You see happy families. We see an opportunity to support lifelong healthy habits.

The early years of childhood are very important. By the age of 5 or 6, children form eating, exercise and sleep habits that can last for the rest of their lives. The Guelph Family Health Study is testing new ways for children to learn healthy habits that can lower their risk for disease – now and later in life. Since many of these behaviours start at home, researchers are working with families to find the most effective ways to support lifelong healthy habits.

DEVELOP HEALTHY HABITS IN CHILDHOOD TO REDUCE DISEASE RISK