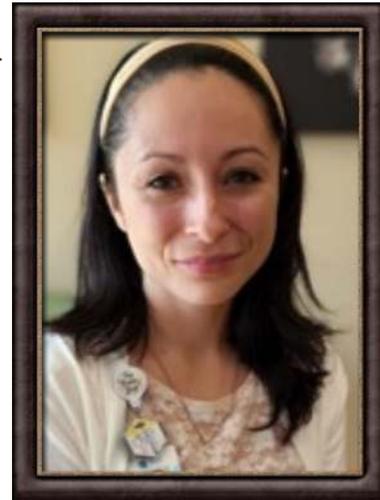


# Our Children, Our Nutrition

www.ArkansasChildrensNutritionCenter.com

## ACNC SPOTLIGHT

Audrey Martinez, MS, RD, LD, ACNC Research Manager, had the pleasure of presenting at Arkansas Children's 10th Annual Pediatric Nutrition Conference. She discussed ACNC's research findings on how pregnancy and early feeding practices shape a child's future health. Here are some key take-aways:



### Adopt a healthy lifestyle before pregnancy

- Preconception healthy lifestyle are important to setting the stage for a healthful pregnancy

### Move during pregnancy

- Moderate intensity physical activity during pregnancy is safe and has many benefits for both Mom and Baby
- Always talk with your doctor before beginning a fitness program

### If you can, breastfeeding is the way to go

- Breastfeeding has many benefits for Mom and Baby
- Current recommendation is to exclusively breastfeed until age 6 months and continue up to age 2 years

- Fed is best, when breastfeeding is not possible, infant formulas are a great way to support growth and development
- Results from a study of breastfed formula fed infants from age 3 months to 6 years showed that all children's growth and development within the normal range

## HEY WEBINAR SERIES SPEAKERS - GREAT JOB!

Drs. Ferruzzi, Børsheim, Porter, Larson-Prior, Ou, Yeruva, Andres and Swindle were all part of the 3-part invited speaker series through the Institute for the Advancement of Food and Nutrition this Spring. They made the ACNC proud! Great work!



# FITNESS CAN IMPROVE THE HEALTH OF KIDS AT ANY SIZE

By: Eva Diaz, M.D., MMsc.

Dr. Eva C. Diaz research program focuses on understanding how nutrition and fitness (aerobic capacity) interact with each other to impact childhood health and development.

Poor aerobic capacity (fitness) has been associated with a wide array of diseases in adults. Less is known about the role of poor fitness in childhood health. In a study involving 211 children ages 7 to 10 years, Dr. Diaz and collaborators found that blood pressure (systolic and diastolic components) improves with increasing fitness in all children. In children with obesity, increasing fitness dramatically decreases the risk of developing clinical high blood pressure, improves the metabolism of sugar as well as liver health. A novel and important discovery from this study is that higher level of fitness associate with better kidney function in children. Take together, these results indicate that improving fitness levels associates with healthier profiles in children, regardless of whether they have normal or excessive weight

To improve our understanding of childhood obesity including its origins and health consequences, Dr. Diaz has had long-standing collaborations with other investigators at ACNC (Drs. Børsheim and Andres) and Arkansas Children's Research Institute (Dr. Emir Tas). As part of these collaborations, Dr. Diaz has studied how maternal weight during pregnancy impacts dietary fat metabolism in toddlers participants of the GLOWING study. Results showed that dietary fat metabolism was higher in toddlers born to women with excessive weight compared to women with normal weight. Further analyses showed that breastfeeding duration was an important determinant in this finding. Specifically, at age 2 years, children born to women with excessive weight had higher dietary fat oxidation compared to children born to women with normal weight provided that they were breastfed for at least 9 months.





# ACNC FAMILY CORNER



HEY FRIENDS! DID YOU KNOW ADDING CANNED PUMPKIN TO STEWS AND SOUPS LIKE CHILI CAN BE A GREAT WAY TO INCREASE FIBER INTAKE?

Can you find all the Fall words?

P	B	S	R	O	L	O	C	C	N	S	E	A	T
E	R	L	A	A	L	R	H	Y	L	E	R	A	B
A	O	R	P	K	A	I	L	M	R	E	R	Y	A
R	W	H	K	T	L	R	M	T	B	R	A	L	O
B	N	F	T	L	E	R	E	O	L	H	N	E	Z
L	M	H	Y	H	C	L	T	L	E	A	V	E	S
E	L	A	Y	S	P	C	S	E	K	A	R	S	L
N	O	V	Z	A	O	G	E	E	S	E	A	U	S
I	R	O	M	E	V	N	V	N	S	E	F	O	W
K	C	E	N	E	K	R	R	T	G	K	E	R	E
P	H	L	M	C	Y	R	A	N	N	R	E	A	A
M	A	A	P	P	L	E	H	A	A	E	L	N	T
U	R	B	V	P	H	N	H	E	A	D	E	G	E
P	D	O	E	W	H	T	D	L	C	W	E	E	R

- HARVEST
- CHILLY
- THANKFUL
- WHEAT
- MAZE
- RED
- COLORS
- MAPLE TREE
- GEESE
- SWEATER
- ORCHARD
- PUMPKIN
- PEAR
- BROWN
- HAY
- LEAVES
- RAKE
- OCTOBER
- APPLE
- ORANGE

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# CURRENTLY ENROLLING STUDIES

Contact us to see if you or your child are eligible at 501.364.3309 or [ACNCstudies@archildrens.org](mailto:ACNCstudies@archildrens.org)



## EXPECTING

Nutrition study observing growth and development of mom and baby. You must be less than 12 weeks pregnant and have a BMI more than 30. To thank you we will provide a 1.5 year supply of diapers and monetary compensation.



## HAPPY TUMMIES

We are looking for infants less than 3-months old that are either exclusively fed breast-milk or formula for a research study. A 6-month supply of diapers will be provided.



## MOON

Help us study the impact of mom's health during pregnancy on baby's brain health. We are looking for women less than 12 weeks pregnant. Monetary compensation and a year and a half supply of diapers provided.



## MI ENERGY

Help us study how physical activity levels influence your child's health! We are looking for 8-10 year old kids for the 8-hour study. Monetary compensation provided for participation.



## COMMUNITY EXPECTING

Physical activity pregnancy study for moms less than 15 weeks along with a BMI over 30. Monetary and non-monetary compensation provided.



## OTHER STUDIES

We currently have several other studies for pregnant women and kids. Call us or visit our website at [ArkansasChildrensNutritionCenter.com](http://ArkansasChildrensNutritionCenter.com) to learn more.

