

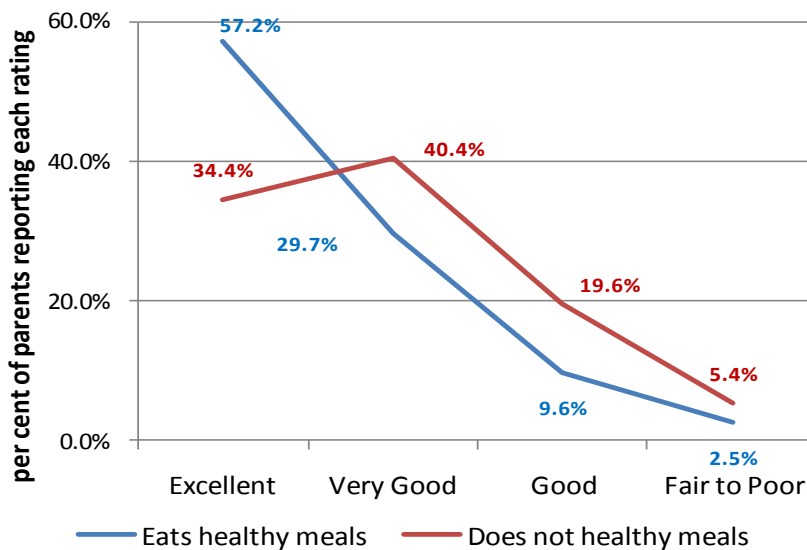
### Does eating healthy meals relate to physical health?

Denton, Hood, Johnson, Parker, Tarrant and Wise Counties, Texas

Number: 19

November 2009

We assume that eating healthy meals ties to our physical health; but is that true? CCHAPS asked parents who described their child as either eating healthy meals or not eating healthy meals to also describe the child's physical health.



#### CONCLUSIONS:

Parents report that the child who does not eat healthy meals is less healthy than other children who do eat healthy meals.

We need to understand what parents and children believe are healthy meals.

**Source:** CCHAPS 2008 at [www.cchaps.org](http://www.cchaps.org) accessed October 2009.  
CCHAPS is a random household survey reporting responses from 7,439 families with a child aged 0 – 14