Intervening to prevent the development of overweight and obesity as early as possible has the potential to improve health and reduce the health care costs associated with obesity-related diseases now and in the future. Little is known, however, regarding effective interventions for obesity prevention that might be implemented during infancy and early childhood. The NIH Workshop on the Prevention of Obesity in Infancy and Early Childhood will bring together scientists with expertise in pediatric obesity, epidemiology, developmental psychology, developmental and behavioral pediatrics, nutrition, physical activity, sleep, temperament, and parenting to determine:  (1) what is known regarding risk for excess weight gain in infancy and early childhood, (2) what is known regarding interventions that are promising or have been shown to be efficacious, and (3) challenges and opportunities in implementing and evaluating behavioral interventions in parents and other caregivers and their young children. The goal of this trans-NIH workshop is to provide the scientific background to inform research that will develop and test interventions to prevent inappropriate weight gain during infancy and early childhood, with a goal of increasing the proportion of children who enter school age at a healthy weight.

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| **Day 1 (Residence Inn Bethesda Downtown)**  |
| **Session 1: Introduction and Overview—Elsie Taveras, M.D., M.P.H, Chair****Sheila Fleischhacker, Ph.D., J.D., Facilitator/Notetaker** |
| 3:00 p.m. | Introduction*Susan Yanovski, M.D., National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)* |
| 3:05 p.m. | Welcoming Remarks*Griffin P. Rodgers, M.D., Director, NIDDK* |
| 3:20 p.m. | The History of Infant and Toddler Feeding Practices in the United States*Amy Bentley, Ph.D., New York University* |
| 3:55 p.m. | Evaluating the Evidence Base to Support the Inclusion of Infants and Children From Birth to 24 Months in the Dietary Guidelines*Daniel Raiten, Ph.D., Eunice Kennedy Shriver National Institute of Child Health and Human Development* |
| 4:20 p.m. | Early Life Systems and Contexts to Support Families in Obesity Prevention*Elsie Taveras, M.D., M.P.H., Massachusetts General Hospital* |
| 5:00 p.m. | Panel Discussion |
| **5:15 p.m.** | **Dinner Break/Pick Up Box Dinner** |

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| **Session 2: Infant and Child Development—Julie Lumeng, M.D., Chair****Lynne Haverkos, M.D., M.P.H., Facilitator/Notetaker** |
| 6:00 p.m. | Introduction |
| 6:05 p.m. | Development From Birth to 24 Months*Sheila Gahagan, M.D., M.P.H., University of California–San Diego* |
| 6:40 p.m. | Maternal Beliefs and Behaviors About Infant Feeding*Margaret “Peggy” Bentley, Ph.D., The University of North Carolina at Chapel Hill* |
| 7:15 p.m. | Panel Discussion |
| **7:30 p.m.** | **Adjourn** |
| **Day 2 (NIH Campus, Building 31)** |
| **Session 3: Measurement of Growth in Infants and Young Children—Julie Lumeng, M.D., Chair****Robert Kuczmarski, Dr.P.H., Facilitator/Notetaker** |
| 8:30 a.m. | Introduction |
| 8:35 a.m. | Measurement of Weight and Linear Growth in Infants and Young Children*Laurence Grummer-Strawn, Ph.D., M.P.A., M.A., Centers for Disease Control and Prevention* |
| 9:00 a.m. | Measurement of Body Composition*Nancy Butte, Ph.D., Baylor College of Medicine* |
| 9:25 a.m. | Panel Discussion |
| **Session 4: Critical Periods—Elsie Taveras, M.D., Chair****Sonia Arteaga, Ph.D., Facilitator/Notetaker** |
| 9:40 a.m. | Introduction |
| 9:45 a.m. | Intrauterine Determinants of Obesity*Emily Oken, M.D., Harvard Pilgrim Health Care Institute* |
| 10:10 a.m. | Factors Affecting Rapid Growth During Infancy*Ken Ong, Ph.D., Addenbrookes Hospital* |
| **10:35 a.m.** | **Break** |
| 10:50 a.m. | Emerging Risk Factors for Later Adiposity*Matthew W. Gillman, M.D., S.M., Harvard Pilgrim Health Care Institute* |
| 11:15 a.m. | Panel Discussion |
| **Session 5: Physical Activity, Sedentary Behavior, and Sleep—Leann Birch, Ph.D., Chair****Margaret McDowell, Ph.D., M.P.H., Facilitator/Notetaker** |
| 11:35 a.m. | Introduction |

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| 11:40 a.m. | Sleep in Infancy and Early Childhood*Jodi Mindell, Ph.D., Saint Joseph’s University* |
| 12:05 p.m. | Physical Activity and Sedentary Behavior*Dale Ulrich, Ph.D., University of Michigan* |
| 12:30 p.m. | Panel Discussion |
| **12:45 p.m.** | **Lunch** |
| **Session 6: Nutrition and Feeding Behavior—Julie Lumeng, M.D., Chair****Mary Evans, Ph.D., Facilitator/Notetaker** |
| 1:30 p.m. | Introduction |
| 1:35 p.m. | Breast Feeding: Influence on Weight, Weight Gain, and Later Obesity*Matthew W. Gillman, M.D., S.M., Harvard Pilgrim Health Care Institute* |
| 1:50 p.m. | Bottle Feeding: Influence on Weight, Weight Gain, and Later Obesity*Karen Bonuck, Ph.D., Albert Einstein College of Medicine* |
| 2:15 p.m. | Early Experiences: Impact on Flavor Learning and Growth*Julie Menella, Ph.D., Monell Chemical Senses Center* |
| 2:40 p.m. | Complementary Feeding: Influence of When, What, and How*Nancy F. Krebs, M.D., University of Colorado Denver* |
| 3:05 p.m. | Cognitive Development Around Food*Kristin Shutts, Ph.D., University of Wisconsin–Madison* |
| 3:30 p.m. | Panel Discussion |
| **3:45 p.m.** | **Break** |
| **Session 7: Development of Emotional and Behavioral Regulation, Feeding Behavior, and Intake—Leann Birch, Ph.D., Chair****Christine Hunter, Ph.D., Facilitator/Notetaker** |
| 4:00 p.m. | Introduction |
| 4:05 p.m. | Infant Temperament, Parenting, and the Development of Regulation*Cynthia A. Stifter, Ph.D., The Pennsylvania State University* |
| 4:30 p.m. | Bi-directionality in the Parent-Infant Feeding Relationship*Leann Birch, Ph.D.,* *The Pennsylvania State University* |
| 4:55 p.m. | Panel Discussion |
| **5:15 p.m.** | **Adjourn** |

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| **Day 3 (NIH Campus, Building 31)** |
| **Session 8: Design Issues in Interventions in Infancy/Early Childhood—Elsie Taveras, M.D., M.P.H., Chair****Layla Esposito, Ph.D., Facilitator/Notetaker** |
| 8:30 a.m. | Introduction |
| 8:35 a.m. | Raising the Bar: Engineering Optimized Behavioral Interventions for Increased Public Health Impact*Linda M. Collins, Ph.D., The Pennsylvania State University* |
| Implementation of Early Childhood Obesity Interventions—Opportunities, Challenges, and Lessons Learned (15 Minutes Each + 5 Minutes for Discussion) |
| 9:10 a.m. | Introduction*Elsie Taveras, M.D., Massachusetts General Hospital* |
| 9:15 a.m. | *Maureen Black, Ph.D., The University of Maryland* |
| 9:35 a.m. | *Ian M. Paul, M.D., M.Sc., The Pennsylvania State University* |
| 9:55 a.m. | *Russell Rothman, M.D., Vanderbilt University* |
| 10:15 a.m. | *Mary Jo Messito, M.D., New York University Langone Medical Center* |
| **10:35 a.m.** | **Break** |
| 10:50 a.m. | Recruitment and Retention and Design Issues in Intervention Research With Infants and Young Children*Julie Lumeng, M.D., University of Michigan* |
| 11:15 a.m. | Discussion |
| **Session 9: Future Research Opportunities—Leann Birch, Ph.D., Julie Lumeng, M.D., Elsie Taveras, M.D., M.P.H., Chairs****Mary Horlick, M.D., Facilitator/Notetaker** |
| 11:30 a.m. | Workshop Chairs Will Provide an Organizing Structure for Facilitated Discussion Based on Previous Talks and Panel Discussion |
| **12:30 p.m.** | **Adjournment** |