

Head Start Graduate Student Research Program: 2005 Research Scholars

* 2005-2007 ** 2005-2006

Laura Bellows*

Project Title:

Food Friends Get Movin' with Mighty Moves: An Obesity Prevention Pilot Project

Mentor:

Jennifer Anderson

Project Funding Years:

2005-2007

University Affiliation:

Colorado State University

Department of Food Science and Human Nutrition

Project Abstract:

Colorado State University will implement the Food Friends and Mighty Moves program to address the need for Head Start and preschool programs to promote healthy food choices, dietary variety, and increased physical activity with children and parents from low-income and minority populations. The specific goals of the project are to: (a) decrease the risk of overweight and obesity among low-income preschool children and their parents by providing a direct service program that teaches the importance of nutrition and physical activity while reinforcing school readiness skills; (b) design, develop, and assess a physical activity intervention, Fun Moves, for preschool-aged children and their families as part of the Food Friends program; and (c) impact the knowledge, awareness, and practice of preschool teachers and providers by providing specialty trainings, nutrition education, and physical activity program materials, and information on nutrition and physical activity for preschool-aged children. The Mighty Moves project will reach up to 160 children and families from eight Head Start centers across Colorado. Children and families will be evaluated based on pre-intervention measures and post-intervention measures. The results are expected to support the Food Friends and Mighty Moves program as an

effective approach to promoting healthy food choices, and improve child and family health.

Sample:

240 children and families

Measures:

Children

Body Mass Index (BMI)

Peabody Development Motor Scales (PDMS)

Pedometer

Activity Log

Teachers

Body Mass Index (BMI)

Pedometer

Activity Log

Process Questionnaire

Parents

Body Mass Index (BMI)

Parent Questionnaire

Pedometer

Activity Log

Margaret Caspe **

Project Title:

Educational Involvement Among Latino Head Start Families

Mentor:

Gigliana Melzi

Project Funding Years:

2005-2006

University Affiliation:

New York University

Department of Applied Psychology

Project Abstract:

New York University will investigate how educational involvement among Head Start Latino families contributes to young children's subsequent language and literacy development. The specific goals of the project are to: (a) uncover the family literacy patterns of Head Start Latino households in New York City; (b) understand how family literacy contributes to Latino