Family Health and Wellness: Thai Mothers’ Perceptions

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Learning Objectives

- Identify concerns of Thai mothers on the health and wellness of their families.
- Identify how demographic factors impacted Thai mother’s perceptions on the health and wellness of their families.

There are no relevant financial relationships related to this presentation/program. There is no sponsorship/commercial support of this presentation/program. The content being presented will be fair, well-balanced and evidence-based.

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Traditionally, mothers within the Thai culture are responsible for ensuring the health and wellness of the family.

Limited information exists regarding what Thai mothers perceive to be the health and wellness needs of the family.
Background

- Healthcare providers need to optimize health promotion initiatives,
- Therefore, it is important to have insight into the mother’s perspectives of health and wellness.
Purpose

➢ To examine Thai mothers’ perceptions of the health and wellness needs of their family.
Socioecological Model

Adapted from Bronfenbrenner’s Social Ecological Model (2005)
Design

- Exploratory cross-sectional
- Survey
- IRB approval obtained from the University of Wisconsin-Milwaukee.
Sample and Setting

- Purposive sample (N = 153).
- Thai mothers of elementary school-aged children.
- Elementary school in Thailand.
Data Collection Procedure

- Surveys distributed to mothers at elementary school
- No names or identifiable data collected
Instrument

- Parents Perception of Familial Health and Well-Being Scale (Investigator Developed)
  - 92 items
  - Subscales: Cronbach’s Alpha ranged from .77 to .93
Data Analysis

- Descriptive data
- T-tests
- Chi-square
Findings: Demographic

Education of Thai Mothers
- less than college degree: 34%
- college and graduate degree: 66%

Employment of Thai Mothers
- part time: 32%
- full time or more: 68%
Findings: Demographics

Thai Mothers Perceived Weight Category
- underweight/normal weight: 40%
- overweight: 60%

Thai Mothers Income
- <300,000 THB: 24%
- >300,000 THB: 76%
Findings: Mothers Across Wt. Categories

Eating dinner together as a family
- 97.4% Agree
- 0.7% Disagree

Relaxing together
- 93.5% Agree
- 4% Disagree
Findings: Mothers’ in Overweight Category

- Mothers who perceived themselves as overweight or obese were more concerned than mothers who were normal/underweight about:
  - Family dinners ($t = -2.066$, $df = 150$, $p = 0.041$)
  - Relaxing together ($t = -2.095$, $df = 147$, $p = 0.038$)
Findings: Mothers Across All Educational Levels

In our family parents and/or children do not have enough time to be healthy

- **58%** Agree
- **40%** Disagree
Findings: Mothers’ High School Education

Mothers who had < college education were more concerned about their family not having enough time to be healthy than mothers with a college education (t = 2.19, df = 146, p = 0.03)
Findings: All Mothers Agreed

- The cost of health insurance for the family: 74.5% Agree, 24.2% Disagree
- The cost of dental insurance for my family: 75.1% Agree, 22.9% Disagree
- Making sure we have good dental insurance for the family: 78.4% Agree, 17.7% Disagree
- Making sure we have good health insurance for the family: 79% Agree, 19.6% Disagree
Findings: All Mothers’ Agreed

- My family is too busy to be healthy: 52.9% Agree, 44.2% Disagree
- Making healthy lunches for school or work: 62% Agree, 35.9% Disagree
- Eating dinner together as a family: 97.4% Agree, 0.7% Disagree
Findings: All Mothers Disagreed

- Our family does not have enough money: 38.5% Agree, 56.9% Disagree
- I am not sure what good health is: 39.9% Agree, 58.2% Disagree
Findings: Mothers’ Employed Part-Time

- Mothers who were employed part time were more concerned than mothers who were employed full time about:
  - Eating dinner together as a family
    
    \[ t = -2.476, d = 146, p = 0.014 \]
  - Healthy lunches for school or work
    
    \[ t = 1.946, df = 146, p = 0.054 \]
Mothers who were employed part time were more concerned than mothers who were employed full time about:

- Cost of family health insurance
  \( (t = 2.229, \text{ df } = 147, p = 0.027) \)

- Unsure what good health is
  \( (t = 2.044, \text{ df } = 146, p = 0.043) \)
Findings: Mothers’ with Lower Incomes

- Mothers who made <300,000 Baht (about $8,720) were more concerned than mothers who made >300,000 Baht about:
  - Ensuring good health insurance for family
    \[ t = 3.01, \text{df} = 147, p = 0.003 \]
  - Cost of family health insurance
    \[ t = 146, \text{df} = 146, p = 0.007 \]
Findings: Mothers’ with Lower Incomes

Mothers who made <300,000 Baht (about $8,720) were more concerned than mothers who made >300,000 Baht about:

- Ensuring good family dental insurance
  \[ t = 2.01, \text{df} = 144, p = 0.045 \]

- Cost of family dental insurance
  \[ t = 2.37, \text{df} = 146, p = 0.019 \]
Findings: Mothers’ with Lower Incomes

- Mothers who made <300,000 Baht (about $8,720) were more concerned than mothers who made >300,000 Baht about:
  - Their family does not have enough money
    \( (t = 3.69, \text{ df} = 143, p<0.001) \)
  - Their family is too busy to be healthy
    \( (t = 2.03, \text{ df} = 145, p = 0.044) \)
Results: Mothers Perception of Childs’ Diet

- Children of overweight/obese mothers were more likely to have fast food two or more times a week than children of mothers who were normal/underweight ($\chi^2=3.829$, df=1, p=0.05)

- Children of mothers who had <college education are more likely to have fast food two or more times a week than children of mothers with a college/graduate degree ($\chi^2=7.315$, df=1, p=0.007)
Results: Child’s Exercise

- Children of parents who make >300,000 THB are more likely to exercise or play sports 2 or more times a week than children of parents who make <300,000 THB ($\chi^2=4.11$, df=1, p=0.043)
Discussion

- Significant differences found in mothers’ perspectives based on:
  - Education
  - Weight
  - Work hours
  - Income

- Mothers’ familial concerns included diet, activity level, and access to insurance.
Conclusion and Implications

- Provides insight into mothers’ perceptions of the health and wellness needs of Thai families.
- Future studies should look at Thai mothers’ specific concerns regarding the health and wellness needs of the family.
- Future studies should explore Thai mothers’ perceptions on universal health coverage.
Acknowledgment

Thank you to:

• Boromarajonani College of Nursing and
• UWM CON Thai Winterim Student Nurses

for their assistance with data collection