A Research/Engagement Study Maximizing Nutrition Education to Meet Child and Parent Dietary Quality and Food Security Needs

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ABSTRACT

Abstract: [Details about the abstract]

INTRODUCTION

• U.S. households with children and low-income have a higher risk of food insecurity and dietary quality is an area in need of improvement.

• Supplemental Nutrition Assistance Program-Education (SNAP-Ed) supports SNAP in improving food insecurity and dietary quality among limited resource families which experience related chronic disease and poor health. Yet, education on parent/child behaviors is linked to food procurement/preparation and that organization and planning in the household environment, may hold promise to improve dietary quality and food security among food insecure households.

OBJECTIVES

1. Research: To determine the effect of adult-focused direct SNAP-Ed on child and adult dietary quality and food security.

2. Extension: To create supplementary on-demand SNAP-Ed material to improve household status for households with children experiencing food insecurity.

METHODS

Participants

• Eligible to receive SNAP (income ≤130% PIR, ≥18 years)
• Interested and willing to take SNAP-Ed now or in 1 year
• Household child in school (ages 5-18 years)
• Not pregnant, lactating, or have received SNAP-Ed in the past year
• Speak and read English (for assessments)

Recruitment

SNAP-Ed Lessons or Wait Group

INTERVENTION (n=158 Adult-Chile Pairs)

New SNAP-Ed on-demand lessons tailored to food insecure households with children which will foster healthful dietary behavior and food security in households with children.

RESULTS

Future nutrition policy and programming will be informed by results of the SNAP-Ed intervention study among adults and children and the creation of SNAP-Ed programming which will foster healthful dietary behavior and food security in households with children.

CONCLUSIONS

ACKNOWLEDGEMENTS

REFERENCES

NIST, in households with food insecurity. Supplementary foods are necessary to be served for children... so perhaps we should look for SNAP-Ed effect in the dietary quality of children!

For objective 1, dietary: Obtain baseline dietary and food security data; determine factors contributing to diet and food insecurity in low-income households; test intervention effects over time; evaluate intervention; Scoping literature review to identify factors contributing to dietary and food insecurity in low-income households; Results of Research Objective 1: dietary and food security baseline and changes over time; application to Objective 1: Literature Review Findings: Incorporating education on the 5 themes of household behaviors that influence food procurement and preparation, along with strengthening organization and planning in the household environment, may hold promise to improve dietary quality and food security among food insecure and low-income households.

New SNAP-Ed on-demand lessons tailored to food insecure households with children, which will foster healthful dietary behavior and food security in households with children.

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