



Families Eating and Talking Together

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The Families EAT Together Study was a research project designed to examine what occurs during family mealtimes in the home. Working closely with a group of researchers from the University of Illinois at Chicago, project investigators studied how family mealtimes and routines relate to life outcomes. Specifically, they observed families in the local community and in the Chicago area. This project will help researchers better understand what families talk about during mealtimes, and how the meals and mealtime discussions relate to outcomes of health and well-being for family members. Researchers were also interested in exploring how family mealtimes (and discussions during said mealtimes) are similar and different between urban, semi-urban, and rural settings in Illinois. This project will help identify positive family events and routines that can promote health and healthy development with families. Additionally, the study better defined similarities and differences in how family mealtimes affect Illinois families differently depending on family and community differences, such as whether the family lives in an urban, semi-urban, or rural setting.

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RESEARCH TEAM

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