



DANONE INSTITUTE

Nutrition for Health

Exploring the role of family in nurturing healthy eating habits

18th March 2016 – 4:15 pm - 5:45 pm – Hall A

Chaired by Olivier Goulet

*(Necker- Enfants malades hospital, University Paris Descartes, France -
President of the Danone Institute International)*

- **Helping parents to model healthy eating practices**
Jayne Fulkerson (University of Minnesota, USA)
- **EU Family meals practices and children diet quality**
Luis Moreno (University of Zaragoza, Spain)
- **The benefits of family meals**
Jess Haines (University of Guelph, Canada)





Jayne Fulkerson *(University of Minnesota, USA)*

Dr. Jayne Fulkerson is a professor in the School of Nursing at the University of Minnesota. She received her PhD in psychology in 1997 from the University of Minnesota.

Her research and teaching focus on family-based health promotion in community settings. She is currently conducting observational and clinical trial research and developing programs for childhood obesity and diabetes prevention, particularly through the home food environment and family meals. Her current funded research includes an NIH-funded R01 entitled, "Healthy Home Offerings via the Mealtime Environment (HOME) Plus." HOME Plus is a family-based randomized controlled trial (n=160 families of 8-12 year-old children) that aims to reduce childhood obesity by actively engaging the whole family in promoting healthful behaviors in the home. She also received funding to develop and pilot test a similar program for children at-risk for diabetes called Families Preventing Diabetes Together. She has published extensively in public health, psychology, nutrition, family and adolescent health scientific journals.

Her research focus synergizes with her role as the Director of the Center for Child & Family Health Promotion Research



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Helping parents to model healthy eating practices



Informed and engaged parents and healthful home environments are essential for the health of youth. Although research has shown health benefits associated with family meals, to date, no randomized controlled trial (RCT) has been developed to examine the impact of a family meals intervention on behavioral and health outcomes.

Dr. Fulkerson will describe her research on parent feeding practices, parental modeling of nutrition and positive eating habits and portion size issues in school-age children as well as the family-meals focused intervention program of her RCT, Healthy Home Offerings via the Mealtime Environment (HOME) Plus study.

The HOME Plus program addressed involvement in meal preparation and eating meals with one's family as they are associated with better dietary quality and healthy body weight for youth. HOME Plus aimed to increase the frequency and healthfulness of family meals and snacks and reduce children's sedentary behavior, particularly screen time, to promote healthier eating and activity behaviors and prevent obesity. HOME Plus included 10 monthly sessions focused on experiential nutrition education activities, meal planning and meal preparation skill development. The program was delivered to families in community settings and she will share goals parents and children valued in relation to healthful eating.

Dr. Fulkerson will also discuss implications for health care providers.



Luis Moreno *(University of Zaragoza, Spain)*

Luis A. Moreno is Professor of Public Health at the University of Zaragoza (Spain). He is also Visiting Professor of Excellence at the University of Sao Paulo (Brazil). He did his training as Medical Doctor and his PhD thesis at the University of Zaragoza.

He studied Human Nutrition and Public and Community Health at the University of Nancy (France). He has participated in several research projects supported by the Spanish Ministry of Health, and the European commission (HELENA, IDEFICS, EURRECCA, ENERGY, ToyBox, iFamily and Feel4Diabetes). He has published more than 450 papers in peer reviewed journals. He is the coordinator of the GENUD (Growth, Exercise, Nutrition and Development) research group, at the University of Zaragoza. He is a former member of the ESPGHAN Committee of Nutrition, current President of the Spanish Nutrition Society and President of the Danone Institute of Spain.



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EU Family meals practices and children diet quality



The relationship between family meals and adolescent's health is a relatively novel concern. In the HELENA study, a sample of adolescents completed 2-24-hour dietary recalls, and included information about where they consumed their meals and if they were accompanied.

Most of the adolescents had their breakfast with other family members (53,5% in males; 53,1% in females), followed by having breakfast alone (41,4% in males; 37,2% in females). Regarding lunchtime and dinner, the most frequent was eating with family members (46,1% in males; 42,6% in females; 71,8% in males; 72,8% in females, respectively). In males, higher protein consumption was observed when adolescents used to eat their lunch with family members or friends than when they used to eat alone (101,5 or 102,7 versus 92,7 gr of protein/ day) ($p=0.001$). During the dinner meal occasion higher energy intake was observed when adolescents males used to dinner with friends than if they consumed it with their family (2888.4 versus 2579,9kcal/day, $p=0.032$).

Regarding their nutritional intake, high protein consumption was observed in males when they used to eat their lunch with their family members than when they used to eat alone (101,5 versus 92,7 gr of protein/ day) ($p=0.001$). Also they used to consume more protein when they eat lunch with their friends than alone (102,7 versus 92,7 gr of protein/ day) ($p=0.001$).

Preliminary results show that the most common accompaniment during breakfast, lunch and dinner are the family members. Also the most common place to consume their family meals is at home. Additional results will be presented in the conference according to the relationship between family meals (duration and accompaniment) and diet quality index and several body composition



Jess Haines *(University of Guelph, Canada)*

Jess Haines, PhD, MHSc, RD is an Associate Professor in the Department of Family Relations and Applied Nutrition at the University of Guelph in Canada.

Dr. Haines's current research is focused on developing and testing family-based interventions aimed at promoting healthful behaviours among preschool-aged children. Along with colleagues at Harvard, she led a study which found that a home-based intervention that targets routines associated with obesity risk, i.e., family meals, sleep, activity and screen time, can improve weight status in preschoolers. She is currently testing a similar intervention among Canadian families with young children through the Guelph Family Health Study.

Dr. Haines is also the Director of the Parent-Child Feeding Laboratory. The overarching goal of the laboratory research is to identify how parent-child feeding interactions influence children's eating behaviours.



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The benefits of family meals



Eating meals, particularly dinner, with family members has been found to be associated with a range of positive outcomes, including improved dietary intake, lower prevalence of disordered eating behaviors, and improved academic outcomes among children and adolescents.

The focus of this presentation is to examine the research exploring the range of benefits associated with family meals. Key research findings on the associations between family meals and children's and adolescents' mental, social, and physical health and related behaviours will be presented. Research efforts to disentangle the influence of family meals from the influence of the general family environment on these health outcomes will also be discussed.

Implications for intervention efforts aimed at the promotion of healthy eating and prevention of obesity will be highlighted.



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The Danone Institute International gathers a network of 16 Danone Institutes around the world and more than 200 experts.

The Danone Institute International mission is to promote human health by developing and disseminating knowledge about the links between food and human health, and to highlight the importance of nutrition in human health with a focus on yogurt among other food groups.



The Yogurt In Nutrition: Initiative for a balanced diet (YINI)

is a partnership between the Danone Institute International, the American Society for Nutrition and the International Osteoporosis Foundation. This partnership

aims to advance scientific knowledge on the health benefits of yogurt and to disseminate the findings broadly.

> Find more about YINI in www.yogurtinnutrition.com



The Danone International Prize for Nutrition (DIPN)

Every two years, the Danone Institute International organizes the DIPN with the support of the French Fondation pour la Recherche Médicale. The DIPN in the amount of 120 000€, recognizes a researcher leading a major advancement in nutrition science, including new concepts and research fields with potential application for human diet and health. The 10th edition winner will be announced during the Experimental Biology Congress, 5th April at 5pm in the San Diego Convention Center.

> Find more about the prize and the laureate on www.danoneinstitute.org