Low-Income Pennsylvanian Parents of 10-14 Year Olds Reveal Stressors that Challenge Obesity Prevention Efforts

Loren Archibeque  
*Pennsylvania State University*

Barbara Lohse  
*Rochester Institute of Technology*

Follow this and additional works at: [https://scholarworks.rit.edu/other](https://scholarworks.rit.edu/other)
Low-Income Parents of 10-14 Year Olds Reveal Stressors That Challenge Obesity Prevention Efforts

Loren D. Masters, MPH1; Barbara Lohse, PhD, RD, LDN1,2

1 Department of Nutritional Sciences, The Pennsylvania State University, University Park, PA
2 Wegmans School of Health and Nutrition, Rochester Institute of Technology, Rochester, NY

Abstract No. P149

Objective: To describe the psychographics of a lower income, parent/caregiver population recruited to evaluate My Child’s Weight, a program that addresses parent/caregiver concerns about their child’s body size, development, and weight changes. Study Design, Settings, Participants: Cross-sectional online survey (Qualtrics Pro, Prov, UT). Participants were parents/caregivers of children 10–14 yrs, recruited from My Child’s Weight. Methods: Participants completed items from the SNAP-Education and Administration Reporting System, Parent and caregiver participants may not be representative of parents in this target age group. The Pennsylvania SNAP-Ed population of parents and caregivers of pre-teens and adolescents has a profile of weight issues and are highly stressed.

Low-Income Parents of 10-14 Year Olds Reveal Stressors That Challenge Obesity Prevention Efforts

Loren D. Masters, MPH1; Barbara Lohse, PhD, RD, LDN1,2

1 Department of Nutritional Sciences, The Pennsylvania State University, University Park, PA
2 Wegmans School of Health and Nutrition, Rochester Institute of Technology, Rochester, NY

Abstract No. P149

Objective: To describe the psychographics of a lower income, parent/caregiver population recruited to evaluate My Child’s Weight, a program that addresses parent/caregiver concerns about their child’s body size, development, and weight changes. Study Design, Settings, Participants: Cross-sectional online survey (Qualtrics Pro, Prov, UT). Participants were parents/caregivers of children 10–14 yrs, recruited from My Child’s Weight. Methods: Participants completed items from the SNAP-Education and Administration Reporting System, Parent and caregiver participants may not be representative of parents in this target age group. The Pennsylvania SNAP-Ed population of parents and caregivers of pre-teens and adolescents has a profile of weight issues and are highly stressed.

The study was approved by the Pennsylvania State University’s Office for Research Protections.

Data Analysis:

- Data were analyzed using SPSS 22.0. Data were assessed for normal distribution and analyzed using Chi-square or Mann-Whitney U as appropriate.

- Previous studies have shown that:
  - increasing levels of work-life stress was associated with lower household well-being.
  - children of highly stressed parents were less likely to meet the physical activity recommendations.
  - overweight or obese (BMI) children of highly stressed parents were less likely to meet the physical activity recommendations.
  - lower income families are more stressed.
  - as a parent experiences more general stressors, their child has an increased risk of obesity.

- The objectives of this study were:
  - to examine the psychographics of a lower income Pennsylvania parents and caregivers of pre-teens and teens ages 10-14 years old.

Recruitment:

- Recruitment began with placement of informational flyers and business cards in geographically disparate Pennsylvania community settings.
- Recruitment materials targeted parents of children 10–14 years old, and were distributed to high schools, social service agencies, and community centers.
- Participants completed items from the SNAP-Education and Administration Reporting System, Parent and caregiver participants may not be representative of parents in this target age group. The Pennsylvania SNAP-Ed population of parents and caregivers of pre-teens and adolescents has a profile of weight issues and are highly stressed.

- The study was approved by the Pennsylvania State University’s Office for Research Protections.

- Data were analyzed using SPSS 22.0. Data were assessed for normal distribution and analyzed using Chi-square or Mann-Whitney U as appropriate.

- Previous studies have shown that:
  - increasing levels of work-life stress was associated with lower household well-being.
  - children of highly stressed parents were less likely to meet the physical activity recommendations.
  - overweight or obese (BMI) children of highly stressed parents were less likely to meet the physical activity recommendations.
  - lower income families are more stressed.
  - as a parent experiences more general stressors, their child has an increased risk of obesity.

- The objectives of this study were:
  - to examine the psychographics of a lower income Pennsylvania parents and caregivers of pre-teens and teens ages 10-14 years old.

Recruitment:

- Recruitment began with placement of informational flyers and business cards in geographically disparate Pennsylvania community settings.
- Recruitment materials targeted parents of children 10–14 years old, and were distributed to high schools, social service agencies, and community centers.
- Participants completed items from the SNAP-Education and Administration Reporting System, Parent and caregiver participants may not be representative of parents in this target age group. The Pennsylvania SNAP-Ed population of parents and caregivers of pre-teens and adolescents has a profile of weight issues and are highly stressed.

- The study was approved by the Pennsylvania State University’s Office for Research Protections.

- Data were analyzed using SPSS 22.0. Data were assessed for normal distribution and analyzed using Chi-square or Mann-Whitney U as appropriate.

- Previous studies have shown that:
  - increasing levels of work-life stress was associated with lower household well-being.
  - children of highly stressed parents were less likely to meet the physical activity recommendations.
  - overweight or obese (BMI) children of highly stressed parents were less likely to meet the physical activity recommendations.
  - lower income families are more stressed.
  - as a parent experiences more general stressors, their child has an increased risk of obesity.

- The objectives of this study were:
  - to examine the psychographics of a lower income Pennsylvania parents and caregivers of pre-teens and teens ages 10-14 years old.

Recruitment:

- Recruitment began with placement of informational flyers and business cards in geographically disparate Pennsylvania community settings.
- Recruitment materials targeted parents of children 10–14 years old, and were distributed to high schools, social service agencies, and community centers.
- Participants completed items from the SNAP-Education and Administration Reporting System, Parent and caregiver participants may not be representative of parents in this target age group. The Pennsylvania SNAP-Ed population of parents and caregivers of pre-teens and adolescents has a profile of weight issues and are highly stressed.

- The study was approved by the Pennsylvania State University’s Office for Research Protections.

- Data were analyzed using SPSS 22.0. Data were assessed for normal distribution and analyzed using Chi-square or Mann-Whitney U as appropriate.

- Previous studies have shown that:
  - increasing levels of work-life stress was associated with lower household well-being.
  - children of highly stressed parents were less likely to meet the physical activity recommendations.
  - overweight or obese (BMI) children of highly stressed parents were less likely to meet the physical activity recommendations.
  - lower income families are more stressed.
  - as a parent experiences more general stressors, their child has an increased risk of obesity.

- The objectives of this study were:
  - to examine the psychographics of a lower income Pennsylvania parents and caregivers of pre-teens and teens ages 10-14 years old.

Recruitment:

- Recruitment began with placement of informational flyers and business cards in geographically disparate Pennsylvania community settings.
- Recruitment materials targeted parents of children 10–14 years old, and were distributed to high schools, social service agencies, and community centers.
- Participants completed items from the SNAP-Education and Administration Reporting System, Parent and caregiver participants may not be representative of parents in this target age group. The Pennsylvania SNAP-Ed population of parents and caregivers of pre-teens and adolescents has a profile of weight issues and are highly stressed.

- The study was approved by the Pennsylvania State University’s Office for Research Protections.

- Data were analyzed using SPSS 22.0. Data were assessed for normal distribution and analyzed using Chi-square or Mann-Whitney U as appropriate.

- Previous studies have shown that:
  - increasing levels of work-life stress was associated with lower household well-being.
  - children of highly stressed parents were less likely to meet the physical activity recommendations.
  - overweight or obese (BMI) children of highly stressed parents were less likely to meet the physical activity recommendations.
  - lower income families are more stressed.
  - as a parent experiences more general stressors, their child has an increased risk of obesity.

- The objectives of this study were:
  - to examine the psychographics of a lower income Pennsylvania parents and caregivers of pre-teens and teens ages 10-14 years old.

Recruitment:

- Recruitment began with placement of informational flyers and business cards in geographically disparate Pennsylvania community settings.
- Recruitment materials targeted parents of children 10–14 years old, and were distributed to high schools, social service agencies, and community centers.
- Participants completed items from the SNAP-Education and Administration Reporting System, Parent and caregiver participants may not be representative of parents in this target age group. The Pennsylvania SNAP-Ed population of parents and caregivers of pre-teens and adolescents has a profile of weight issues and are highly stressed.

- The study was approved by the Pennsylvania State University’s Office for Research Protections.