What did we do?

- Evaluate an intervention that promotes healthy growth in young, Latina children
- Explore the connection between nutrition and early childhood weight

Why is this research important?

- Children know what foods they like as early as age 3
- Sugar, fat, and caffeine at a young age affects future health
- Caffeine can cause sleep problems, headaches, and anxiety in children
- Not enough sleep in children is linked to overeating and obesity

Who participated?

- 174 Latina moms and their babies
- All participants were enrolled in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

What did we find?

- Children often consumed less than the recommended daily intake of fiber, vegetables, whole fruit, and vitamins.
- 58% consumed caffeine weekly
- 52% became overweight or obese

Calorie and sugar intake

Protein, fiber and dairy intake

How did we do this?

- Health workers provided breastfeeding support and nutrition education in the home
- Breastfeeding was encouraged
- Growth was measured at each visit