THE TALE OF TWO TENGU

A PROGRAM OF RESEARCH IN A CHILD’S WORLD

Sigma Theta Tau International 28th International Nursing Research Congress July 2017 Dublin Ireland
OBJECTIVES:

1. KEY TO SUCCESSFUL RESEARCH IS RELATIONSHIPS
2. FACTORS ASSOCIATED WITH CHILDREN'S HEALTH OUTCOMES

No conflicts of interest to report
### Noncommunicable Diseases

#### 4 Diseases, 4 Modifiable Shared Risk Factors

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<th>Tobacco Use</th>
<th>Unhealthy diets</th>
<th>Physical Inactivity</th>
<th>Harmful Use of Alcohol</th>
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<td><strong>Cardio-vascular</strong></td>
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<td><strong>Chronic Respiratory</strong></td>
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Children’s health beliefs and behaviors are relatively well-defined and stable by the time they are 9 years old.
ILLNESS AS INFLUENCE

6 Funded studies

Risk Taking -> Injury

Collaborations: Prematurity, Asthma, HIV, Hyperlipidemia, Oncology, Transplant
Hospitalization

20 publications
CULTURE AS INFLUENCE

- International Consultations & Research -> Hong Kong, China, Thailand, India, Taiwan, Vietnam, Japan, GB, NGO

- 2 PI Grants & several collaborations 13 Publications

- Doctoral & Visiting Scholars

- USA work: Latino, Chinese American, & Anglos
MEDIA AS AN INFLUENCE

1. Television and young Hispanic children & families

2. Feasibility study for RCT intervention methods

3. Reduction in child health risk behaviors

4. Mothers’ symptom distress & impact on child health

5. Prevention interventions in Hispanic & Anglo children
• TV as a friend
• Time with parent
• Embedded in daily routine
• Coping Strategy
- TV response
- Fatigue & Stress
- Poorer Family Function
- Less Media
- Increased TV

- Relationship (peer/parent)
- Daily routine
- Stress & Coping

Parents

Child

Physical Activity

Sedentary Behavior
• Engagement in Media full-fills a need but at a cost

• Media is the context for much of a child's life

• TV as relaxation, educational
  • Habit based
  • Additive nature

Parents

Child

Physical Activity

Sedentary Behavior

Parents

Child

Physical Activity

Sedentary Behavior
- Engagement in Media fulfills a need but at a cost

- Barriers to PA in Primary Care: HCP EBP lexicon, doubt, skills, LHL in at risk population

- Media is the context for much of a child's life

- Reduction is necessary but challenging
Young Childrens Health Project

Studying childrens perspective on media & health behaviors
TV Study Parents Section

LOW ENERGY leads to increase in perceived STRESS

Less Media Monitoring Increased TV

Poorer Family Function

LOW ENERGY leads to increase in perceived STRESS
Pediatric Primary Care “Outside the Box”

Influence on Children’s Health Behaviors
Total deaths around the world: 58 million

Deaths from noncommunicable diseases around the world: 35 million
Thanks to all of my colleagues, research assistants, PhD students, Post Docs, Clinic staff, and hundreds of children and their families who have help tell the story!

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