EASY AS ABC, 123!

Integrating Nutrition and Activity in Early Childhood Learning to Build Lifelong Healthy Habits

Washington, DC—March 25, 2014, For Immediate Release – Research on integrating nutrition and activity into early childhood learning will be the focus of a presentation at National C-FAR’s hill research seminar on Monday, March 31, at noon in 1300 Longworth House Office Building. The featured speaker is Laura Bellows, Ph.D., M.P.H., R.D., an Assistant Professor and Extension Specialist in the Department of Food Science and Human Nutrition at Colorado State University.

“Our research shows that early childhood may afford the best opportunities for altering development in ways that can reduce obesity risk,” says Bellows.

“This presentation provides an excellent example of the value of federally funded food and agricultural research, extension and education in producing the scientific outcomes and outreach needed to meet 21st century challenges and opportunities,” says Chuck Conner, President of the National Coalition for Food and Agricultural Research (National C-FAR).

Abstract: The preschool years are when children begin to develop lifelong habits, and this time of life presents a critical window for establishing healthful eating habits and physical activity patterns. Unfortunately, young children are not meeting current nutritional or physical activity guidelines set by the US government. Because early childhood is a period of rapid development, it may afford the best opportunities for altering development in ways that can reduce obesity risk. Children's eating and activity behaviors are influenced by factors that are individual to the child, but also influenced by the environments in which they live, learn, and play. In this seminar, learn about strategies being conducted in preschools and at home that get even the pickiest eaters to try new, healthy foods, and to make a mighty move towards getting kids up and active.

Seminar presentations are available at http://www.ncfar.org/Hill_Seminar_Series.asp. The seminar is open to the public and the media.

*******

NATIONAL C-FAR is a nonprofit, nonpartisan, consensus-based, and customer-led coalition that brings food, agriculture, nutrition, conservation, and natural resource stakeholders together with the food and agriculture research and extension community, serving as a forum and a unified voice in support of sustaining and increasing public investment at the national level in food and agricultural research, extension, and education. National C-FAR’s Hill Seminar Series, now in its sixth year, regularly presents leading-edge researchers working to provide answers to pressing issues confronting the public and Congress. The Hill Seminar Series helps demonstrate the value of public investment in food and agricultural research—investment that returns 45 percent per year on average, and $20 in economic benefit from every $1 investment in food and ag research.

Go to http://www.ncfar.org/Hill_Seminar_Series.asp for more information about the seminar series and past topics. Interviews with National C-FAR President Chuck Conner are available by request. For additional information, go to www.ncfar.org; or contact Tom Van Arsdall, Executive Director, at tom@vanarsdall.com or (703) 509-4746.