Lunch ~ N ~ Learn SEMINAR

NATIONAL

C-FAR

THE NATIONAL COALITION FOR FOOD & AGRICULTURAL RESEARCH

Program:

EASY AS ABC, 123!

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

March 31, 2014
PROGRAM

Welcome and Introduction

SARAH OHLHORST
NATIONAL C-FAR REPRESENTATIVE

Distinguished Speaker

LAURA BELLOWS, PH.D., M.P.H., R.D.
Department of Food Science and Human Nutrition
Colorado State University

Open Forum

Closing

SARAH OHLHORST

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. For additional information, go to [www.ncfar.org](http://www.ncfar.org); or contact Tom Van Arsdall, Executive Director, at [tom@vanarsdall.com](mailto:tom@vanarsdall.com).
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.

SPEAKER BIOGRAPHY
Laura Bellows, Ph.D., M.P.H., R.D., is an Assistant Professor and Extension Specialist in the Department of Food Science and Human Nutrition at Colorado State University. Her research is focused on the development of eating habits and physical activity patterns in early childhood; and the influence of parental behaviors and the home environment on the development of these behaviors. Over the last 14 years, Dr. Bellows has developed, evaluated, and coordinated wide-spread implementation of The Food Friends®, a preschool nutrition and physical activity program. She is currently the Principal Investigator of the Colorado LEAP study, a USDA AFRI grant aimed at exploring if healthy behaviors developed in preschool are maintained through early elementary school. In 2011, Dr. Bellows was awarded the Presidential Early Career Award for Scientists and Engineers (PECASE), the highest honor bestowed by the United States government on science and engineering professionals in the early stages of their independent research careers. She received her bachelor’s in Exercise Science and Health Promotion from Miami University in Ohio, her Masters of Public Health in Human Nutrition from the University of Michigan and her Ph.D. in Community Nutrition from Colorado State University.
SEMINAR SERIES DESCRIPTION

National C-FAR’s Seminar Series regularly presents leading-edge researchers to address pressing issues confronting the public and Congress. National C-FAR and the Seminar Series serve as a resource to policymakers and staff.

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R. Thomas Van Arsdall, Executive Director
Phone: (703) 509-4746 • E-mail: tom@vanarsdall.com