Exploring family-based strategies to improve food literacy in the Guelph Family Health Study

Jess Haines, PhD, RD
Overview

- Describe GFHS
  - Strategies to enhance family food literacy

- Identify strategies we used to engage various stakeholders
  - Participants
  - Health professionals
  - Policy makers
Broad understanding of families
Families

Control

Intervention

Eat more meals together as a family (with TV off)

Remove the TV from the room where your child sleeps

Set a bedtime routine and get 11 hours of sleep

Limit TV time to less than 2 hours per day
FAMILY-FRIENDLY RECIPES
SNACK HEALTHY, SNACK HAPPY

Guelph Family Health Study
Interdisciplinary Team
Snacking Patterns of Preschool-Aged Children: Opportunity for Improvement

Elie Charpentier, Andrea C. Hung, David W. Lonnerdal, Owen Krystia, Gerarda Darlington, Jess Haines, David W. L. Ma, and Andrea C. Buchholz

Parental overweight is associated with less encouragement of child dietary balance and variety and involvement in meal planning and preparation.
We talked to families

- Group interviews with 31 parents
  - 89% mothers
- Asked their opinions on
  - Intervention approach
  - Assessment protocols
<table>
<thead>
<tr>
<th>What Parents Wanted</th>
<th>What We Did</th>
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<td>Home visit preferred delivery mode</td>
<td>• Home visits</td>
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<td>Practical strategies/family resources</td>
<td>• Home visits</td>
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<td>Non-judgemental approach</td>
<td>• Motivational Interviewing</td>
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<td>Pleasant and warm environment: Assessment</td>
<td>• Family/child-friendly</td>
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Our Family Council
Examples of Family Council Impact

The Importance of Family Meals

Did you know that family meals are important for kids' health and well-being and even their academic success? Whether your family meals happen at breakfast, lunch, or dinner they are important for your child’s development and for building great family relationships. Involve the whole family in preparing meals, enjoy time together at the table, and develop family traditions.

How Many?
Sit down together to eat as many times per week as possible.
Agriculture Leaders and Policy Makers
Impact of Engaging Leaders and Policy Makers

• Determined our age of inclusion
• Helped define our research questions: food skills, early life stress
• Critical for engagement of families
• Served as Co-Applicants on grant applications
Novel ways to engage the village

- Creating Healthy Families Together Conference
- Podcast
- Cookbooks
- Study newsletters
- Friends and Families updates
Thank you.
Questions?