

WHO and WHAT IS THE STRONG KIDS PROGRAM?

Study Overview

A birth cohort study following 400+ families from the time their child is born until 7 years of age. Primary objective is to understand the complex relations among individual biology, family environment, child diet, child characteristics and weight trajectories.

Theoretical Model

Based on the 6 C model (Harrison et al., 2011; Fiese & Bost, 2016) whereby health outcomes are proposed to be the result of complex transactions amongst characteristics of cells, child, clan, community, country, and culture.



Timeline & Sample Collection



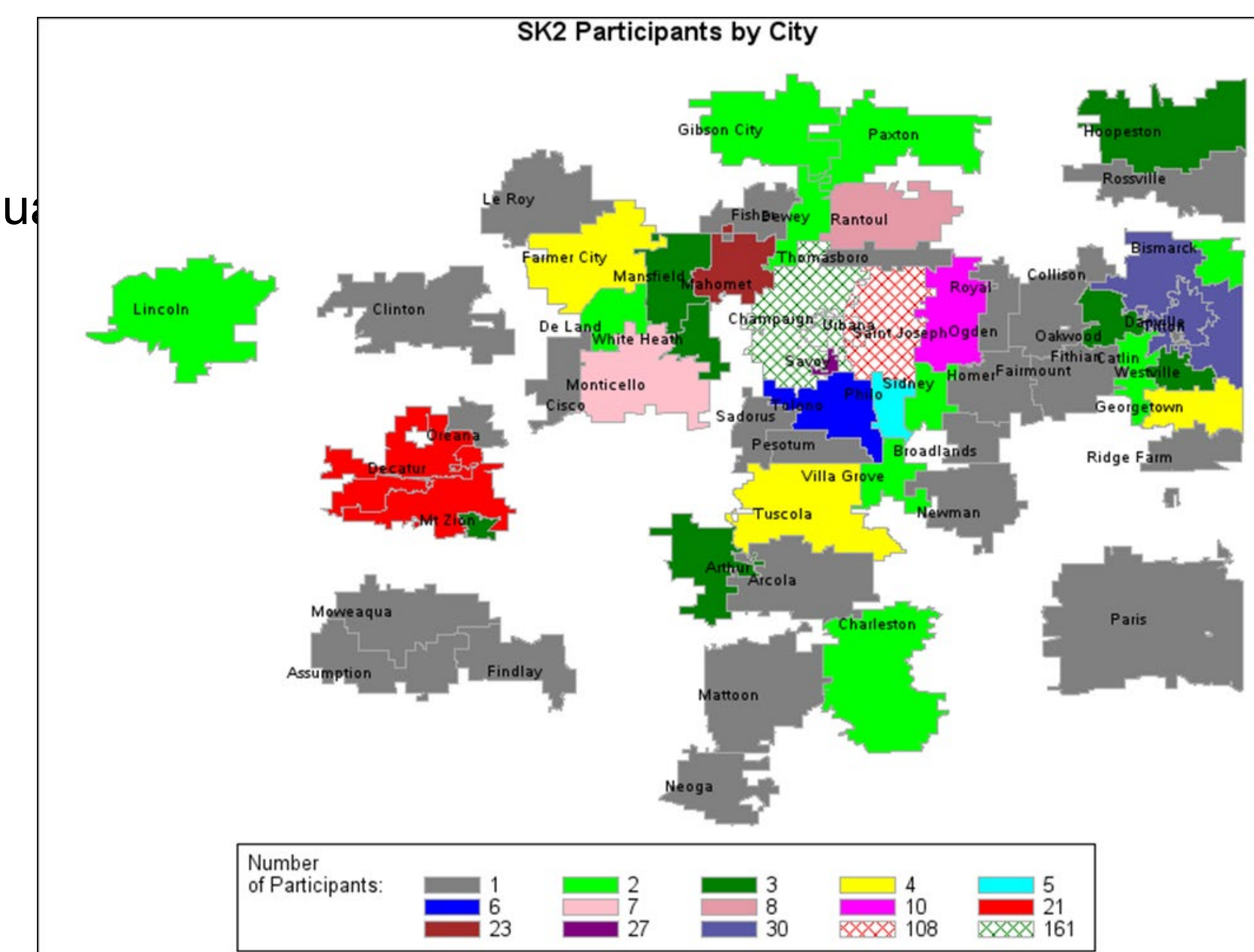
Your Baby's Age	What Will Happen at This Visit?	Gift Card Amount	Description
1-2 weeks	[Icons]	\$25	Home visit with birth height and weight record, stool sample from baby
6 weeks	[Icons]	\$40	Survey, home visit with stool samples from mom and baby, weight and length for baby and height and weight for mom, breast milk/formula sample
3 months	[Icons]	\$40	Survey, home visit with length and weight for baby, stool sample from baby, food inventory, height and weight for mom
Introduction of solid food	[Icons]	\$25	Stool sample picked up after your baby begins solids
12 months	[Icons]	\$40	Survey, home visit with length and weight for baby, stool sample from baby, food inventory, height and weight for mom
18 months	[Icons]	\$60	Survey, home visit with length and weight for baby, stool sample from baby and height and weight for mom
2 years	[Icons]	\$60-80	Survey, home visit with length and weight for baby, stool sample from baby, food inventory, height and weight for mom
3 years	[Icons]	\$60-80	Survey, home visit with length and weight for baby, stool sample from baby, food inventory, height and weight for mom
4 years	[Icons]	\$60-80	Survey, home visit with length and weight for baby, stool sample from baby, food inventory, height and weight for mom
5 years	[Icons]	\$60-80	Survey, home visit with length and weight for baby, stool sample from baby, food inventory, height and weight for mom



Your Child's Age	What Will Happen at This Visit?	Gift Card Amount	Description
4 years	[Icons]	\$60-80	Survey, home visit with height and weight for mom and child, Bioelectrical Impedance Analysis (BIA) analysis of mom and child, stool sample and saliva sample from child, food inventory
5 years	[Icons]	\$60-80	Survey, home visit with height and weight for mom and child, Bioelectrical Impedance Analysis (BIA) analysis of mom and child, stool sample and saliva sample from child, food inventory
6 years	[Icons]	\$75-100	Survey, home visit with height and weight for mom and child, Bioelectrical Impedance Analysis (BIA) analysis of mom and child, Veggie Meter for mom and child, stool sample from child, food inventory
7 years	[Icons]	\$75-100	Survey, home visit with height and weight for mom and child, Bioelectrical Impedance Analysis (BIA) analysis of mom and child, Veggie Meter for mom and child, stool sample from child, food inventory

Who are the STRONG Kids Families?

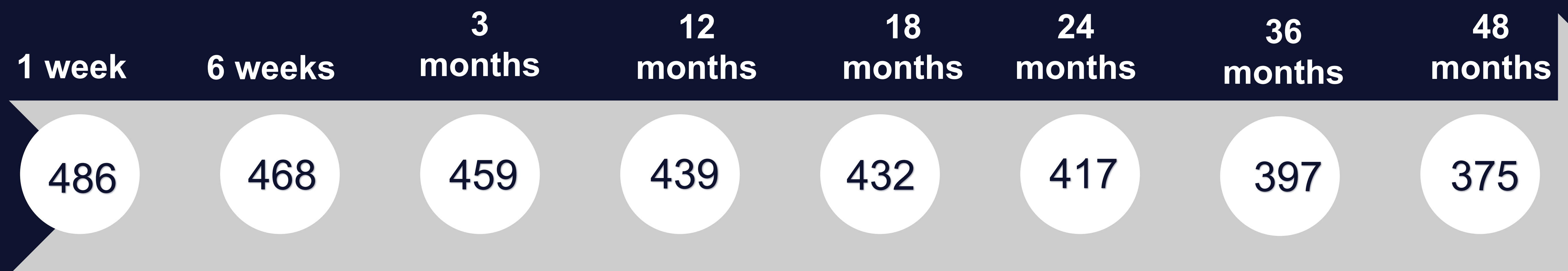
- 468 families participated at 6 week visit
- 72.9% Mothers are college graduates or postgraduate
- 29% earn less than \$3000 per month
- 88.5% married
- 20.7% participated in WIC
- 10.3% participated in SNAP in last 30 days
- 91.7% food secure
- Mother's race/ethnicity
 - 4.1 % Hispanic/Latino
 - 76.1 % Non-Hispanic/Latino white
 - 11.8% Non-Hispanic/Latino nonwhite
 - 4.1 % African-American
 - 7.2 % Asian
 - 0.2% Alaskan Native or American Indian
 - 8.1% unknown/missing



Fiese et al., 2019

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80% Retention 6 weeks-4 Years