

Skin Carotenoids and Dietary Intake Among Indigenous Families: The Indigenous Supported Agriculture 'Go Healthy' Study



Skin carotenoids measure dietary intake of red, orange, green fruit and vegetables.



445 adults and 135 children enrolled in the Go Healthy study in Osage Nation, Oklahoma.

Key Findings



A healthier diet is positively associated with higher skin carotenoids.

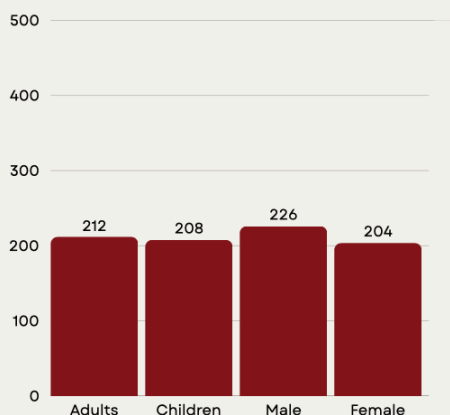


The skin carotenoids among adults in the same household are positively associated.



Skin carotenoids of young children (≤ 10 yrs) are positively associated with skin carotenoids of adults in their household.

Average SCS Scores



Younger children had higher skin carotenoid scores than older children.



Children with obesity had lower skin carotenoids compared to children in other weight classifications.

Implications

- Younger children's diets may be more influenced by family food choices.
- Older children had lower skin carotenoids, suggesting a decline in fruit and vegetable intake with age.
- Healthy eating habits should be promoted within families since the dietary intake of children and adults are influenced by those in their household.



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