

JOINT EVENT

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&  
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## A food and nutrient comparison study of meals eaten at home vs. meals eaten at Head Start Centers in Washington DC, USA

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The purpose of this research was to investigate the food energy, nutrient intake and adequacy of meals served at Head Start Centers versus meals consumed at home among Head Start children. A cross-sectional descriptive survey research design was utilized. A convenience sample of 195 Head Start child and caregiver pairs was recruited from two Head Start sites within the district of Columbia (DC). Weight and height were measured and used to calculate BMI. The centers for disease control and prevention (CDC) BMI for age and gender growth charts were used to evaluate BMI levels. Dietary intakes were collected using the 24-hour food recall method, and Head Start Center menus were analyzed using Nutritionist Pro Software (Axxya Systems, Redmond, WA). Data analysis was conducted using the Statistical Package for the Social Sciences (SPSS) version 19 (IBM SPSS Inc., Chicago, IL). Results of the study showed no significant difference in total calorie intakes between the overweight/obese children and normal weight children who consumed meals both at home and at Head Start Centers. However, in both overweight/obese and normal weight children who consumed meals totally at home, lower nutrient intakes were noted when compared to recommended levels. It was concluded that Head Start children who consumed meals both at school and home on the day of the recall had higher intakes of food energy and were more likely to meet recommended nutrient intakes than Head Start children who did not consume any portion of their meals at school.

### Biography

Beverly M Copeland, PhD, is an Assistant Professor in the Department of Agriculture and Human Ecology at Prairie View A&M University and treatment of childhood obesity. She is a registered and licensed Dietitian with the skill set needed to understand and develop tailored nutrition intervention programs to combat childhood obesity. She continues to work with caregivers, teachers and other stakeholders who are interested in seeing childhood obesity on a downward trajectory. She is currently working on research to analyze and evaluate meals served in State-Registered Private Childcare Settings. This information will be used to determine the adequacy of meals served to children against 2015-2020 Dietary Guidelines. She is currently an Assistant Professor in Department of Agriculture and Human Ecology at Prairie View A&M University.

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