

# Home visit program can help prevent toddler obesity

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(HealthDay)—The "Minding the Baby" (MTB) parenting home visiting

program can significantly lower rates of obesity in young children, according to a study published online Jan. 16 in *Pediatrics*.

Monica Roosa Ordway, Ph.D., from Yale University in West Haven, Conn., and colleagues evaluated prospective data from first-time, [young mothers](#), living in medically underserved communities, who were randomized to the MTB program. Demographics, maternal mental health, and anthropometrics from 158 children from birth to 2 years were collected.

The researchers found that more children participating in the program had a healthy [body mass index](#) at 2 years. In the control group, the rate of [obesity](#) was significantly higher (P

"Given the high and disproportionate national prevalence of Hispanic young children with overweight and obesity and the increased costs of obesity-related morbidities, these findings have important clinical, research, and policy implications," the authors write.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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