

the impact of feeding and
parenting guidance on prevention of
child obesity

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Elizabeth Reifsnider PhD, NP, FAANP, FAAN
Professor and Associate Dean
College of Nursing and Health Innovation
Arizona State University

authors

David McCormick, MD, Department of Pediatrics, University of Texas Medical Branch, Galveston, TX, USA

Elizabeth Reifsnider, PhD, FAAN, FAANP, WHNP-BC, PHNCS-BC, College of Nursing and Health Innovation, Arizona State University, Phoenix, AZ, USA

Michael Todd, PhD, Center for Healthy Outcomes in Aging, Arizona State University College of Nursing & Health Innovation, Phoenix, AZ, USA

Lucy Reyna, BA, CCHW, and Irma Pecina, AA, CCHW, College of Nursing and Health Innovation, Arizona State University, Houston, TX, USA

purpose

...prevent the development of **obesity** in infants and young children who are **at risk** because of maternal body size, income status, and ethnicity...

intervention

**...public health
nursing...**

**...community
health
workers...**





recruitment
pregnant women
high-risk factors
Mexican-American
WIC in Houston, TX

approach



assess growth

monitor growth

track growth

> activity

< being sedentary

> breastfeeding

< screen time

appropriate sleep

study design/rct

intervention/9 home visits
CHW visits over 2 year span
control/resources at WIC

measures

anthropometrics
diet recalls
home
environment
sleep quality
sleep quantity
maternal **stress**
food insecurity



results: intervention

...infants: **healthier** growth trajectory birth-24 months...

...**significant**: breastfeeding and CHW intervention...

breastfeeding: moms



2 mos. bf
thinner/6 mos.
vs. no bf
min. 2 mos.

first two years

**...first two years of life are a
critical time period...**

...establish healthy patterns...

...curb the obesity trend...

CHW's

public health
diversity
home visits
data collection
minimize subject
burden





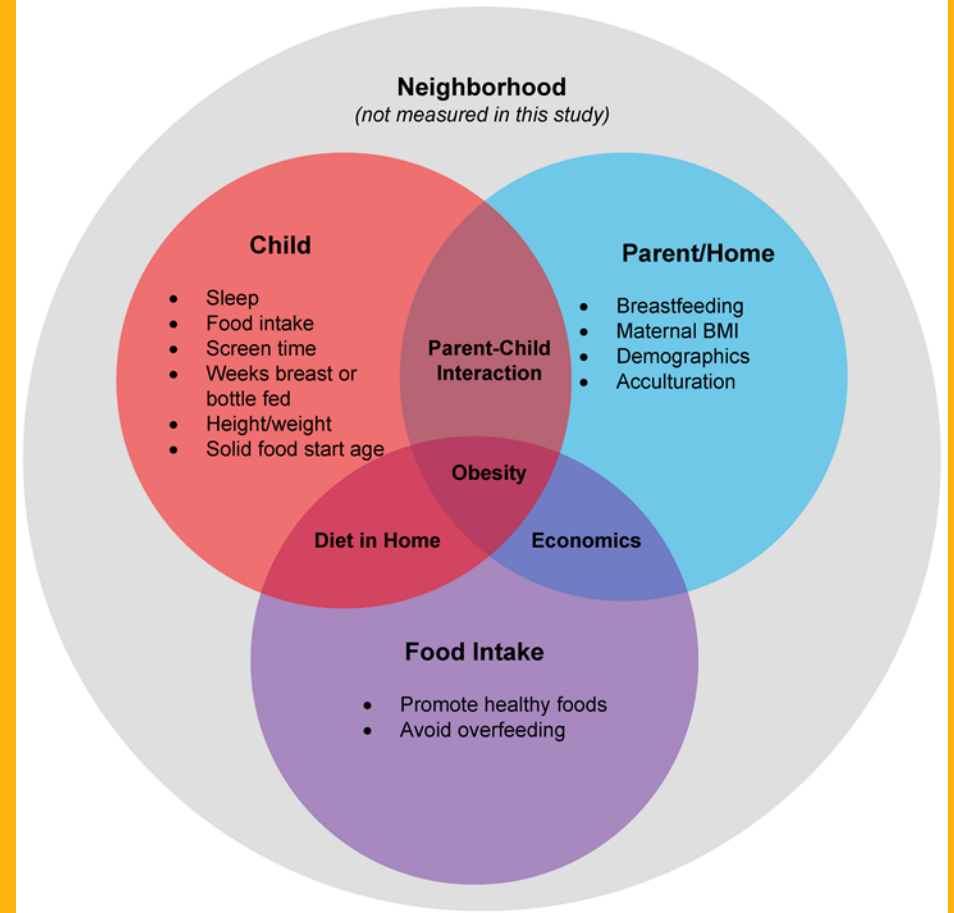
barriers
transportation
work
language
childcare
CBPR: overcome
barriers

innovation!

ecological
model of
growth

holistic factors

Figure 1. Ecological Model of Growth (EMG)



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questions?

