

Problem



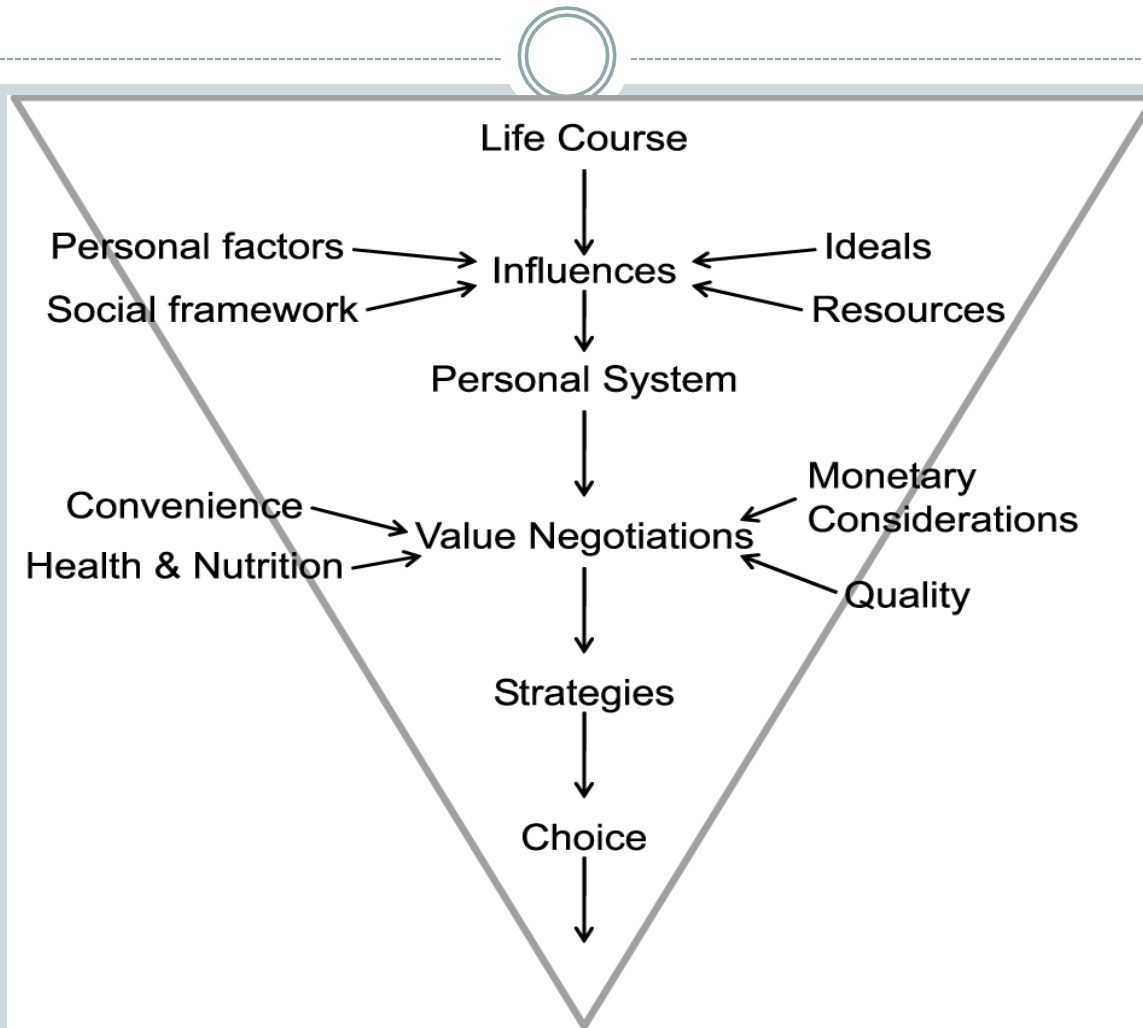
- There are high rates of obesity in children ages six through 12 in Portland, Oregon

Effects of Obesity on Children



- A child with an obese parent having a **60% chance** of becoming an obese adult.
- In a study, children arranged pictures of children ranging from a healthy weight child, an obese child, a mentally handicapped child based on their perceived preference. The healthy child was always chosen first while the obese child was almost always chosen last

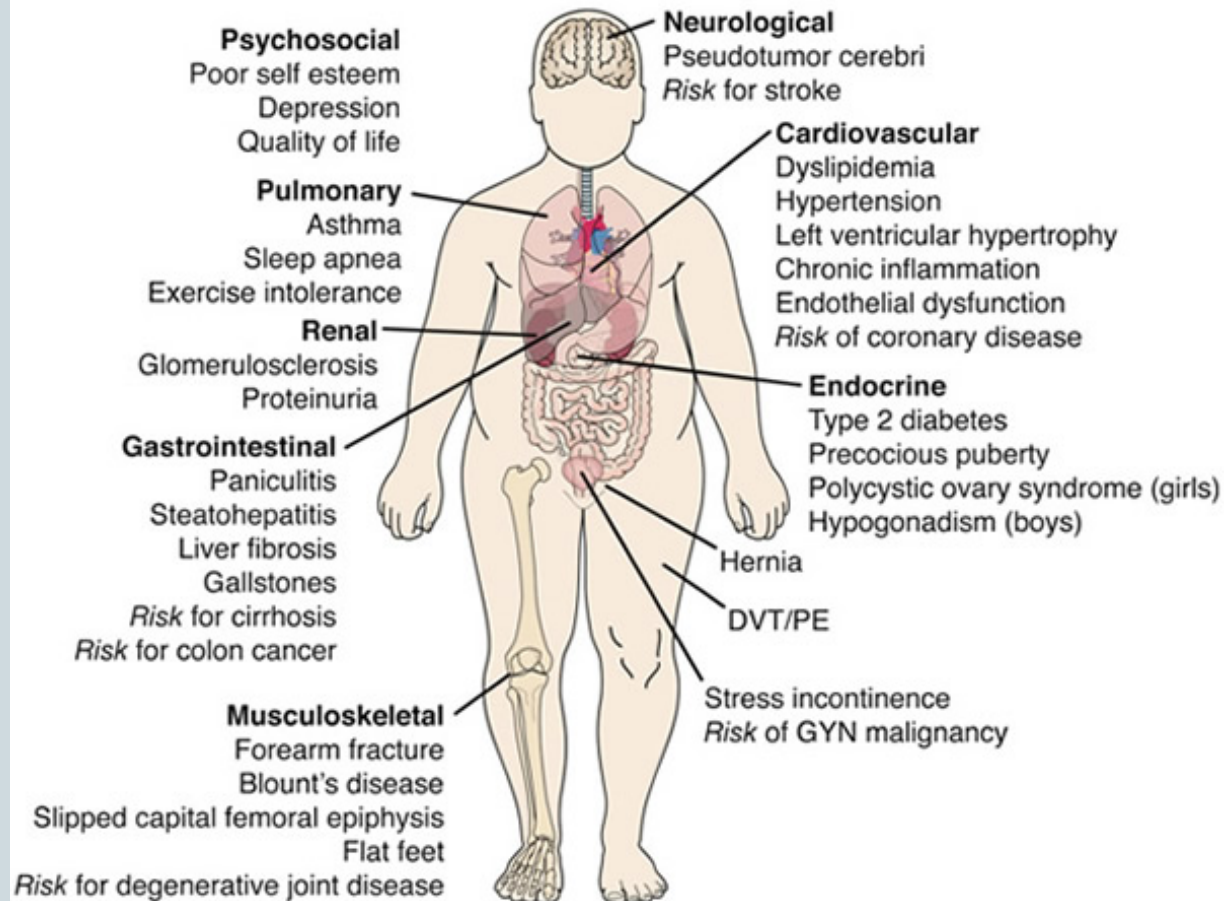
Food Choice Determinants



Source: Furst *et al.* (1996, p. 251)

Health Complications With Childhood Obesity

Complications of Childhood Obesity



Purpose



- The afterschool program is showcasing sustainable ways to grow and cook healthy items that children have not previously dealt with or enjoyed in their diets.
 - The thought is more experience with new foods than the children will increase the likelihood to enjoy what they are eating.

Research question



- Will children's food choice lower the rates of obesity within the target population in Multnomah County, Oregon over a six year time

Methods



- Any kindergartener attending Creston Elementary School will be allowed to enroll in the program.
- Participants will fill out a survey addressing their current food preferences and an assessment of their body mass index (BMI).
- After enrollment children will be exposed to, and educated about, food and nutritional ways to cook the items.
- At the end of the session they will also fill out the same baseline survey and their BMI will be assessed once more.
- The study will be continued from k-6

Benefits

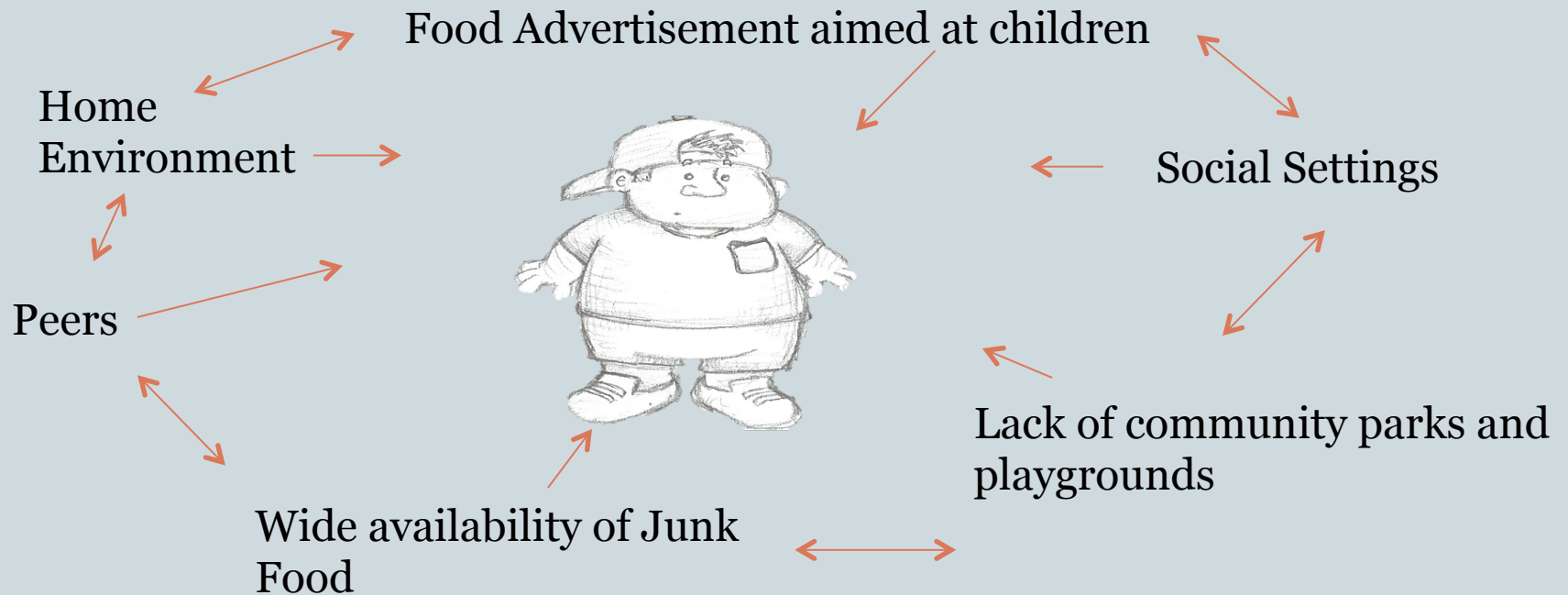


- Expanding the children's palate and knowledge of healthy food preparation
- Participants may benefit by lowering their risk of childhood obesity.
- They can also develop basic food gardening and preparation skills to incorporate into their lifestyle.

Recommendations



- Food choice impact of Childhood Obesity doubtful due to outside factors



Recommendations



- **Food choice impact on Childhood Obesity doubtful due to outside factors**
 - Home Environment
 - Food Advertisement aimed at children
 - Wide availability to Junk Food
 - Lack of Community Parks and Playgrounds
 - Peers
 - Social Settings