



Like Mother, Like Child: Maternal Attitudes and Behaviors on Weight-Related Health Behaviors in Their Children

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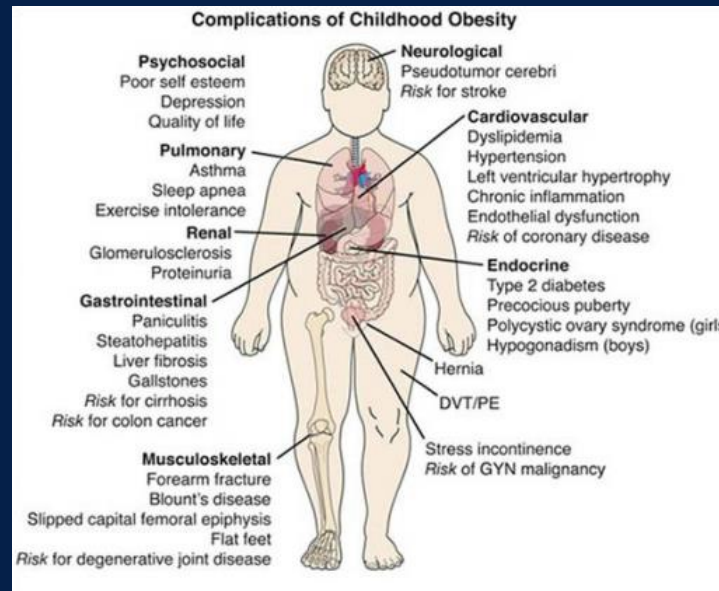
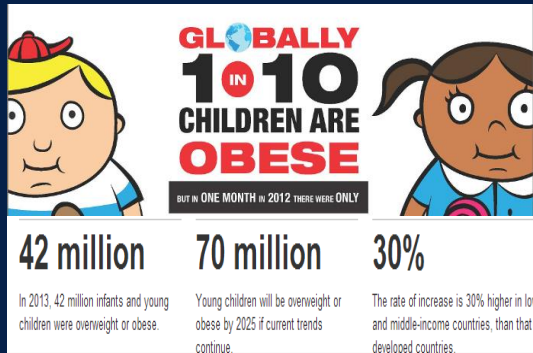
**Funding acknowledgement: UCSF School of Nursing Global Health Research and
Department of State: Fulbright Research**



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- To describe maternal feeding practices, self-efficacy for healthy eating and physical activity level
- To identify maternal factors that are associated with their children's weight health



In China, 120 million children were overweight or obese :
10% overweight and 12% obese (2-6 yrs old) (Pernas et al. 2015)

Mother's health is the key to family health

Social and health science research consistently demonstrates the crucial role that the mother plays in the well-being of her children and family.

The transition to motherhood is accompanied by additional family responsibilities that place women at risk for unhealthy lifestyles.





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Research Approach

Study design: mixed-methods study

Settings: four preschool settings in
Hunan Province

Research team: qualitative and
quantitative experts from UCSF and
CSU





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Inclusion criteria

Women with children between the
ages of three and five years old,
Self-identified as Chinese
Able to attend regular activities
Able to read and write Chinese

Data collection

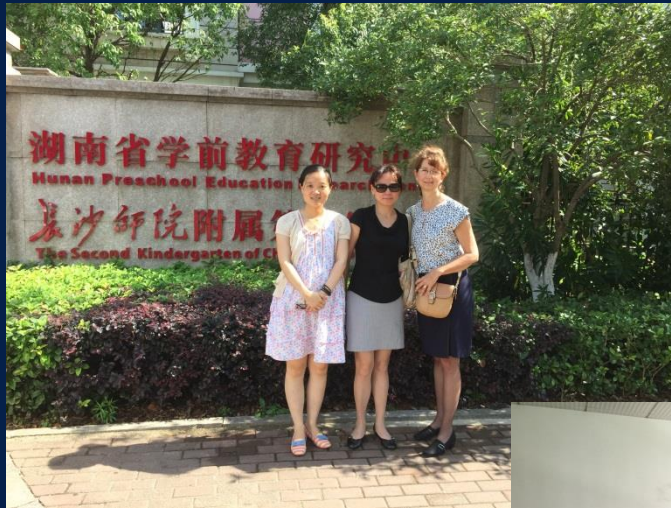
Surveys:

- CVD Risk survey- modified from RISK survey developed by Dr. Jia Guo
- Family Eating and Activity Habits Questionnaire developed by Moria Golan
- Maternal Self-efficacy regarding children's eating and sedentary behaviors developed by Karen Campbell
- Child feeding questionnaire (CFQ) developed by Birth and Fisher

Physiological assessment:

- Parental weight, height, waist circumference
- Child's weight and height





Preliminary results

Father

- Mean age = 33.25 (SD = 4.5)
- Education: 24% high school; 58.8% college

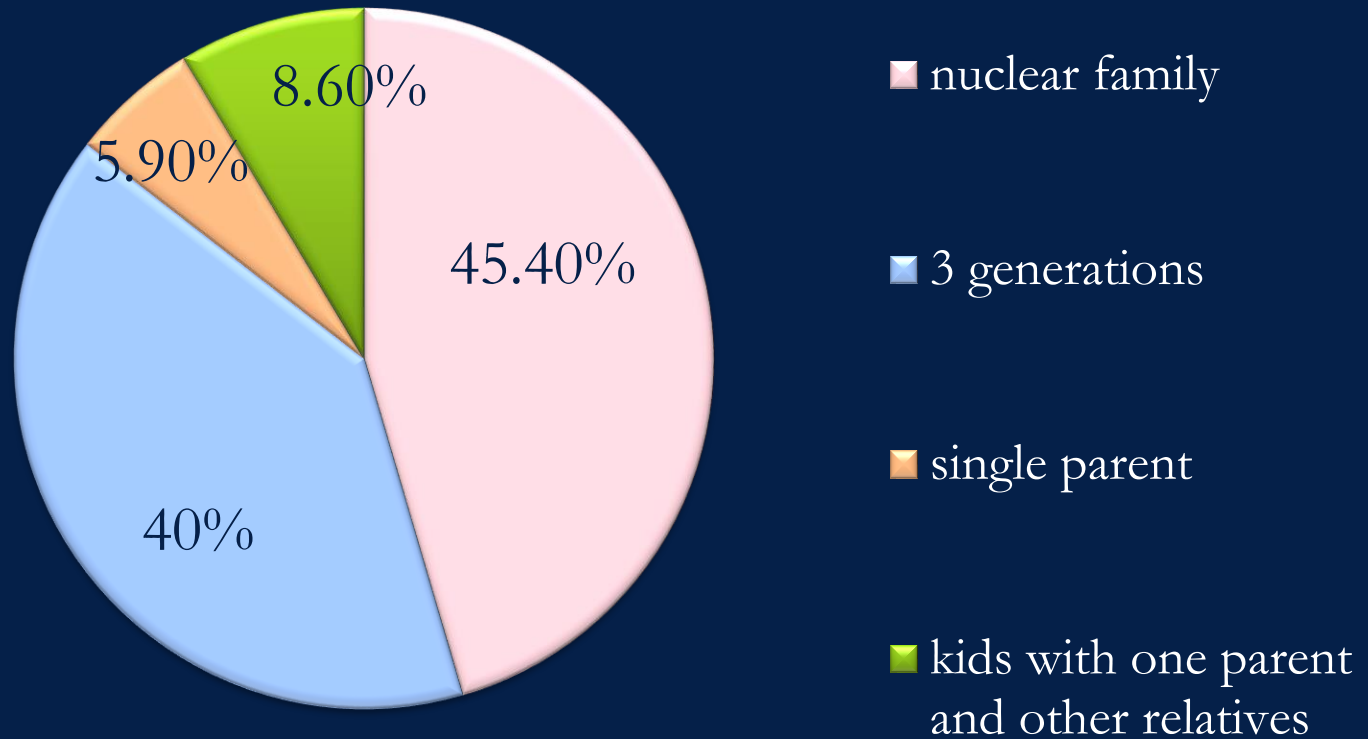
Mother

- Mean age = 31.04 (SD = 4.28)
- Education: 29% high school; 54% college

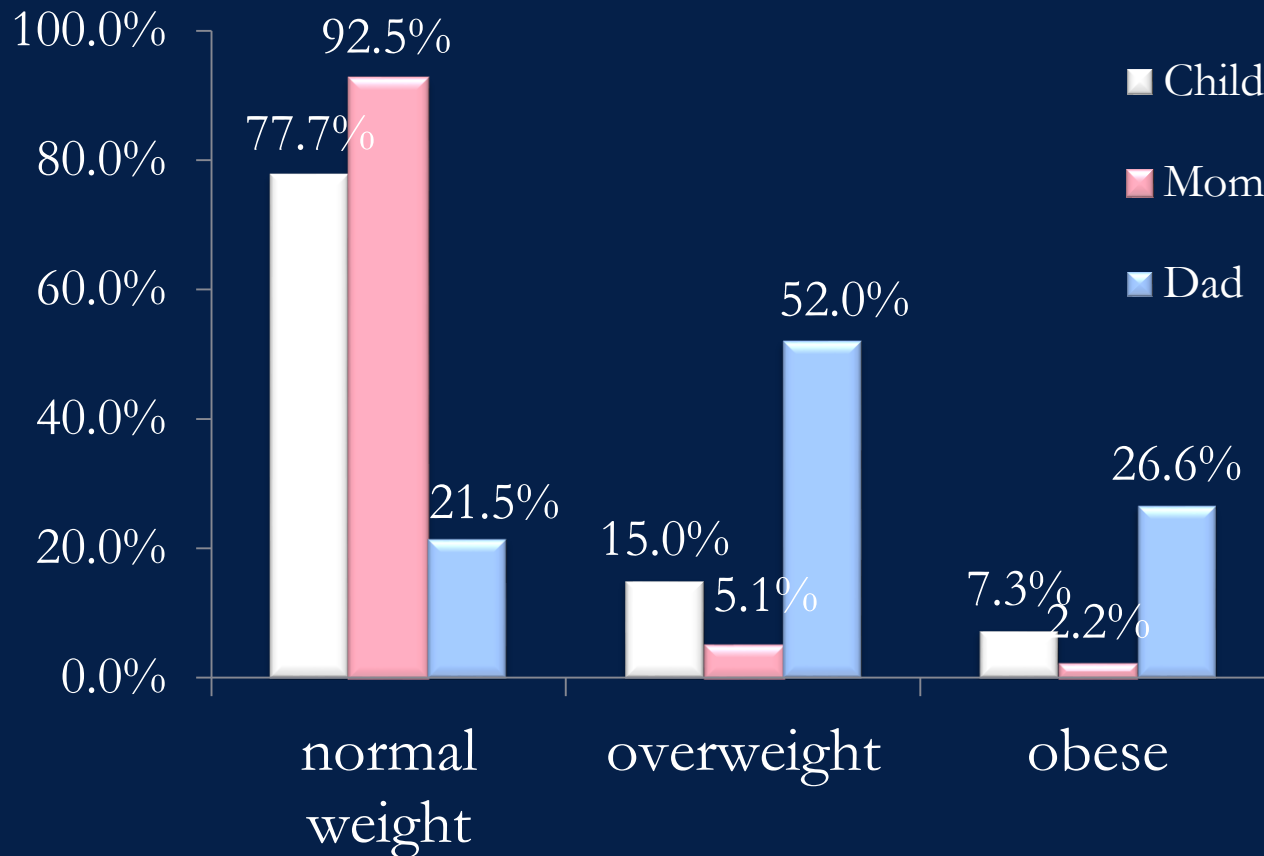
Child

- Mean age = 3.68 (SD = .75)
- 114 boys (51.5%)

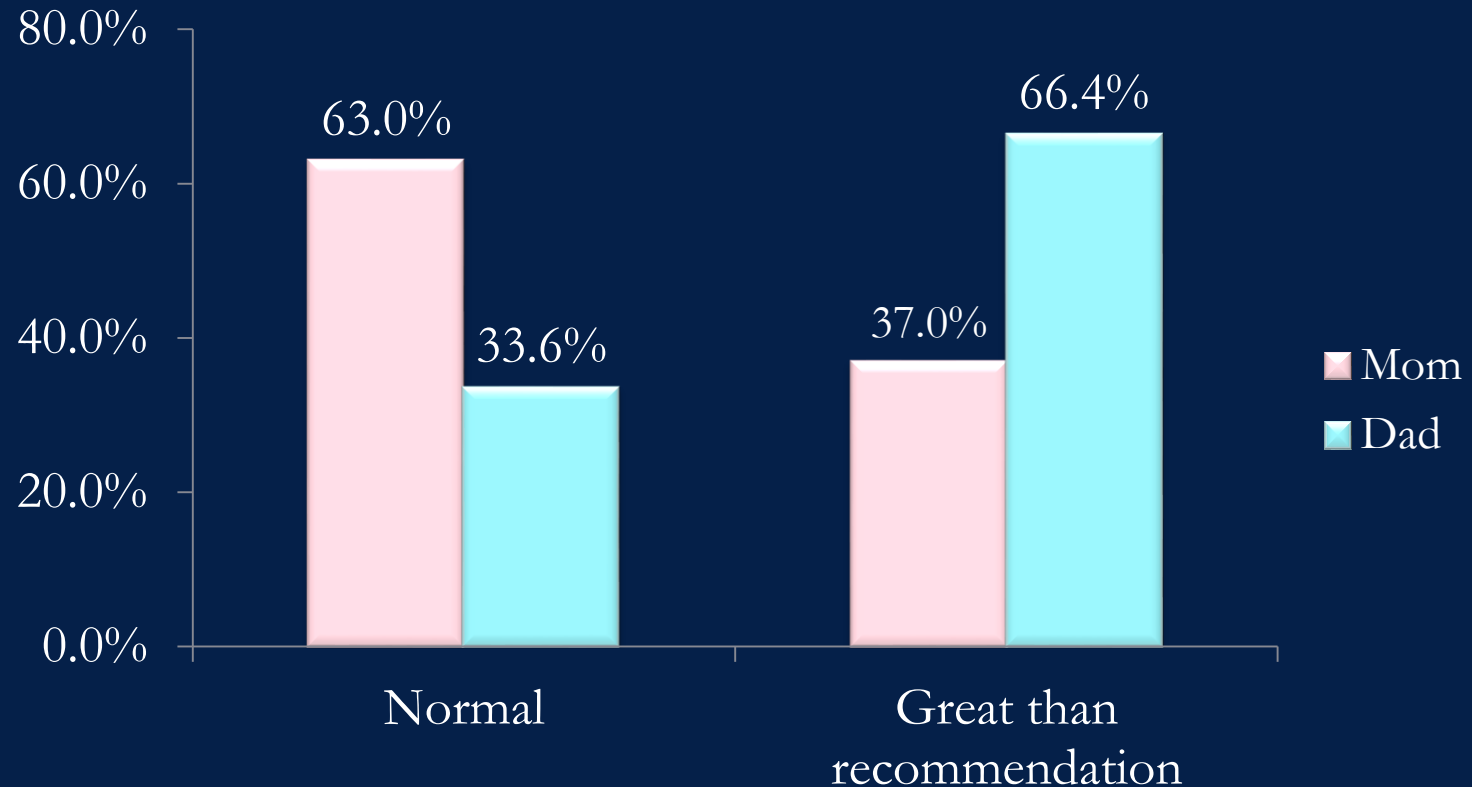
Family Type



Weight status

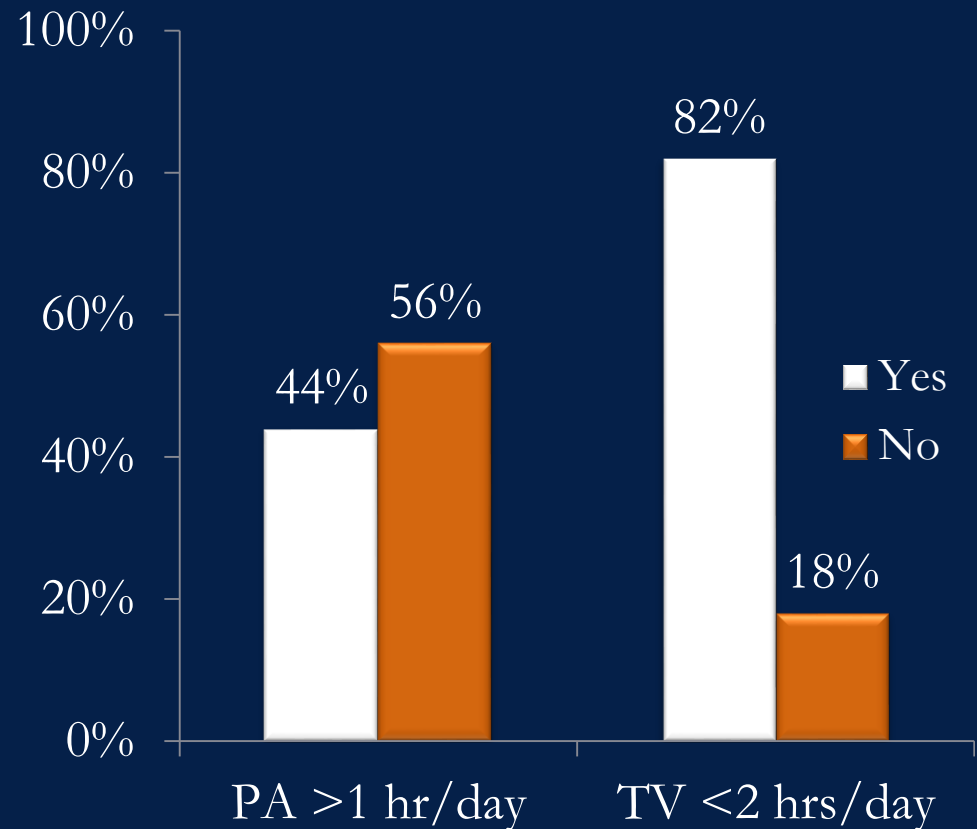


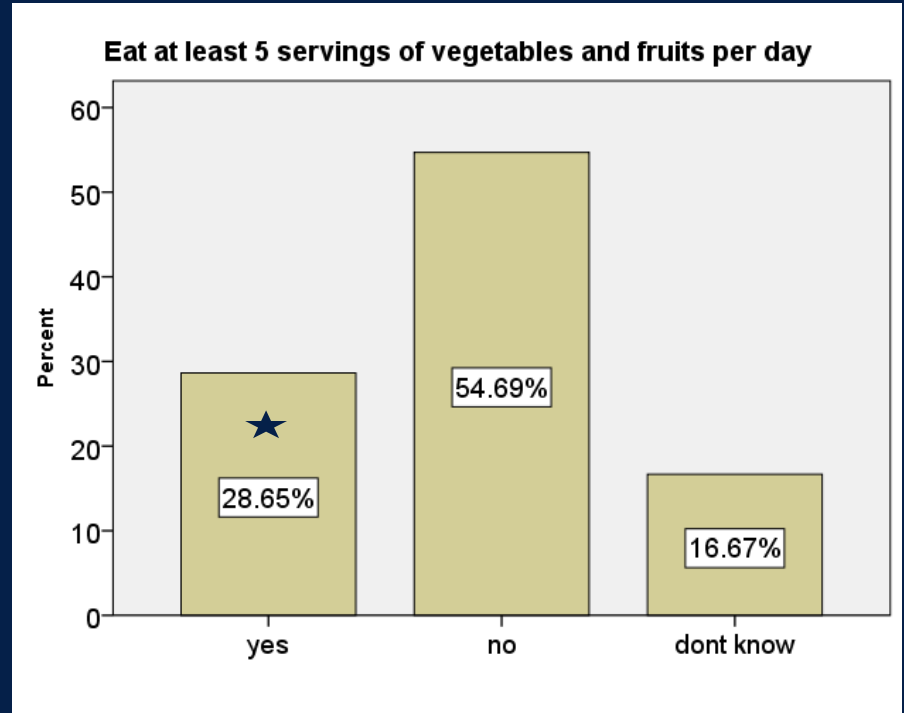
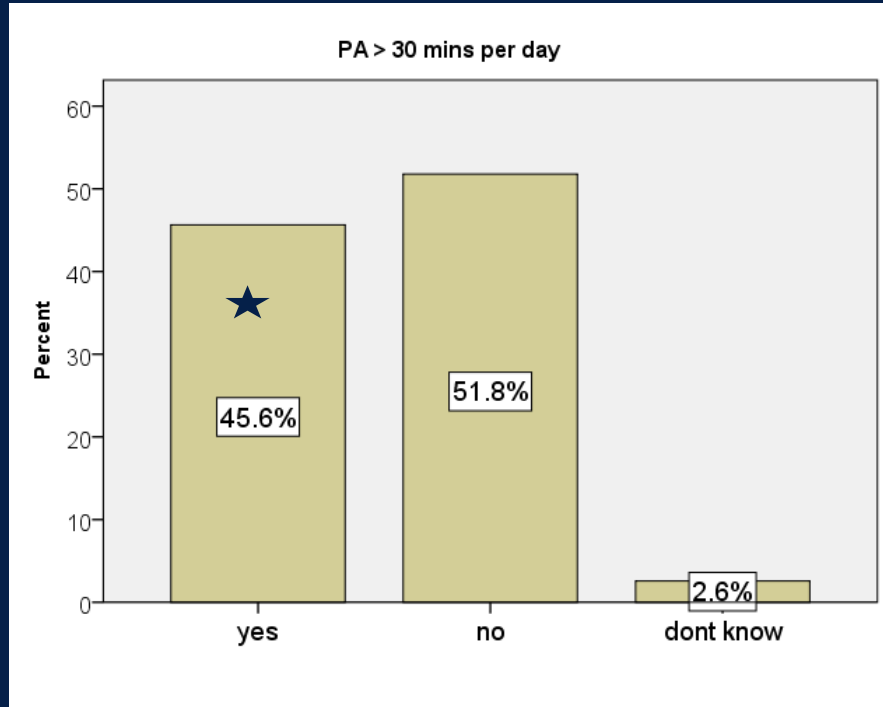
Waist circumference



Physical activity/inactivity- Child

- PA = 1.2 h or 72 min/per day (SD = 1.19)
- SA= 0.76 hr (SD = 0.93) or 45.6 min/per day.





Maternal feeding practices

Mothers reported

- Being responsible for their child's meals most of the time
- perceived their weight and their child's weight as normal.
- mostly neutral on their attitudes towards control and practices in their child's eating behaviors
- Majority of mothers did not report their concern about their weight or their child's weight.

Child physical activity/inactivity

Outcome	Predictor(s)	Adjusted R ²	B	sr ²	F	p
Physical activity	Overall	.10			7.11	.01
	Child's age		-.38	.10	7.11	.01
TV and computer time	Overall	.17			10.79	<.001
	Mom activity		.02	.14	23.43	<.001
	Self-efficacy for limiting viewing		-.17	.04	6.71	.01
	Child's age		-.23	.04	5.90	.02

Child eating behavior

Outcome	Predictor(s)	Adjusted R ²	B	sr ²	F	p
Eating style	Overall	.44			120.19	<.001
	Mom eating style		.81		120.19	<.001
Eating related hunger	Overall	.20			7.53	.001
	Self-efficacy for healthy eating		-.57	.06	10.82	.001
	Perceived responsibility		-.29	.06	9.80	.002
	Child's gender		.50	.03	3.88	.05
	Mom eating related to hunger		.77	.06	8.94	.003
	Child's age		.37	.03	4.62	.033
	Mom eating style		.50	.02	4.12	.044

Conclusion

- Many children and mothers do not meet the recommended dietary intake and physical activity.
- Maternal health-related behavior and attitudes regarding feeding practices and self-efficacy are associated with their child's health-related behaviors including physical activity, sedentary activity, and eating behaviors.
- The influence of maternal behaviors and attitudes are domain specific.

Limitations

- Cross-sectional design
- Self-report on parental weight, height and waist circumference
- One geographical location
- High parental education level

Support from:

- Fulbright
- Central South University
- UCSF School of Nursing
- Chen Thapar Family



Thank you 谢谢!!