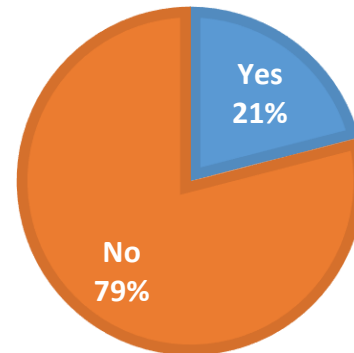
PARENT PARTAKES



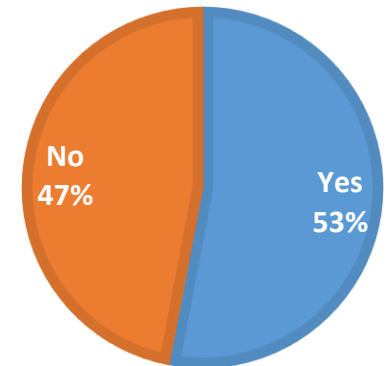
FAMILY MEAL



FAMILY STYLE SERVICE

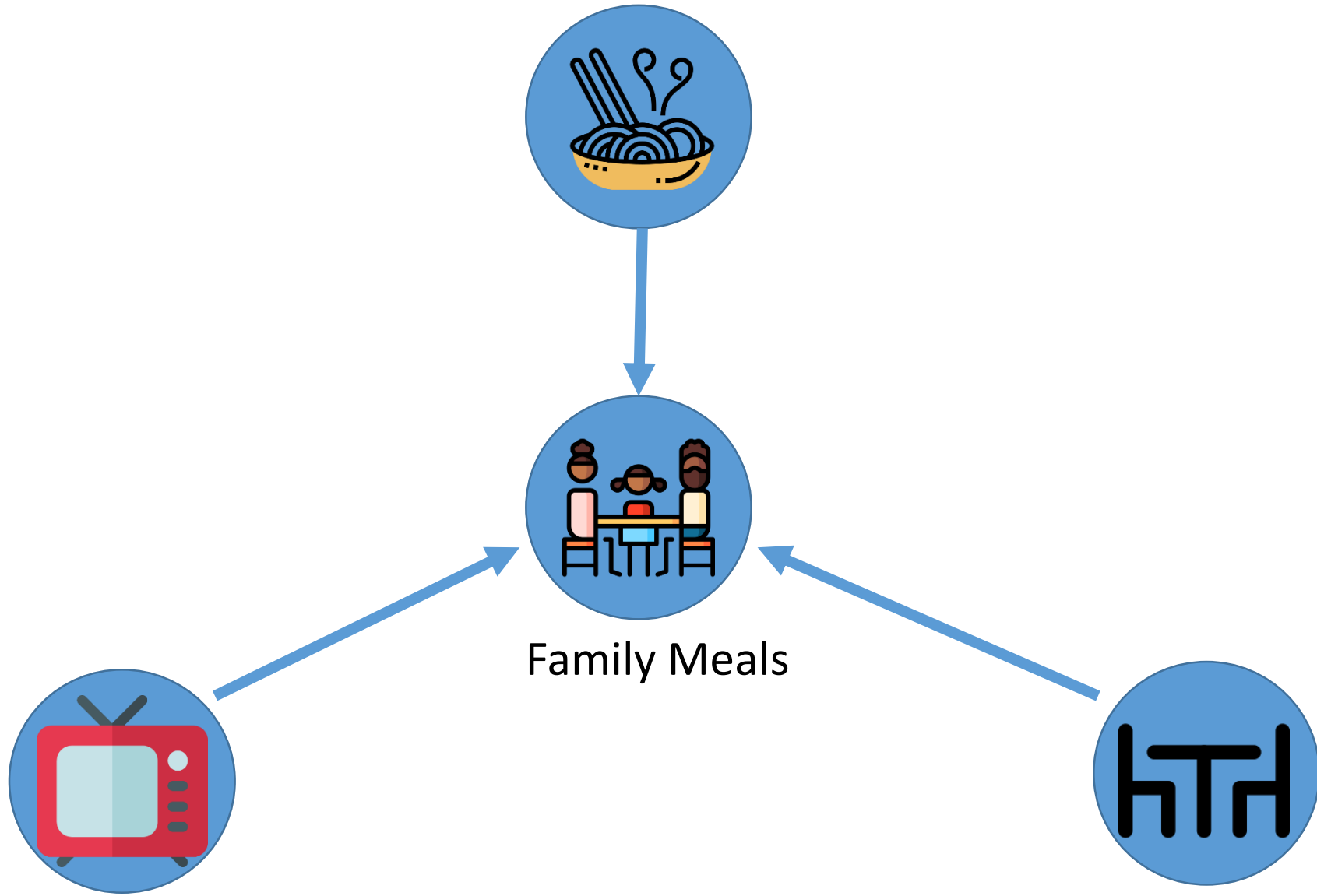


TV OFF



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

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



Questions





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Family Meals

Application

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Role Modeling

Overcoming Resistance

HHF Curriculum Resources

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Additional Resources

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

Dairy Council of California: Healthy Eating <https://www.healthyeating.org/Healthy-Eating/Meals-Recipes/Family-Meal-Planning>

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://childhood101.com/wp-content/uploads/2013/05/Childhood_101_Conversation_Cards.pdf

<https://www.playworks.org/resource/34-conversation-starters-for-your-family/>

eExtension - Families, Food and Fitness: http://articles.extension.org/families_food_fitness