

# Shape Up! Newsletter

WINTER 2026  
Shape Up! Keiki

The ongoing study is Shape Up! Keiki, measuring toddlers and infants from 0-5 years old to study how body shape, diet, and activity levels are connected as children grow.



## 3 Things We Explore

How body shape relates to body fat, muscle, and hydration.

Scanning methods to make measuring and monitoring children's growth accurate and easy.



How body shape and composition connect to nutrition, birth history, household factors, and overall development.



## Counting Keiki: Who Has Joined So Far?

0-12  
months

1  
year

2  
years

3  
years

4+  
years



80 BOYS  
84 GIRLS

More infants  
and toddlers  
are needed!

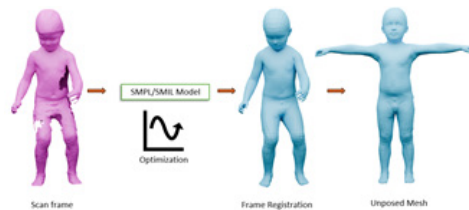
0 20 30 40 50 60

Number of Keiki

JOIN  
THE  
STUDY

## From Scan to Shape

Each participant has their body shape captured using 3DO cameras. Sometimes, the scans have small gaps due to movement or lighting, but we are able to process the scans to fill in missing parts and place everyone in the same standard pose.



Example of a child's 3DO scan being processed and posed.

This technology offers a quick and simple way to estimate waist and hip size—especially helpful since it can be tricky to use a tape measure with little ones who tend to wiggle.

“  
Most of the children  
met recommendations  
for fruit and dairy intake.”

Many families in our study started including foods other than human milk or formula at 6 months of age when babies could sit up and hold their heads – just as recommended by pediatricians. It is best to start with iron and zinc-rich foods, vegetables, and fruits.

However, most families reported low vegetable intake – adding them to smoothies or sauces is an easy way to boost it!

A great first food is *poi*.  
Poi is easy to digest and  
hypoallergenic.

From Co-Investigator,  
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Learn more about Shape Up! Keiki  
Visit [shapeup.shepherdresearchlab.com/for-keiki](https://shapeup.shepherdresearchlab.com/for-keiki)



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