Problem

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

- Psychosocial
  - Poor self esteem
  - Depression
  - Quality of life

- Neurological
  - Pseudotumor cerebri
  - Risk for stroke

- Cardiovascular
  - Dyslipidemia
  - Hypertension
  - Left ventricular hypertrophy
  - Chronic inflammation
  - Endothelial dysfunction
  - Risk of coronary disease

- Pulmonary
  - Asthma
  - Sleep apnea
  - Exercise intolerance

- Renal
  - Glomerulosclerosis
  - Proteinuria

- Gastrointestinal
  - Pancreatitis
  - Steatohepatitis
  - Liver fibrosis
  - Gallstones
  - Risk for cirrhosis
  - Risk for colon cancer

- Endocrine
  - Type 2 diabetes
  - Precocious puberty
  - Polycystic ovary syndrome (girls)
  - Hypogonadism (boys)

- Musculoskeletal
  - Forearm fracture
  - Blount's disease
  - Slipped capital femoral epiphysis
  - Flat feet
  - Risk for degenerative joint disease

- Hernia
  - DVT/PE

- Stress incontinence
  - Risk of GYN malignancy
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 then 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

  - Food Advertisement aimed at children
  - Home Environment
  - Peers
  - Wide availability of Junk Food
  - Social Settings
  - Lack of community parks and playgrounds
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