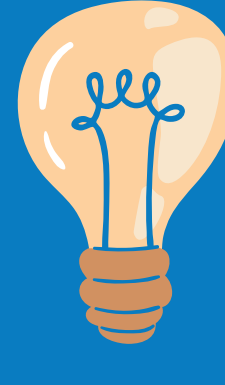


10 Exciting GFHS Findings



Thanks to your family's participation in the Guelph Family Health Study, our student researchers have been able to answer these 10 exciting research questions.

1. What do GFHS kids eat for breakfast?

Most GFHS children eat breakfast to start the day, but these breakfasts often do not include all the recommended nutrients, such as protein, fat, and dietary fibre. We can use this information to develop nutrition education programs to help parents improve the nutritional quality of their children's breakfasts.

Breakfast Quality of Preschool-aged Canadian Children

<https://dcjournal.ca/doi/10.3148/cjdpr-2022-023>

2. Are GFHS kids eating artificial sweeteners?

Very few GFHS children consume artificial sweeteners, like stevia leaf extract, acesulfame K, sucralose, monk fruit extract and aspartame. This is great news, because Canada's Food Guide recommends limiting intake of artificial sweeteners for all population groups. One major problem highlighted with this research is the lack of information about artificial sweeteners on food labels. Watch for hidden sources of artificial sweeteners in freezies, oral nutritional supplements, flavoured water, carbonated drinks, sugar-free jam and protein powder.

Non-nutritive sweetener intake is low in pre-school-aged children in the Guelph Family Health Study

<https://www.mdpi.com/2072-6643/14/10/2091>

3. Are GFHS kids eating enough healthy fats?

Early exposure to healthy fats like omega-3s is important for a child's growth and development and low intake of healthy fats may increase risk for developing chronic diseases later in life. Many GFHS children do not meet healthy fat recommendations in their diet. Increasing intake of foods with healthy fats, such as salmon and flax seeds, can help kids reach the recommendation for fatty acids.

Intakes of PUFA are Low in Preschool-aged Children in the Guelph Family Health Study Pilot Cohort

<https://cdnsiencepub.com/doi/10.1139/apnm-2021-0618>

4. Can having your children help in the kitchen reduce picky eating?

When GFHS children help with grocery shopping and preparing meals, they are less likely to be picky eaters. To get your child involved in the kitchen let them cook with a friend for a play date, have them clean veggies or grate cheese, or let them set the table. When taking kids grocery shopping, start with a short trip rather than a big weekly shop, try to avoid the 'problem aisles' filled with treats, and instead let them choose the fruit and veggies for the week.

Child involvement in meal preparation and grocery shopping is associated with lower levels of food fussiness among young children

<https://cdnsiencepub.com/doi/10.1139/apnm-2021-0390>

5. Does including fathers at mealtimes help kids have healthier diets?

We learned that when both mothers and fathers helped to prepare meals, GFHS children tend to eat a more balanced diet. When fathers model healthy eating, GFHS children also eat a more nutritious diet. These results highlight the importance of including fathers in family health research. The GFHS is proud to have over 240 fathers participating and this makes our study unique in family research.

Food parenting practices and their association with child nutrition risk status: comparing mothers and fathers

<https://cdnsiencepub.com/doi/10.1139/apnm-2016-0572>

6. How did GFHS parents' knowledge and opinions of the Canada's Food Guide change over time?

Compared to their knowledge of the 2007 Canada's Food Guide, parents were better able to correctly identify the recommendations of the 2019 Canada's Food Guide. GFHS parents also had more positive opinions of the 2019 Canada's Food Guide. Most parents feel that the new food guide is a helpful and trustworthy resource, easier to follow and understand, and representative of their culture and traditional foods.

Comparing the perceptions and opinions of the 2007 and 2019 Canada's food guides among parents of young children

<https://www.frontiersin.org/articles/10.3389/fpubh.2022.944648/full>

7. Are the GFHS children getting enough physical activity?

About two thirds of GFHS children are meeting the current Canadian recommendations of 3 hours of physical activity/day. During the COVID-19 lockdown, about half of the GFHS children reported a decrease in physical activity. To get your family moving, try adding a family walk after dinner or put on your favourite music and have a dance party.

The Impact of COVID-19 on Health Behavior, Stress, Financial and Food Security among Middle to High Income Canadian, Stressed, Families with Young Children

<https://www.mdpi.com/2072-6643/12/8/2352>

8. Do GFHS kids go to bed at the same time on the weekend as they do during the week?

Our activity monitors show us that total sleep time and bedtime and wake up times are not different between weekends and weekdays among GFHS children. Interestingly, the boys in our study went to bed earlier and woke up earlier than the girls.

Association between accelerometer and parental reported weekend and weekday sleeping patterns and adiposity among preschool-aged children

<https://journals.humankinetics.com/view/journals/jmpb/4/3/article-p266.xml>

9. Does co-parenting quality influence feeding practices among GFHS parents?

Co-parenting quality is the way that parents coordinate with and support each other in their roles as parents. We found that higher co-parenting quality is associated with healthier feeding practices among GFHS parents. GFHS parents with higher co-parenting quality were more likely to encourage healthy eating among their children and more likely to provide a healthy home food environment.

Associations between Co-parenting Quality and Food Parenting Practices among Mothers and Fathers in the Guelph Family Health Study

<https://www.mdpi.com/2072-6643/13/3/750/htm>

10. How does stress impact the way GFHS parents manage children's screen time?

We found that under stress, GFHS mothers were less likely to monitor or limit their children's screen time and more likely to use screens in front of their children. GFHS fathers were also less likely to limit their children's screen time and more likely to allow children to have their screens during mealtimes when they were stressed. Some tips for managing stress are: connect with your social support networks, unplug and take breaks offline to give your brain a break, explore low-cost outdoor family activities to keep everyone moving, and prioritize time for yourself to recharge - you deserve it!

Parenting under pressure: stress is associated with mothers' and fathers' media parenting practices in Canada

<https://www.tandfonline.com/doi/full/10.1080/17482798.2020.1765821?journalCode=rchm20>

Thank YOU for your participation in the GFHS.

Your family's continued participation, allows us to continue to learn and help families develop healthier habits that can last a lifetime.

Keep Connected...

Website: <https://guelphfamilyhealthstudy.com/>

Facebook: [@guelphfamilyhealthstudy](https://www.facebook.com/guelphfamilyhealthstudy)

Instagram: [@familyhealthstudy](https://www.instagram.com/familyhealthstudy)

Podcast: [Healthy Habits Happy Homes](#)



10 Exciting GFHS Findings



Thanks to your family's participation in the Guelph Family Health Study, our student researchers have been able to answer these 10 exciting research questions.

1. What do GFHS kids eat for breakfast?



Most GFHS children eat breakfast to start the day, but these breakfasts often do not include all the recommended nutrients, such as protein, fat, and dietary fibre. We can use this information to develop nutrition education programs to help parents improve the nutritional quality of their children's breakfasts.

Breakfast Quality of Preschool-aged Canadian Children

<https://dcjournal.ca/doi/10.3148/cjdpr-2022-023>

2. Are GFHS kids eating artificial sweeteners?

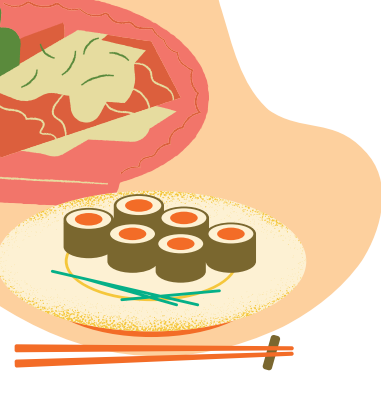
Very few GFHS children consume artificial sweeteners, like stevia leaf extract, acesulfame K, sucralose, monk fruit extract and aspartame. This is great news, because Canada's Food Guide recommends limiting intake of artificial sweeteners for all population groups. One major problem highlighted with this research is the lack of information about artificial sweeteners on food labels. Watch for hidden sources of artificial sweeteners in freezies, oral nutritional supplements, flavoured water, carbonated drinks, sugar-free jam and protein powder.



Non-nutritive sweetener intake is low in pre-school-aged children in the Guelph Family Health Study

<https://www.mdpi.com/2072-6643/14/10/2091>

3. Are GFHS kids eating enough healthy fats?



Early exposure to healthy fats like omega-3s is important for a child's growth and development and low intake of healthy fats may increase risk for developing chronic diseases later in life. Many GFHS children do not meet healthy fat recommendations in their diet. Increasing intake of foods with healthy fats, such as salmon and flax seeds, can help kids reach the recommendation for fatty acids.

Intakes of PUFA are Low in Preschool-aged Children in the Guelph Family Health Study Pilot Cohort

<https://cdnsiencepub.com/doi/10.1139/apnm-2021-0618>

4. Can having your children help in the kitchen reduce picky eating?

When GFHS children help with grocery shopping and preparing meals, they are less likely to be picky eaters. To get your child involved in the kitchen let them cook with a friend for a play date, have them clean veggies or grate cheese, or let them set the table. When taking kids grocery shopping, start with a short trip rather than a big weekly shop, try to avoid the 'problem aisles' filled with treats, and instead let them choose the fruit and veggies for the week.



Child involvement in meal preparation and grocery shopping is associated with lower levels of food fussiness among young children

<https://cdnsiencepub.com/doi/10.1139/apnm-2021-0390>

5. Does including fathers at mealtimes help kids have healthier diets?



We learned that when both mothers and fathers helped to prepare meals, GFHS children tend to eat a more balanced diet. When fathers model healthy eating, GFHS children also eat a more nutritious diet. These results highlight the importance of including fathers in family health research. The GFHS is proud to have over 240 fathers participating and this makes our study unique in family research.

Food parenting practices and their association with child nutrition risk status: comparing mothers and fathers

<https://cdnsiencepub.com/doi/10.1139/apnm-2016-0572>

6. How did GFHS parents' knowledge and opinions of the Canada's Food Guide change over time?

Compared to their knowledge of the 2007 Canada's Food Guide, parents were better able to correctly identify the recommendations of the 2019 Canada's Food Guide. GFHS parents also had more positive opinions of the 2019 Canada's Food Guide. Most parents feel that the new food guide is a helpful and trustworthy resource, easier to follow and understand, and representative of their culture and traditional foods.



Comparing the perceptions and opinions of the 2007 and 2019 Canada's food guides among parents of young children

<https://www.frontiersin.org/articles/10.3389/fpubh.2022.944648/full>

7. Are the GFHS children getting enough physical activity?



About two thirds of GFHS children are meeting the current Canadian recommendations of 3 hours of physical activity/day. During the COVID-19 lockdown, about half of the GFHS children reported a decrease in physical activity. To get your family moving, try adding a family walk after dinner or put on your favourite music and have a dance party.

The Impact of COVID-19 on Health Behavior, Stress, Financial and Food Security among Middle to High Income Canadian, Stressed, Families with Young Children

<https://www.mdpi.com/2072-6643/12/8/2352>

8. Do GFHS kids go to bed at the same time on the weekend as they do during the week?

Our activity monitors show us that total sleep time and bedtime and wake up times are not different between weekends and weekdays among GFHS children. Interestingly, the boys in our study went to bed earlier and woke up earlier than the girls.



Association between accelerometer and parental reported weekend and weekday sleeping patterns and adiposity among preschool-aged children

<https://journals.humankinetics.com/view/journals/jmpb/4/3/article-p266.xml>

9. Does co-parenting quality influence feeding practices among GFHS parents?



Co-parenting quality is the way that parents coordinate with and support each other in their roles as parents. We found that higher co-parenting quality is associated with healthier feeding practices among GFHS parents. GFHS parents with higher co-parenting quality were more likely to encourage healthy eating among their children and more likely to provide a healthy home food environment.

Associations between Co-parenting Quality and Food Parenting Practices among Mothers and Fathers in the Guelph Family Health Study

<https://www.mdpi.com/2072-6643/13/3/750/htm>

10. How does stress impact the way GFHS parents manage children's screen time?

We found that under stress, GFHS mothers were less likely to monitor or limit their children's screen time and more likely to use screens in front of their children. GFHS fathers were also less likely to limit their children's screen time and more likely to allow children to have their screens during mealtimes when they were stressed. Some tips for managing stress are: connect with your social support networks, unplug and take breaks offline to give your brain a break, explore low-cost outdoor family activities to keep everyone moving, and prioritize time for yourself to recharge - you deserve it!



Parenting under pressure: stress is associated with mothers' and fathers' media parenting practices in Canada

<https://www.tandfonline.com/doi/full/10.1080/17482798.2020.1765821?journalCode=rchm20>

Thank YOU for your participation in the GFHS.

Your family's continued participation, allows us to continue to learn and help families develop healthier habits that can last a lifetime.

To learn more about our findings, please visit:

<https://guelphfamilyhealthstudy.com/publications/>

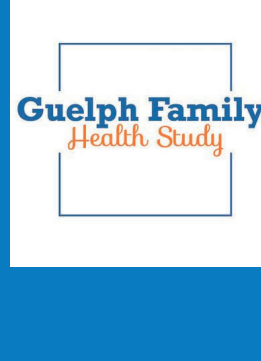
Keep Connected...

Website: <https://guelphfamilyhealthstudy.com/>

Facebook: [@guelphfamilyhealthstudy](https://www.facebook.com/guelphfamilyhealthstudy)

Instagram: [@familyhealthstudy](https://www.instagram.com/familyhealthstudy)

Podcast: [Healthy Habits Happy Homes](https://www.healthyhabitshappyhomes.com/)



10 Exciting GFHS Findings



Thanks to your family's participation in the GFHS, our student researchers have been able to answer these 10 exciting research questions.

1. What do GFHS kids eat for breakfast?



Most GFHS children eat breakfast to start the day, but these breakfasts often do not usually include all the recommended nutrients, such as protein, fat, and dietary fibre. We can use this information to develop nutrition education programs to help parents improve the nutritional quality of their children's breakfast.

Breakfast Quality of Preschool-aged Canadian Children

<https://dcjournal.ca/doi/10.3148/cjdr-2022-023>

2. Are GFHS kids eating artificial sweeteners?

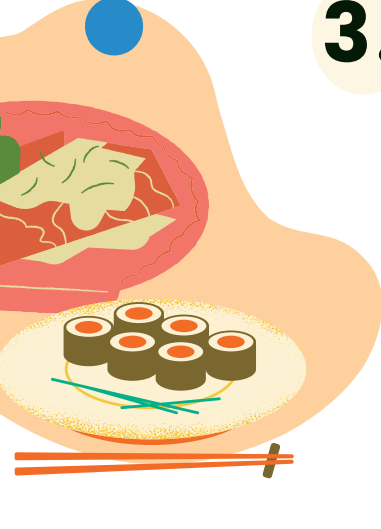
Only a few GFHS children consume artificial sweeteners, like stevia leaf extract, acesulfame K, sucralose, monk fruit extract and aspartame. This is great news, because Canada's Food Guide recommends limiting intake of artificial sweeteners for all population groups. One major problem highlighted with this research is the lack of information about artificial sweeteners on food labels. Watch for hidden sources of artificial sweeteners in frozen, oral nutritional supplements, flavored water, carbonated drinks, sugar free jam and protein powder.



Non-nutritive sweetener intake is low in pre-school-aged children in the Guelph Family Health Study

<https://www.mdpi.com/2072-6643/14/10/2091>

3. Are GFHS kids eating enough healthy fats?



Early exposure to healthy fats like omega-3s is important for a child's growth and development and low intake of healthy fats may increase risk for developing chronic diseases later in life. Many GFHS children do not meet healthy fat recommendations in their diet. Increasing intake of foods with healthy fats, such as salmon and flax seeds, can help kids reach the recommendation for fatty acids.

Intakes of PUFA are Low in Preschool-aged Children in the Guelph Family Health Study Pilot Cohort

<https://cdnsiencepub.com/doi/10.1139/apnm-2021-0618>

4. Can having your children help in the kitchen reduce picky eating?

When GFHS children help with grocery shopping and preparing meals, they are less likely to be picky eaters, measured as behaviours such as refusing to try new foods. To get your child involved in the kitchen let them cook with a friend for a play date, have them clean veggies or grate cheese, or let them set the table. When taking them grocery shopping, start with a short trip rather than a big weekly shop, try to avoid the 'problem aisles' filled with treats, and instead let them choose the fruit and veggies for the week.



Child involvement in meal preparation and grocery shopping is associated with lower levels of food fussiness among young children

<https://cdnsiencepub.com/doi/10.1139/apnm-2021-0390>

5. Does including fathers at mealtimes help kids have healthier diets?



We learned that when both mothers and fathers helped to prepare meals, GFHS children tend to eat a more balanced diet. When fathers model healthy eating, GFHS children also eat a more nutritious diet. These results highlight the importance of including fathers in family health research. The GFHS is proud to have over 240 fathers participating and this makes our study unique in family research.

Food parenting practices and their association with child nutrition risk status: comparing mothers and fathers

<https://cdnsiencepub.com/doi/10.1139/apnm-2016-0572>

6. How did GFHS parents' knowledge and opinions of the Canada's Food Guide change over time?

Compared to their knowledge of the 2007 Canada's Food Guide recommendations, GFHS parents were better able to correctly identify the recommendations of the 2019 Food Guide. GFHS parents also had more positive opinions of the 2019 Canada's Food Guide. Most parents feel that the new 2019 Food Guide is a helpful and trustworthy resource, easier to follow and understand, and representative of their culture and traditional foods.



Comparing the perceptions and opinions of the 2007 and 2019 Canada's food guides among parents of young children

<https://www.frontiersin.org/articles/10.3389/fpubh.2022.944648/full>

7. Are the GFHS children getting enough physical activity?



About two thirds of GFHS children are meeting the current recommendations of 3 hours of physical activity/day. During the COVID-19 lockdown, about half of the GFHS children reported a decrease in physical activity. To get your family moving, try adding a family walk after dinner or put on your favourite music and have a dance party.

The Impact of COVID-19 on Health Behavior, Stress, Financial and Food Security among Middle to High Income Canadian, Families with Young Children

<https://www.mdpi.com/2072-6643/12/8/2352>

8. Do GFHS kids go to bed as the same time on the weekend as they do during the week?

Our activity monitors show us that the total sleep time and bedtime and wake up times are not significantly different on the weekends and weekdays among GFHS children. Interestingly, the boys in our study went to bed earlier and woke up earlier than the girls!



Association between accelerometer and parental reported weekend and weekday sleeping patterns and adiposity among preschool-aged children

<https://journals.humankinetics.com/view/journals/jmpb/4/3/article-p266.xml>

9. Does co-parenting quality influence feeding practices among GFHS parents?



We found that higher coparenting quality, which is the way that parents coordinate with and support each other in their roles as parents, was associated with healthier feeding practices among GFHS parents. GFHS parents with higher co-parenting quality were more likely to encourage healthy eating among their children and more likely to provide a healthy home food environment.

Associations between Coparenting Quality and Food Parenting Practices among Mothers and Fathers in the Guelph Family Health Study

<https://www.mdpi.com/2072-6643/13/3/750/htm>

10. How does stress impact the way parents manage their children's screen time?

We found that under stress, GFHS mothers were less likely to monitor or limit their children's screen time and more likely to use screens in front of their children. GFHS fathers were also less likely to limit their children's screen time and more likely to allow children to have their screens during mealtimes when they were stressed. Some tips for managing stress are: connect with your social support networks, unplug and take breaks offline to give your brain a break, explore low-cost outdoor family activities to keep everyone moving, and prioritize time for yourself to recharge- you deserve it!



Parenting under pressure: stress is associated with mothers' and fathers' media parenting practices in Canada

<https://www.tandfonline.com/doi/full/10.1080/17482798.2020.1765821?journalCode=rchm20>

Thank YOU for your participation in the GFHS.

Your family's continued participation, allows us to continue to learn and help families develop healthier habits that can last a lifetime.

To view the articles mentioned above, please visit:

linktr.ee/gfhs_findings

Keep Connected...

Website: <https://guelphfamilyhealthstudy.com/>

Facebook: [@guelphfamilyhealthstudy](https://www.facebook.com/guelphfamilyhealthstudy)

Instagram: [@familyhealthstudy](https://www.instagram.com/familyhealthstudy)

Podcast: [Healthy Habits Happy Homes](https://www.podtrk.com/podcast/Healthy-Habits-Happy-Homes)

