



STRONG Kids 2

A Cells-to-Society Approach to Nutrition

This transdisciplinary project will provide unique insights into how individual biology interacts with the family environment to promote healthy eating habits in young children. It is one of the first studies to take a longitudinal look at the habits, including milk and dairy consumption, from birth.

The study sample includes 451 infants and their families located in small urban communities in central Illinois. Biological samples and height and weight measurements from infants and toddlers are collected at 6 weeks, 3, 12, 18, 24, and 36 months, 4 and 5 years. Mothers are surveyed about weaning, dietary habits, household routines, children’s emotions, feeding styles, and milk and dairy consumption. Additional measures such as maternal height and weight are also being collected.

The project is part of the larger STRONG Kids Program based at the Family Resiliency Center and housed in Doris Kelley Christopher Hall. STRONG Kids 2 is built upon previous research with preschool-aged children, documenting the relationship among genetic, child, and family factors in predicting BMI and dietary habits.

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 A close-up photograph of a young child with glasses being measured.

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