Simple Suppers: 
A novel approach to childhood obesity prevention

Purpose
Our long-term research goal is to develop effective community-based, family nutrition interventions to improve the food choices and eating behaviors of young children, and ultimately to reduce the incidence of childhood obesity. Our objective in this engagement partnership is to test feasibility and efficacy of a novel blended nutrition education and cooking program (Simple Suppers) aimed at teaching parents and their preschool children positive eating behaviors.

Impact
Our central hypothesis is that children of participating families will: develop and maintain food choices that include nutrient-rich foods, while limiting energy-dense foods and beverages; and achieve a healthy weight gain trajectory. We further hypothesize that participating households will: demonstrate more nutrient-rich foods, and less energy-dense foods and beverages available in the home and served at family meals.

Ohio State Colleges/Units Involved
College of Education and Human Ecology
Department of Human Sciences
College of Medicine
College of Nursing
Department of Statistics
OSU Extension

Community Partners Involved
Schoenbaum Family Center
Nationwide Children’s Hospital

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