



Parental Influences on Childhood Obesity

Jenna Hotovec

Obesity Facts

- Tripled in the past 30 years
- 2008: More than 1/3 children/adolescents overweight
- 70% chance of becoming overweight/obese adults

Risks of Obesity

- Immediate
 - High cholesterol
 - High blood pressure
 - Prediabetes
 - Bone problems
 - Joint problems
 - Sleep apnea
 - Increased risk of heart disease
- Long-term
 - Heart disease
 - Type 2 diabetes
 - Stroke
 - Cancer
 - Osteoarthritis

Causation Wheel

CHILDHOOD OBESITY CAUSATION WHEEL

In 2007 20% of children ages 6-11 and 18% of adolescents 12-19 were overweight (CDC).

ISSUES RELATED TO CHILDHOOD OBESITY:

- Social isolation and poor self-esteem
- Risk factors for heart disease, high cholesterol, high blood pressure
- Excessive weight and obesity linked closely to type 2 diabetes in children
- Overweight adolescents have a 70% chance of becoming overweight or obese adults

LIMITED PHYSICAL ACTIVITY:

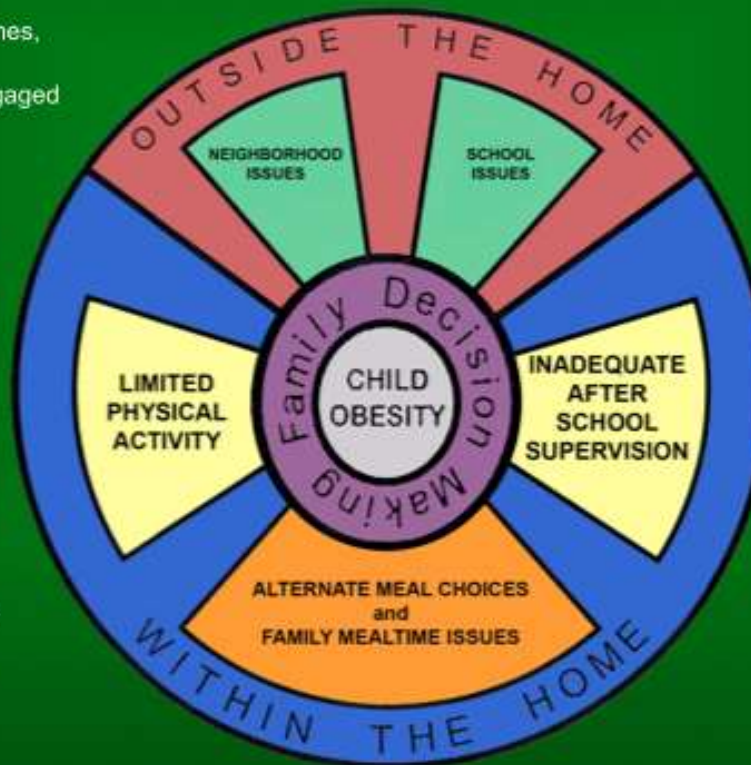
- Excessive use of TV, electronic games, texting, computer work
- Unhealthy snacks chosen while engaged in above activities
- Minimal outdoor play

ALTERNATE MEAL CHOICES:

- These meal choices include: fast food, take-out, prepackaged/ convenience foods which:
 - are higher in fat, calories, and sugar content
 - are lower in fiber
 - contain fewer fruits & vegetables
 - include more carbonated beverages
 - may have increased portion sizes

FAMILY MEALTIME ISSUES:

- More meals eaten away from home
- More time constraints
- More time may be spent on extra curricular activities
- Less energy to prepare meals
- Limited food preparation skills & nutrition knowledge



NEIGHBORHOOD ISSUES:

- No adult supervision of activities outside the home
- Restricted outdoor playtime due to neighborhood safety issues

SCHOOL ISSUES:

- Starting in middle school, fewer children participate in school lunch programs
- A la carte choices contain higher fat content and fewer fruits & vegetables

INADEQUATE SUPERVISION:

- Fewer structured activities
- Less physical activity= more couch potatoes
- Increased access to foods with low nutrient quality



Parent's Role

- Direct and prepare daily activities and meals
 - Eating in or out
 - Proper nutrition
 - Table or TV
- Sets rules about screen time
- Monitors/schedules physical activity

Parent's Role Cont.

- “One factor that is **acutely underemphasized** is the **role of parents**. This is particularly troubling given the amount of **research showing that parents exert considerable influence** on their child's eating patterns and obesity rates...”

ECEC Survey

- Survey adapted from Andrews, Silk, and Eneli (2010)
- UW online survey instrument
- 70 families from the Early Care and Education Center (ECEC)- Spring 2012
- Parents/Legal Guardians ages 18-55 with children birth to 12 years
- 45 minute survey- 114 questions

Survey Questions

- How often do you eat fruit?
- How often do you eat green salads or raw vegetables?
- During the past 12 months have you done any of the following to try to lose weight?
- During the past 30 days, how many times did you take part in this activity for at least 30 minutes?
- Screen time, amounts of sweets eaten, and controlling a child's eating

Results

- 22 parents completed survey
- 13.64% of parents try to get their child to eat even if the child says, "I'm not hungry."
- 40.91% of parents, or 9 parents, agree to some degree that he or she offers sweets (candy, ice cream, cake, pastries) to his or her child as a reward for good behavior.
- 13.05% of parents reported being overweight or markedly overweight from ages 5-10.
- 17.4% of parents reported being overweight or markedly overweight in their teenage years and 20's.
- 34.78% of parents reported being either overweight or markedly overweight "right now".
- 11% of parents reported not doing any physical activity during the last 30 days. 15% of parents reported partaking in physical activity less than 4 times per month.

Conclusions

- The number of parents who reported being overweight or markedly overweight increased from childhood to the teenage years and 20's and increased even more into adulthood.
- Based on the results of the survey, the parents at the ECEC need follow up education about
 - Rewarding good behavior with sweet treats
 - A healthy amount of physical activity for themselves and their children.

Laramie Head Start



References

Andrews, K., Silk, K., & Eneli, I. (2010). Parents as health promoters: a theory of planned behavior perspective on the prevention of childhood obesity.. *Journal of Health Communication*, 15, 95-107. doi: 10.1080/10810730903460567

Centers for Disease Control and Prevention. (2011). Childhood obesity facts. In *Adolescent and School Health*. Retrieved from <http://www.cdc.gov/healthyyouth/obesity/facts.htm>

Fraser, J., Skouteris, H., McCabe, M., Ricciardelli, L., Milgrom, J., & Baur, L. (2011). Paternal influences on children's weight gain: a systematic review. *Fathering*, 9, 252-267. doi: 10.3149/fth.0903.252

Walter, J., & Hascheke, B. (2011). *Childhood obesity causation wheel* [Presentation slide]. Retrieved from <http://www.aafcs.org/Advocacy/obesity.asp>