

Annotated Bibliography

Couch SC, Glanz K, Zhou C, Sallis JF, Saelens BE. Home food environment in relation to children's diet quality and weight status. *J Acad Nutr Diet*. 2014;114:1569-1579.

This cohort study examined how different feeding environments affected child BMI, fruit and vegetable intake, high calorie beverage intake, and sweet and savory snack intake. Researchers concluded that the home food environment is important with regards to nutrient intake as well as weight status in children. They found that restrictive and limiting behaviors created negative results and that encouragement from parents was beneficial. Permissive parenting behaviors also contributed to adverse food intake.

Lee HJ, Lee SY, Park EC. Do family meals affect childhood overweight or obesity?: nationwide survey 2008-2012. *Pediatric Obesity*. 2015;11:161-165.

This South Korean study looked at 2904 students over the course of four years (2008-2012)., of these 19.4% were obese. The data was obtained from the Korean National Health and Nutrition Examination Study. Researchers found a strong inverse relationship between frequency of family meals and obesity in youth. Therefore the conclusion of the study was that increasing the frequency of family meals is an important part of combating childhood obesity.

Fiese BH, Hammons A, Grigsby-Toussaint D. Family mealtimes: A contextual approach to understanding childhood obesity. *Econ Hum Bio*. 2012;10:365-374.

This study backed previous research findings that family mealtimes do impact childhood obesity. This study did go on to find that many families lack the time to have meals together. The researchers believe that more work needs to be done to affect the other areas that may play a role in childhood obesity as many families are unable to have meals together.

Hu FB. Resolved there is sufficient scientific evidence that decreasing sugar-sweetened beverage consumption will reduce the prevalence obesity and obesity related diseases. *Obesity Reviews*. 2013;14:606-619.

Since sugar-sweetened beverage consumption continues to rise at the same time obesity rates are rising, researchers reviewed studies to determine if there was a direct link between the two and how it also relates to the rise in type II diabetes. They concluded that regular consumption of these sugar-sweetened beverages caused weight gain and also contributed to type II diabetes. While this is only one factor to consider in the fight against obesity, it is one that may make a difference.