

# FAMILY CHILD CARE PROVIDER MEALTIME PRACTICES IN RURAL OKLAHOMA

## Purpose

This randomized control trial examined the immediate and long-term effects of a virtual intervention, Happy Healthy Homes, on Family Child Care Homes (FCCH) provider mealtime practices and quality in 63 eligible FCCH providers in Rural Oklahoma .

## Intervention



**Individual Class**   **Follow Up Call**   **Individual Class**   **Group Cooking Class**

## Intervention Components

The virtual intervention involved classes focusing on nutrition for the intervention group and environmental health for the control group. The intervention participants were introduced to responsive feeding practices and strategies to integrate into FCCH mealtimes. The group class included sensory food tastings and virtual cooking demonstrations, whilst the control group participated in discussions and demonstrations on environmental health topics.

## Findings



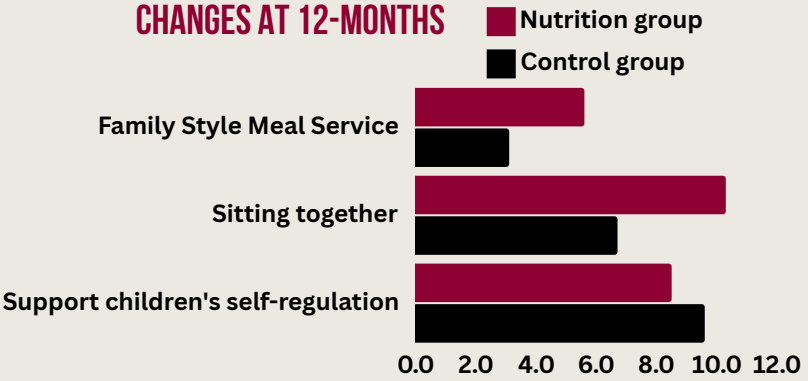
**Intervention Group**  
Increase in Family Style Mealtime Service, Sitting Together & Mealtime Quality

**Baseline** ↑

## Future Directions

These findings indicate that future training and interventions could focus on enhancing key aspects of mealtimes, collaborating closely with FCCH providers, and identifying both barriers and facilitators . This will lead to a better understanding of FCCH mealtime environments, and help to support healthier dietary outcomes for children.

### CHANGES AT 12-MONTHS



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