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Dietary habit in early childhood persists until adulthood and is a primary causal factor for obesity and associated chronic health conditions. Early care and education settings offer an ideal opportunity to promote healthy dietary habits in young children while attending these settings, thus ensuring children's holistic growth and development.



Research Interests

- Promoting vegetable consumption in young children
- Federal nutrition assistance program implementation and effectiveness
- Skin carotenoid assessment using reflection spectroscopy
- Using technology to track and improve childcare nutrition environment

Current Projects

- Vegetable serving practices in home-based childcare settings
- Determining the validity of reflection spectroscopy to assess children's fruit and vegetable consumption across multiple settings
- Improving effectiveness and sustainability of the Policy, System, and Environmental (PSE) change strategies in obesity prevention

Interest Areas for Collaboration/Future Work

Dr. Hasnin is interested in collaborating with experts to develop mobile apps to enhance the user-end experience for accessing education materials, implementing recommended nutrition guidelines for grocery shopping, menu planning, and creating healthy recipes for childcare settings.

Keywords

Preschool, CACFP, nutrition security, diet quality, veggie meter, skin carotenoid, childhood obesity, vegetable consumption, program implementation, evaluation