

Research Publication Brief



A summary of published research: “Calories, Caffeine and the Onset of Obesity in Young Children”



What did we do?

- ◇ Evaluate an intervention that **promotes healthy growth in young, Latina children**
- ◇ Explore the connection between nutrition and early childhood weight



How did we do this?

- ◇ Health workers provided breastfeeding support and nutrition education in the home
- ◇ Breastfeeding was encouraged
- ◇ Growth was measured at each visit



Why is this research important?

- ◇ Children know what foods they like as early as age 3
- ◇ Sugar, fat, and caffeine at a young age affects future health
- ◇ **Caffeine** can cause sleep problems, headaches, and anxiety in children
- ◇ Not enough sleep in children is linked to overeating and obesity



What did we find?



Children often consumed less than the recommended daily intake of fiber, vegetables, whole fruit, and vitamins.



58%

consumed **caffeine** weekly

52%

became **overweight** or **obese**



Who participated?

- ◇ **174** Latina moms and their babies
- ◇ All participants were enrolled in the *Special Supplemental Nutrition Program for Women, Infants and Children* (WIC)



Caffeine consumption



Calorie and sugar intake

Protein, fiber and dairy intake

McCormick D, Reyna L, Reifsnider E. (2020). Acad Pediatr. 20(6):801-808.

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