

Webinar Speakers

Webinar 3: Methods for Dietary Assessments in Children 6-11

Traci Bekelman, Ph.D., M.P.H., is a post-doctoral fellow in the Lifecourse Epidemiology of Adiposity and Diabetes (LEAD) Center at the University of Colorado Anschutz Medical Campus. She completed her undergraduate training in exercise physiology at the University of California-Berkeley, her MPH at the Johns Hopkins Bloomberg School of Public Health and her doctoral training in biological anthropology at the University of Colorado-Boulder. Dr. Bekelman's research examines obesity-related health disparities among children. She uses both qualitative and quantitative methods to examine how biology, culture and the social and physical environments interact to influence variation in lifestyle behaviors and obesity across populations. She is a collaborator in the Environmental influences of Child Health Outcomes (ECHO) Program, with ongoing projects within ECHO related to dietary assessment and the impact of societal changes during the COVID-19 pandemic on children's lifestyle behaviors.

Tom Baranowski, Ph.D., is an applied behavioral scientist with a substantial understanding of diet/nutrition. I see myself as a "social problem solver", using the best behavioral and related sciences has to offer to solve meaningful social problems. Sometimes this involves observational, preferably longitudinal research, and sometimes designing and testing interventions, but always being concerned about the quality of the measures employed. I was an early leader in the development of self report indicators of dietary intake among children (1980's). I pioneered the use of home and school based observations of child dietary intake as the primary method of validation of self report methods, and proposed a conceptual model of children's dietary self reporting. After more than 30 diverse methodological studies, I led the team that did the formative research for the development of the ASA24-Kids, a computer-assisted self completed method of diet assessment among children, formerly available on the NCI website (they ran out of funds to maintain it), and consulted on the development of comparable methods for use with children in England, Portugal and Brazil. I recently co-authored a paper on best practices for validating self report measures of dietary intake and am collaborating on adapting a chest worn camera procedure (taking images at 4 second intervals throughout the day), developed by M. Sun and colleagues for use by adults, to the needs and abilities of 8+ year old children. This method offers the promise of substantially reducing self report error in the objective assessment of children's dietary intake, but faces new method challenges. I attended Princeton U for my undergraduate degree in Politics, and the Univ of Kansas (Lawrence) for my masters and doctorate in social psychology. I have over 500 publications.

Emma Foster, Ph.D., is a nutrition consultant experienced in dietary assessment methodology. During her previous role at Newcastle University (UK) she led a team conducting research on methods of assessing dietary intake of children and young adults, with a particular focus on portions size assessment and technology-based methods of dietary assessment. Her research included: assessing the effectiveness of a school based healthy eating intervention, developing and validating methods of portion size estimation for use with children and assessing the appropriateness of EU legislation on food packaging for children which required precise information on the type and amount of food consumed and the packaging they came in and included in-school observations along with weighed food records kept by parents. Her work led to the development of the Young Person's Food Atlas, a series of portion size images for use with children aged 18 months to 16 years. More recently she led the development and validation of Intake24, an open-source self-completed computerised dietary recall system based on the multiple-pass 24-hour recall for use with young people aged 11 years and over. Intake24 is now used in the UK National Diet and Nutrition Survey and has been developed for Denmark, Portugal, United Arab Emirates and Australia.

Wei Perng, Ph.D., is a nutritional epidemiologist who focuses on maternal and child health. She is Assistant Professor in the department of Epidemiology and Assistant Director of 'Omics research at the Lifecourse Epidemiology of Adiposity and Diabetes Center (LEAD) at the Colorado School of Public Health. Her research interests fall under three lines of inquiry: (1) elucidating early-life determinants of childhood obesity and related metabolic sequelae; (2) identifying biological pathways that underlie excess weight gain during early life; and (3) understanding how maternal condition during the peripartum period predict her future cardiovascular and metabolic health. Dr. Perng received her Ph.D. in epidemiology from the University of Michigan School of Public Health.