



# STRONG Kids 2

## A Cells-to-Society Approach to Nutrition

One of the first studies to take a longitudinal look at the interaction between biological and environmental factors in predicting eating habits, including milk and dairy consumption, from birth, this transdisciplinary project will provide unique insights into how individual biology interacts with the family environment to promote healthy eating habits in young children.

The study sample includes 450 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, 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 measurements 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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