



## Healthy Life Trajectories Initiative (HeLTI) Trainee and Early Career Researcher (ECR) Seminar Series presents:

### Presenter:

### **Dr. Olivia De-Jongh Gonzalez**

Research Associate, University of British Columbia  
and BC Children's Hospital Research Institute



**Title:** Parenting as a dynamic, modifiable pathway for obesity prevention across child development: Insights from observational and intervention studies

**Brief Description:** Obesity prevention in children and adolescents requires a better understanding of the family processes that shape eating, physical activity, and related health outcomes. Parenting practices are a key modifiable pathway through which families can support or hinder healthy development, yet these processes are complex, dynamic, and may vary across developmental stages. This presentation will explore how cross-sectional, longitudinal, intensive longitudinal, and intervention studies can deepen our understanding of parenting as a target for obesity prevention and inform the design of more effective family-based strategies across childhood and adolescence.

**When:** Thursday, July 9th at 10:00 EDT (15:00 BST; 16:00 SAST; 19:30 IST; 22:00 CST)

**ZOOM:** [Meeting Link](#) / **Meeting ID:** 841 4806 6392 / **Passcode:** 339841

**ALL are welcome to attend – please disseminate widely.**

If interested in presenting during this series, please contact the HeLTI Office: [helti@helti.org](mailto:helti@helti.org)