

Journal of Emerging Investigators

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FOR IMMEDIATE RELEASE

Deerfield High School student develops method to encourage healthy eating habits in young children and publishes in scientific journal

Annika Huprikar, a student at Deerfield High school in Deerfield, IL, recently published a scientific manuscript titled, "FRUGGIE – A board game to combat obesity by promoting healthy eating habits in young children" in the *Journal of Emerging Investigators*.

Huprikar's article, published on June 13, 2018, explores an American epidemic: childhood obesity. Childhood obesity is on the rise in the United States, with over 12.7 million children being considered obese. Obesity has been found to correlate with numerous life-threatening conditions such as heart disease, type II diabetes, stroke, cancer, etc. Huprikar developed a board game that included food trivia as well as real food to eat during play with the goal of young participants developing a greater affinity for healthy eating habits. Ten children between the ages of 3-7 played the game over the course of six months, and all of the children maintained their liking or had a positive change in their level of enjoyment of fruits/vegetables. Because obese children are more likely to be obese in adulthood, this research provides an effective way to educate children on how to live healthy lives from a young age.

Huprikar was supported in research by Mrs. Judi Luepke (Deerfield High School) and received professional guidance from Dr. Linyuan Jing (The Geisinger Institute).

The *Journal of Emerging Investigators (JEI)* is a non-profit scientific journal operated by graduate students at Harvard University. JEI is dedicated to mentoring young scientists in middle and high school and publishing their research through the online journal. Articles submitted to JEI pass through a rigorous editorial and scientific review process by several PhD-level scientists before they are accepted and published.

Link to Huprikar's article: <https://www.emerginginvestigators.org/articles/fruggie-a-board-game-to-combat-obesity-by-promoting-healthy-eating-habits-in-young-children>

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