



# Physical Activity and Dietary Beliefs and Behaviors of Latino Preschool-Aged Children in Farmworker Families

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Center for Family Resilience, OSU

Friday, January 4, 12:15-1:00

OSU Center for Health Sciences

Dunlap Room, 1111 West 17th Street

Van from Stillwater and light lunch in Tulsa provided

At the conclusion of this seminar participants will be able to:

- Articulate at least two barriers to children's healthy diet and physical activity confronted by Latino farmworker families
- Describe cultural beliefs about children's diet and physical activity held by mothers in Latino farmworker families
- Characterize the quality of children's diets and level of physical



Seminar Series co-sponsored by

Center for Family Resilience, OSU-Tulsa  
& OSU Center for Health Sciences

Questions? Contact Dr. Harrist, [amanda.harrist@okstate.edu](mailto:amanda.harrist@okstate.edu).

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