

Family Meals Annotated Bibliography

1. Anderson S.E., Must A., Curtin C., Bandini L. "Meals in our household: Reliability and initial validation of a questionnaire to assess child mealtime behaviors and family mealtime environments." *J Acad Nutr Diet.* 2012; 112:276-284.
Research explored consistency and reliability of Meals in Our Household questionnaire, which may be a helpful tool for studying family meal-time environments and children's behaviors.
2. Anderson S.E., Whitaker R.C. "Household Routines and Obesity in US Preschool-Aged Children." *Pediatrics* 2010; 125:3 420-428. Accessible at: <http://pediatrics.aappublications.org/content/125/3/420.full?sid=aa3f8598-72ff-4b31-963d-8ee3f5d2f90d>
3 household routines: regularly eating the evening meal as a family, obtaining adequate sleep, and limiting screen-viewing time were associated with lower childhood obesity rates.
3. Berge JM, Arikian A., Doherty W.J., Neumark-Sztainer D. "Healthful eating and physical activity in the home environment: results from multifamily focus groups." *J Nutr Educ Behav.* 2012; 44(2):123-131.
Research explores the importance of the family system and the influence on home environment and health behaviors.
4. Birch L.L., Fisher J.O. "Mothers' child-feeding practices influence daughters eating and weight." *Am J Clin Nutr.* 2000; 71(5):1054-1061.
Research examined the relationship between maternal feeding control and their daughter's eating and relative weight.
5. Carper J.L., Orlet FJ, Birch LL. "Young girls' emerging dietary restraint and disinhibition are related to parental control in child feeding." *Appetite.* 2000; 35(2):121-129.
Five-year-old daughters' dietary restraint, emotional disinhibition, and external disinhibition were related to their perceptions of parental pressure to eat more and having restrictions placed on their eating.
6. "Cooking Matters, It's Dinnertime: A Report on Low-Income families Efforts to Plan, Shop for and cook healthy Meals." Research by Share Our Strength, Jan 2012. Accessible at: <http://www.strength.org/cmstudy/>
1500 middle to low income people were surveyed to find out their attitudes around food.
7. Coon K.A., Goldber J., Rogers B.L., Tucker K.L. "Relationship between use of television during meals and children's food consumption patters." *Pediatrics.* 2001:107(1).

The dietary patterns of children from families in which television viewing is a normal part of meal routines may include fewer fruits and vegetables and more pizzas, snack foods, and sodas.

8. Dave J.M., Evans A.E., Condrasky MD, Williams JE. "Parent-reported social support for child's fruit and vegetable intake: Validity of measures." *J Nutr Educ Behav.* 2012; 44:132-139.
Research explored the consistency and reliability of the instrumental social support scale (ISSPS) and emotional social support scale (ESSPS) for impact assessment of an intervention dealing with fruit and vegetable intake.
9. Dickstein S. "Family routines and rituals—the importance of family functioning." *J of Family Psychology.* 2002; 16(4):441-444.
Family functioning assessments during mealtime show early childhood social-emotional and behavioral competence.
10. Downs S.M., Farmer A., Quintanilha M., Berry T.R., Mager D.R., Willows N.D., McCargar L.J. "From paper to practice: Barriers to adopting nutrition guidelines in schools." *J Nutr Educ Behav.* 2012; 44:114-122.
Describes results of cross-sectional telephone survey exploring barriers associated with the adoption of Alberta Nutrition Guidelines in Canada.
11. "Eating with teens improves their level of adjustment." *The Brown University Child and Adolescent Behavior Letter*, 1997; 13(10):4.
This research found that kids, who ate meals with an adult 5.4 times per week, were better in school, less depressed and less likely to do drugs compared to teens that ate meals 3.3 times a week. Having meals together also marks other attributes like family stability, open communication, even in families where problems exist. This source was a presentation given at the American Psychological Association.
12. "Family Dinner Experiments." Transcripts from the Oprah Winfrey Show, November 19, 1993.
Five families pledged to eat dinner together every night for a month, and though it was first perceived as a chore, children reported to value the dependable family time.
13. Fisher J.O., Mitchell D.C., Smiciklas-Write H., Brich L.L. "Parental influences on young girls' fruit and vegetable, micronutrient and fat intakes." *J Am Diet Assoc.* 2002; 102 (1):58-64.
Among non-Hispanic white families with 5-year old daughters, the girls' fruit and vegetable intake was positively associated with parents' reported intake of fruits and vegetables.
14. Galloway A., Fiorito L., Lee Y., Birch L.L. "Parental pressure, dietary patterns, and weight status among girls who are "picky eaters." *J Am Diet Assoc.* 2005; (4):541-548.

A cross-sectional analysis was used to examine diet and weight status between picky and non-picky eaters.

15. Galloway A.T., Fiorito L.M., France L.A., Virch L.L. “‘Finish your soup’: Counter-productive effects of pressuring children to eat on intake and affect.” *Appetite*. 2006; 46 (3): 318-323.
Research examined how pressuring pre-school-aged children to eat affects their food intake and preferences. Results indicated that pressure can have negative effects on children’s intake of healthy foods.
16. Gillman M.W., Rifas-Shiman S.L., Frazier A.L., Rockett H.R., Camargo C.A., Field A.E., Berkey C.S., Colditz G.A. “Family dinner and diet quality among older children and adolescents.” *Arch Fam Med*. 2000; 9(3):235-240.
Research examines the associations between frequency of eating dinner with family and measures of diet quality.
17. Hillier A., McLaughlin J., Cannuscio C.C., Chilton M., Krasny S., Karpyn A. “The impact of WIC food package changes on access to healthful food in 2 low-income urban neighborhoods.” *J Nutr Educ Behav*. 2012; 44:210-216.
Research evaluated the impact of 2009 food package changes for WIC and the availability of healthful food in stores.
18. “Implementing Social Marketing in Michigan,” presented by Paul McConaughy, MA of the Michigan Nutrition Network, Michigan Fitness Foundation. SNEB Social Marketing Division and ASNNA Webinar. Found at:
http://www.sneb.org/members/Recording_Social_Marketing_in_Michigan.html
This presentation reviews successful strategies and evaluation findings from Michigan social marketing campaign. It also reviews the basic terminology of social marketing. **NOTE* You must have a Society of Nutrition Education and Behavior (SNEB) Username and Password to access this research.**
19. Laroche H.H., Wallace R.B., Snetselaar L., Hillis S.L., Steffen L.M. “Changes in diet behavior when adults become parents.” *J Acad Nutr Diet*. 2012; 112(6):832-839.
Parenthood does not have unfavorable effects on an adults’ diet, but neither does it lead to improvements as compared to adults without children in the home.
20. “Learning by example: How family meal times could make ‘good eating’ easier to swallow.” Found at: <https://www.ipsos-mori.com/researchpublications/researcharchive/1770/Learning-By-Example-How-Family-Meal-Times-Could-Make-Good-Eating-Easier-To-Swallow.aspx>
Fifty-percent of households with children in the UK eat together every day.
21. Lee H., Keller K. “Children who are pressured to eat at home consume fewer high-fat foods in laboratory test meals.” *J of Acad Nutr Diet*. 2012; 112(2):271

- Higher eating pressure from parents was negatively associated with average calories, energy density, and intake of some higher-fat meal items in laboratory meal tests where no parental pressure was applied.
22. Liag T., Kuhle S., Veugelers P.J. “Nutrition and body weights of Canadian children watching television and eating while watching television.” *Public Health Nutr.* 2009; 12(12): 2457-2463.
Research examined whether eating while watching television or just watching television (without food) poses more of a risk for poor nutrition and excess body weight.
 23. Lohse B., Rifkin R., Arnold K., Least C. “A digital program informs low-income caregivers of preschool-age children about family meals.” *J Nutr Educ Behav.* 2012; 44:256-261.
Mealtime is Family Time, a digital program, was well-received by low-income audience.
 24. Lopez N.V., Ayala G.X., Corder K., Eisenberg C.M., Zive M.M., Wood C., Elder J.P. “Parent support and parent-mediated behaviors are associated with children’s sugary beverage consumption.” *J Acad Nutr Diet.* 2012; 112(4):541-547.
Parent behaviors, such as total screen time and eating at fast food restaurants, were associated with sugary beverage consumption in children.
 25. Marina M., Butkus S. “Background: Research on family meals.” MealWatch, newsletter from Better Homes and Gardens and Food Marketing Institute, summer 1995. Found at: <http://nutrition.wsu.edu/ebet/background.html>
This is a review about frequency of family meals, benefits of and obstacles to eating together.
 26. Mathias K.C., Rolls B.J., Birch L.L., Kral T.V., Hanna E.L., Davey A., Fisher J.O. “Serving larger portions of fruits and vegetables together at dinner promotes intake of both foods among young children.” *J of Acad Nutr Diet.* 2012; 112:266-270
Serving larger portions of fruits and vegetables at meals can promote young children’s intake of both foods without influencing total energy intake.
 27. Neumark-Sztainer D., Hanna P.J., Story M., Croll J., Perry C. “Family meal patterns: Associations with sociodemographic characteristics and improved dietary intake among adolescents.” *J of the Am Dietetic Association.* 2003; 103:317-322.
Middle and high school students completed the Program EAT survey, and results indicated that family meals play an important role: developing healthy eating patterns of adolescents.
 28. Regina Vitolo M., Bortolini G.A., Dal Bo Campagnolo P., Hoffman D.J. “Maternal dietary counseling reduces consumption of energy-dense foods among infants: A randomized controlled trail.” *J Nutr Educ Behav.* 2012; 44:140-147.

- Evaluation of the impact of dietary counseling for mothers in reducing the amount of high calorie, less nutritious foods fed to their infants in a randomized controlled trial in Sao Leopoldo, Brazil.
29. Sanford, Carolyn. "Using 'rare' words at mealtime can enlarge children's vocabulary." Found at: record.wustl.edu/archive/1995/09-28-95/4234.html
Parents can enhance their children's vocabulary through mealtime conversation.
 30. Stanek K., Abbot D., Cramer S. "Diet quality and the eating environment of preschool children." *J Am Diet Assoc.* 90(11):1582-1584.
Research reviewed tools developed for multiple studies to measure parental feeding practices and eating behavior and food intake or preferences of children aged 0 to 5 years.
 31. The National Center on Addiction and Substance Abuse at Columbia University. National survey data of American Attitudes on Substance Abuse. Found at: http://www.casacolumbia.org/templates/Publications_Reports.aspx#r111 or <http://www.casacolumbia.org/templates/NewsRoom.aspx?articleid=604&zoneid=51>
Reports show an association between frequency of family meals and substance abuse.
 32. "The power of the family meal." A Matter of Balance newsletter published by Kraft General Foods. 1994; 2:1-4.
This online newsletter describes results of national survey of 2,000 American families on mealtime habits.
 33. "Time spent at family meals best indicator of school achievement for children of working mothers." University of Illinois study by psychologist C. Jan Carpenter, reported in the Chicago Tribune, Oct 13, 1998.
Children who did well in school and on achievement tests were those who frequently eat meals with their families.
 34. "TV Eating Up Family Mealtime" Texas Medical Center News, Vol. 22, No. 20 2000. Found at http://www.tmc.edu/tmcnews/11_01_00/page_10.html
More than 42 percent of dinners eaten at home by Houston-area, fourth-, fifth- and sixth-graders during a one-week survey were consumed while watching television.
 35. Weizman Z. and Snow C.E. "Lexical output as related to children's vocabulary acquisition: Effects of sophisticated exposure and support for meaning." *Developmental Psychology.* 2001; 37: 265-279.
This study explores low-income mothers' contribution to childhood vocabulary development. Differences in exposure to maternal vocabulary can have an accumulating effect on children.

36. Whaley S.E., Ritchie L.D., Spector P., Gomez J. “Revised WIC food package improves diets of WIC families.” *J Nutr Educ Behav.* 2012; 44:204-209.
Policy changes to the WIC program had intended effect of increasing consumption of fruits, vegetables, whole-grains and low-fat milk.
37. “What’s behind success in school.” by Rachel Wildavsky. *Readers Digest*, Oct 1994.
This article showcases a study that compares test scores of children who ate with their families four or more times a week and family stability versus three or fewer times and unstable family life.

More Resource Lists:

1. “Family Mealtime Resources.” By Barbara J Mayfield. Purdue University’s Center for Families Website. Accessible at:
http://www.cfs.purdue.edu/CFF/documents/promoting_meals/fmresourcesforschools.pdf
This list provides scholarly articles to support family meals and resources to promote family meals. It’s intended schools but could be used elsewhere. The list is also an abridged version of the resource below.
2. “Research and Reports about Family Meals” by Purdue University’s Center for Families Website. Accessible at:
<http://www.cfs.purdue.edu/CFF/promotingfamilymeals/links.html>
This list contains both research and teaching resources focused on the family meal.