

Nutrition education aimed at toddlers: an intervention study.

Study from US (2005)

Objective: To assess the effectiveness of 'Nutrition Education Aimed at Toddlers (NEAT)', aimed at enhancing parent-toddler feeding practices.

Participants: 135 low income families initially; complete data for 43 intervention families and 53 controls

Methods: Quasi-experiment using experimental and control group comparisons. The NEAT program provided four nutrition lessons and structured reinforcement over six months.

Results: Caregivers exposed to the intervention had significantly higher knowledge scores concerning toddler feedings. No statistically significant differences were found for measures of child and parent mealtime behaviors.

Source: Horodynski MA, Stommel M. Nutrition education aimed at toddlers: an intervention study. *Pediatr Nurs* 2005;Sep-Oct31(5):364,267-372.

