

# *Student Research Spotlight*

## **Kathryn Lively**

**Program:** M.S. in Nutritional Sciences

**Mentor:** Allen Knehans, PhD

**Department:** Nutritional Sciences



My name is Kathryn Lively. I am an M.A and M.S. student in the Department of Nutritional Sciences and I will complete my graduate studies in May 2016. I have a B.S. in Zoology from the University of Oklahoma. Shortly after I became a student at the University of Oklahoma Health Sciences Center I became involved in community nutrition research. I have been part of several nutrition research projects that have allowed me to gain new perspectives on health disparities, family nutrition, and environmental factors that influence mothers and children food choices.

My current research focuses on an innovative examination of mothers shopping behaviors with their 2-7 year old children during grocery shopping. The study was conducted by use of an online survey. Participants' recruitment occurred through social media and via email. Examining maternal behaviors in response to a child's request for food or beverages while co-grocery shopping is important to uncovering understudied pathways through which food reaches the home for consumption, and factors that may promote the development of eating behaviors in young children. This research has translational implications for allied health disciplines in identifying maternal behavioral factors that may influence children's eating habits and potential health.

I will be presenting the results of my research at the 2016 Graduate Research Education and Technology Symposium and the College of Allied Health Research Day. Upon completion of my M.S., I will begin my dietetic internship in order to become a Registered Dietitian. My future plans are to utilize the skills and knowledge I learned conducting research to help children, families, and communities.

