



MOMFIT  
Control

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Intervention



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### Healthy Homestyles

Promoting diet, activity & healthy family lifestyle

#### Healthy Homestyles will receive:

1. Meet with nutrition coach 2x/year.
2. Phone coaching 1-2 x per month.
3. Weekly 3-day child diet checklist submitted by mom electronically.
3. Monthly guides emailed with corresponding brief questionnaire.
4. Monthly webinars.
5. Variety of **incentives** for mom/child per level of participation.
6. Unlimited access to **Healthy Homestyles** website and blogs.

#### Two Clinic Visits\* (enrollment & 12 months)

1. Neurocognitive testing-**child** (enrollment only). **Results provided.**
2. Physical measurements-**mom/child**
3. Simple fitness test-**child**
4. Urine sample (test nutrient metabolites)-**mom/child**
5. Blood lipid test-finger prick blood sample-**child** and fasting blood draw-**mom**
6. Two diet recalls-**child's diet**
7. Form completion-**mom**

*\*Small number will be asked to complete a third visit at 18 months.*

### Safe Homestyles

Promoting toxin-free home environments

#### Safe Homestyles will receive:

1. Monthly guides emailed with **incentives** for completing a brief questionnaire each month.
2. Unlimited access to **Safe Homestyles** website and blogs describing ways to reduce your family's exposure to air pollutants, toxic chemicals, lead, allergens, plastics and other potentially harmful substances that have adverse health effects.

#### Two Clinic Visits\* (enrollment & 12 months)

1. Neurocognitive testing-**child** (enrollment only). **Results provided.**
2. *Physical measurements-**mom/child***
3. Simple fitness test-**child**
4. Urine sample (test nutrient metabolites)-**mom/child**
5. Blood lipid test-finger prick blood sample-**child** and fasting blood draw-**mom**
6. Two diet recalls-**child's diet**
7. Form completion-**mom**

*\*Small number will be asked to complete a third visit at 18 months.*