




Head Start Obesity Project

(sponsored by Alabama Agricultural
Land Grant Alliance)

Preliminary Data Review

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Project Participants



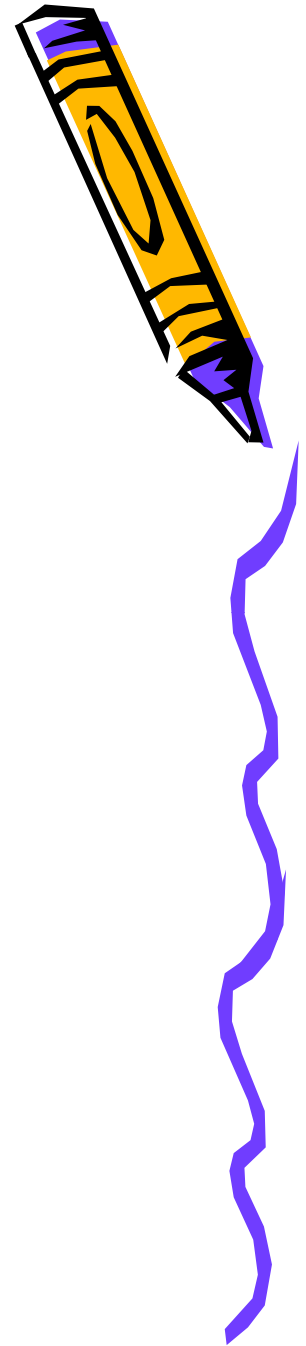
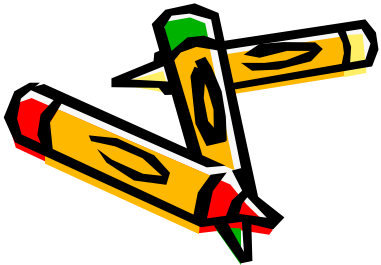
Alabama A & M University
Dr. Elica Moss



Auburn University/Alabama Cooperative Extension System
Dr. Kathleen Tajeu
Ms. Carolyn Bivins
Ms. Alma Cordova
Ms. Donna Shanklin
Ms. Cheryl Vasse
Ms. Shirley Whitten



Tuskegee University
Dr. Eunice Bonsi
Mr. A. D. Drew
Ms. Gwen Johnson



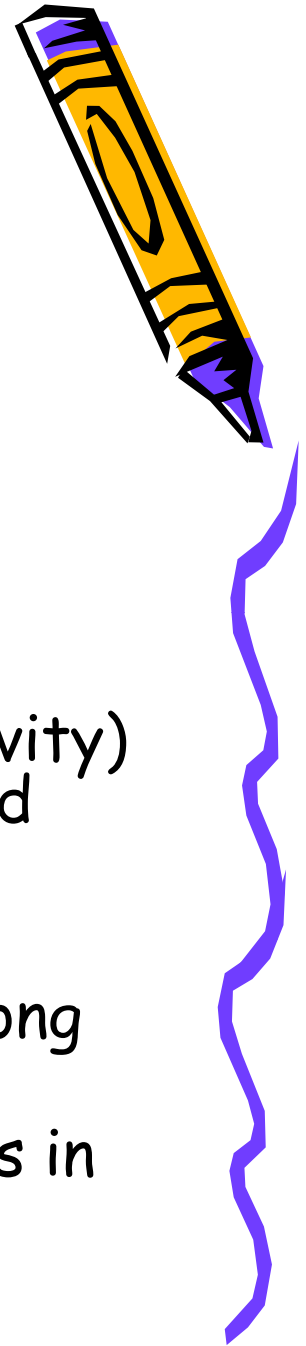
Overall Project Objectives

- Gather a snapshot of pre-schoolers' BMI, and related knowledge and behaviors, among limited income families in Alabama
- Gather Assessment Data to Guide Development of Regionally and Culturally Appropriate Obesity Education/Interventions with Families and Caregivers of 2-5 Year Olds in Head Start



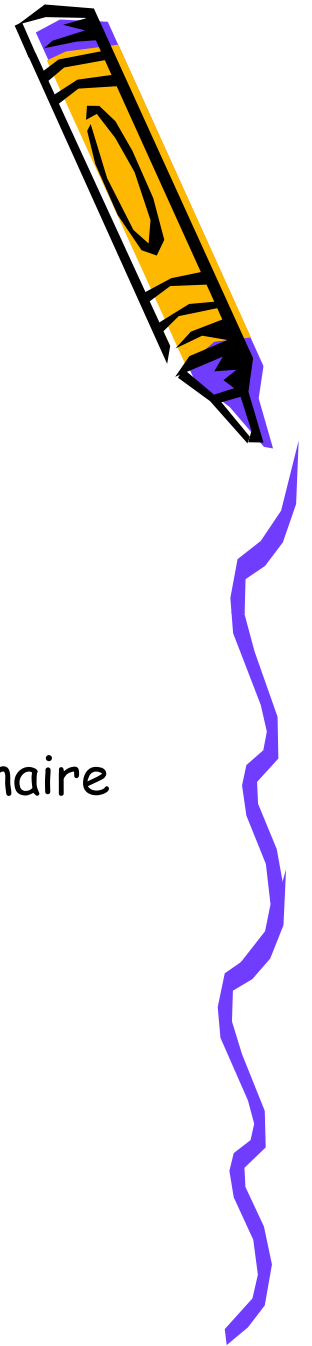
Data Gathering Objectives

- Assess selected aspects of nutrition (and physical activity) related health knowledge among parents of children in Head Start
- Assess selected aspects of feeding, food preparation and planning, (and physical activity) practices among parents of children in Head Start
- Record BMIs of participating children
- Assess similar practices and knowledge among Head Start teachers and staff
- Observe Head Start staff feeding patterns in center setting



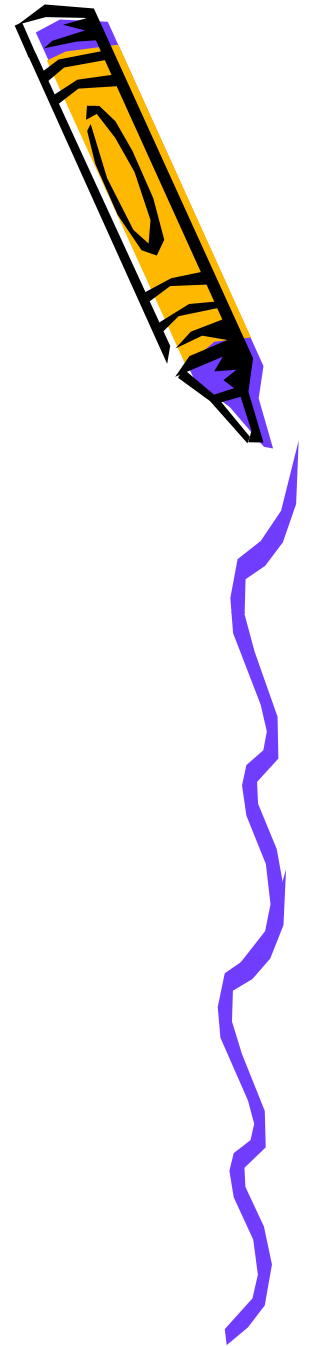
Data Gathering Instruments

- Demographics of Head Start Center
- Caregiver's Attitudes & Childhood Obesity (CACO) Questionnaire (Southern University partnership)
- Parental Attitudes & Childhood Obesity (PACO) Questionnaire (Southern University partnership)
- Planning and Fixing Foods for Your Family Questionnaire
- Physical Activity Assessment for selected centers
- Heights and Weights for BMI



Context

- Obesity
- Health Disparities
- Changing Demographics



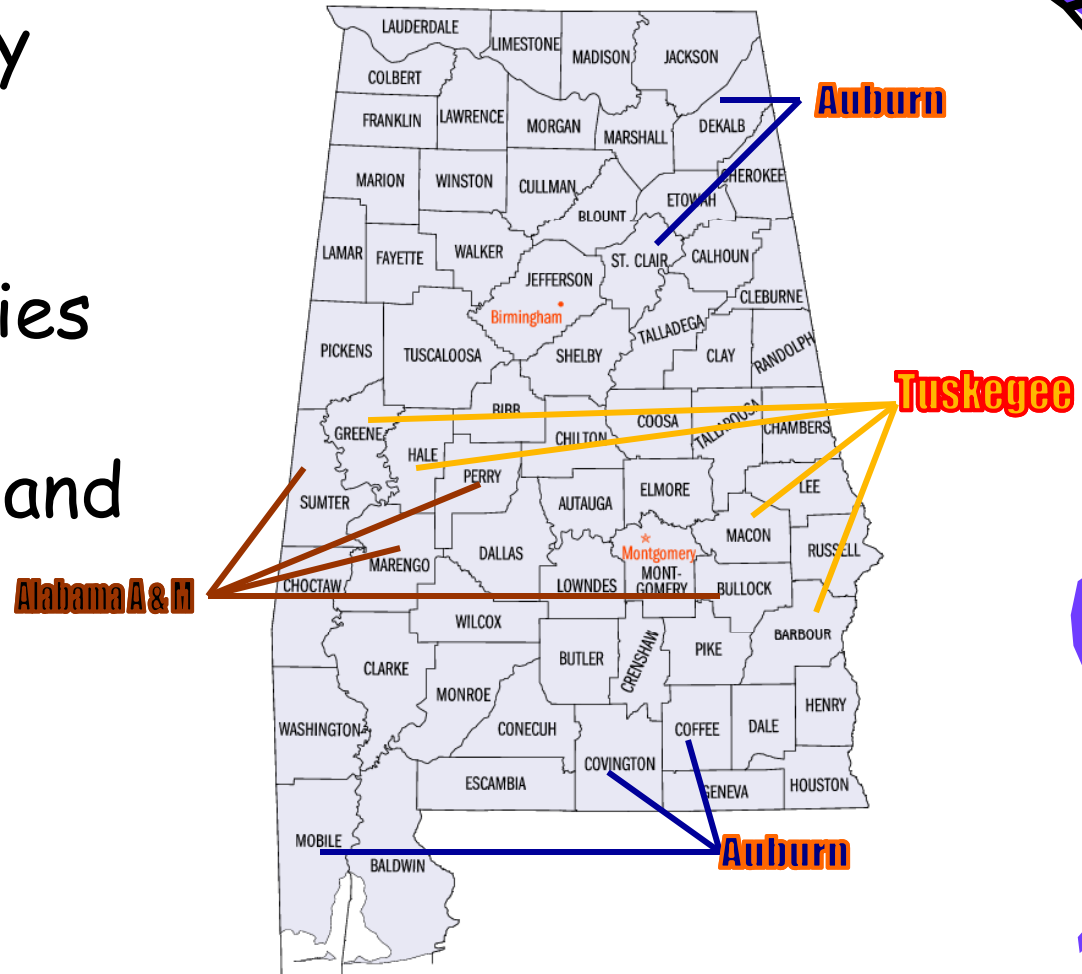
Background Cont.

- ❖ Parents and Head Start Staff voluntarily participated in the study.
- ❖ Questionnaires took approximately 15 minutes to complete.
- ❖ Auburn focused its portion of the study on head start centers with a Hispanic or Latino population.



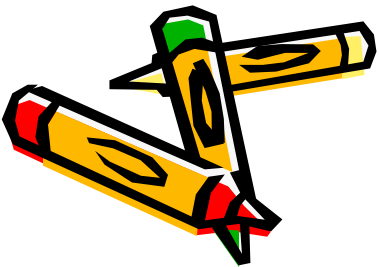
Background

- Each University collected information in selected counties in Alabama between 2006 and 2008.



Parental Attitudes & Childhood Obesity (PACO)

- A combined 532 PACO Questionnaires were collected by the 3 Universities during the study period.
- 185 were collected in 5 counties by Auburn
 - Dekalb (2007) 5 school year - majority Latino
 - St. Clair (2007) 1 migrant serving - all Hispanic
 - Coffee (2008) 1 school year - ~1/4 Hispanic
 - Covington (2008) - no Hispanic
 - Mobile (2008) - 1 migrant serving - all Latino

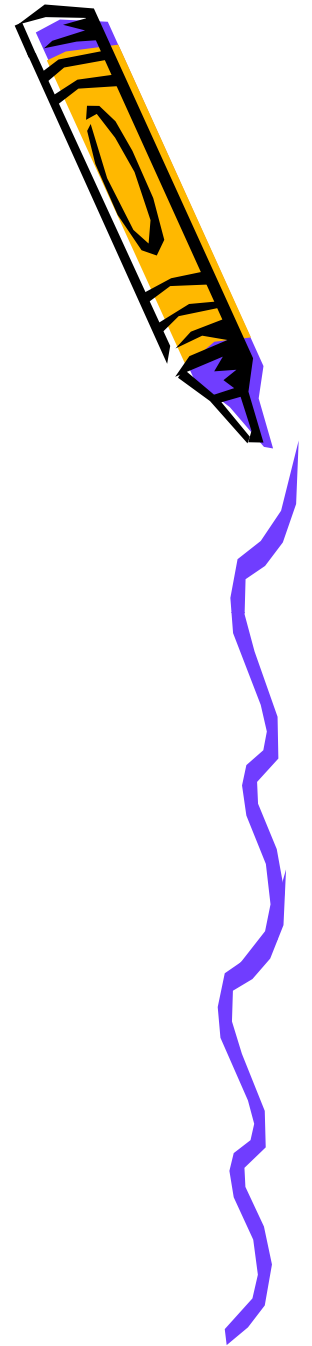
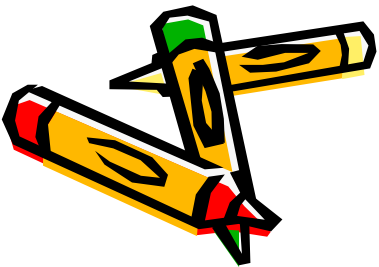


Why It Matters

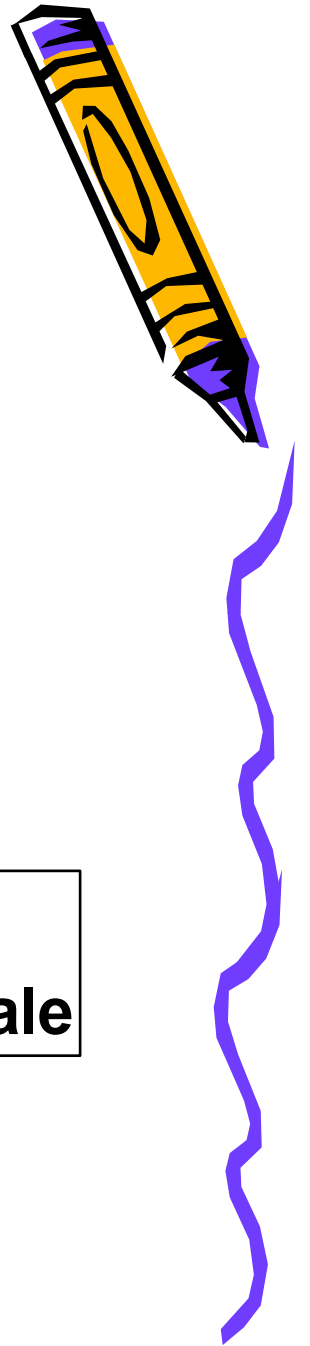
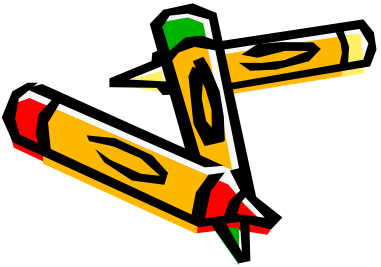
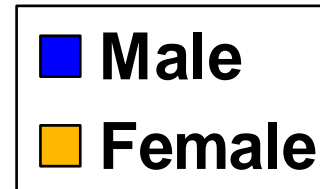
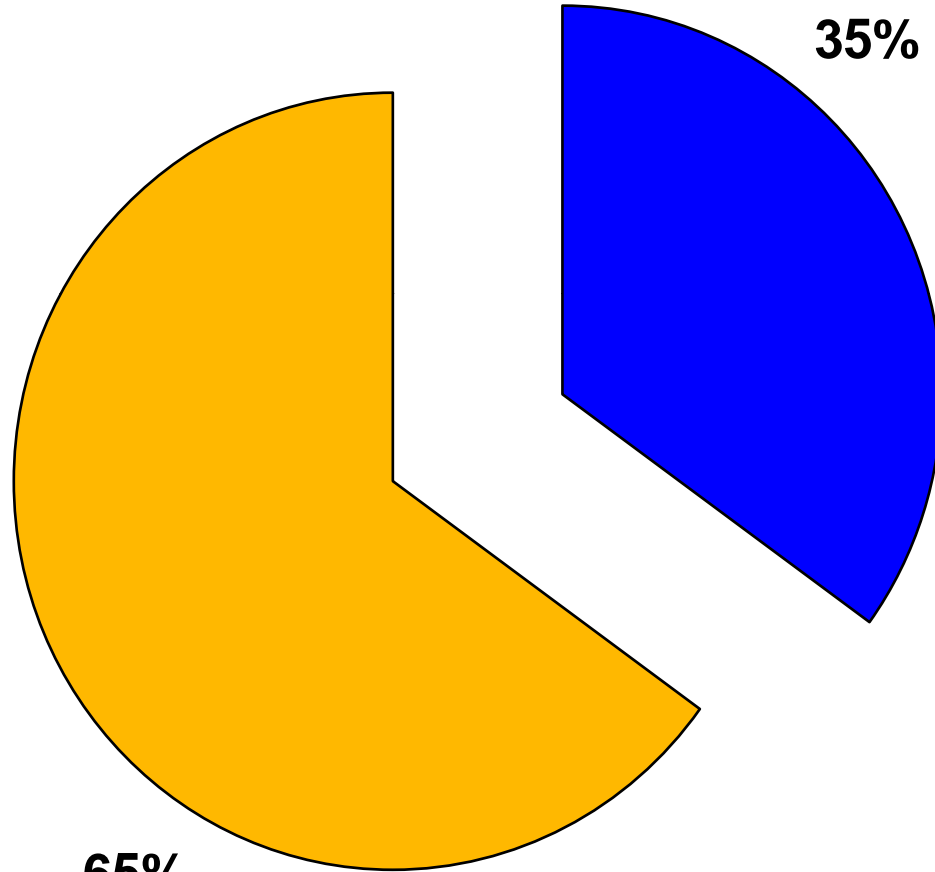


Demographics

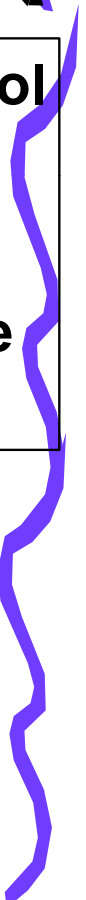
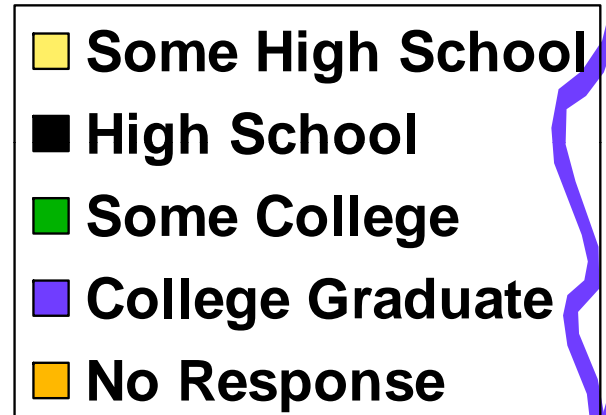
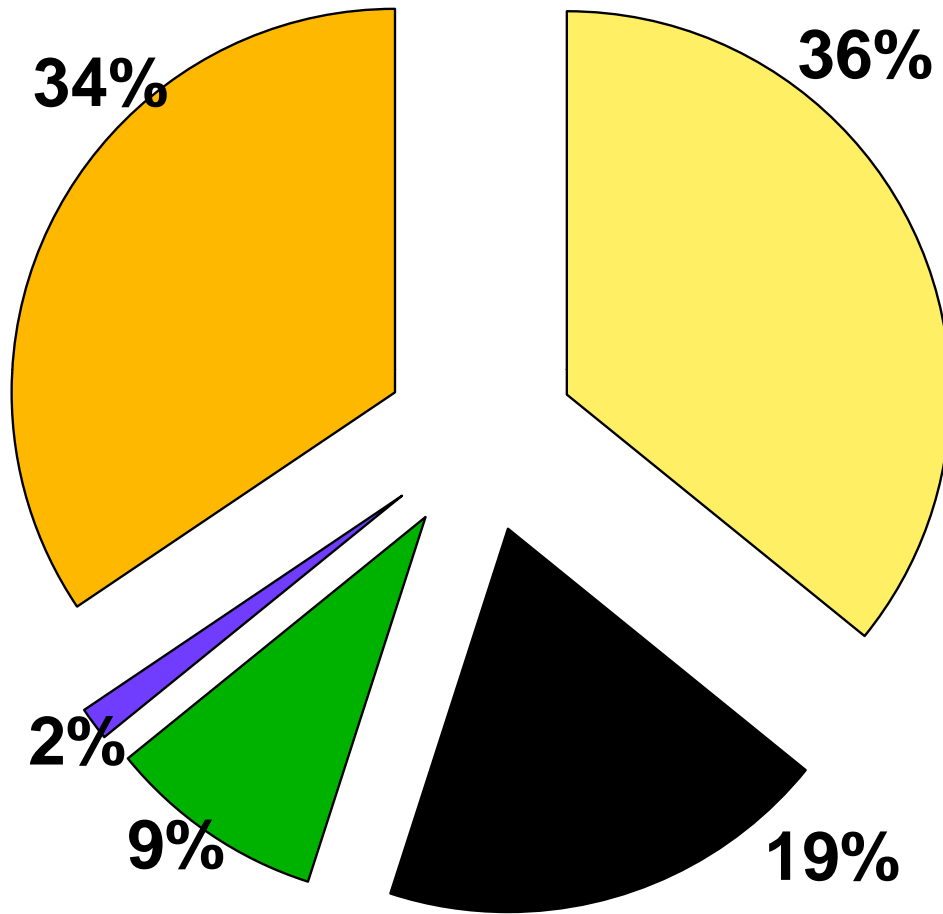
- 131 (of 185) respondents were identified as Hispanic or Latino.
- Respondents were identified by:
 - Completing a Spanish version of the survey or
 - Checking Hispanic or Latino on an English version of the survey



Gender

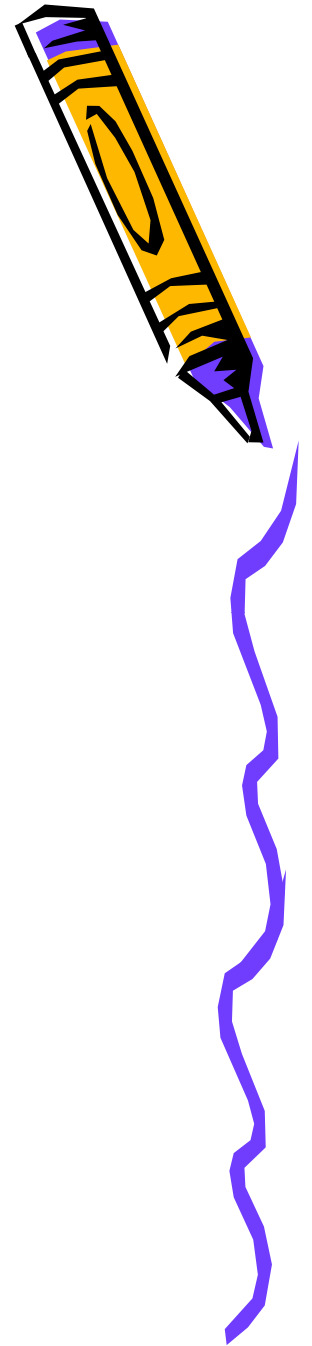


Education

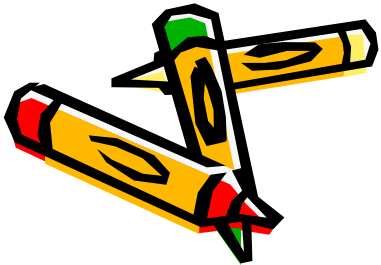
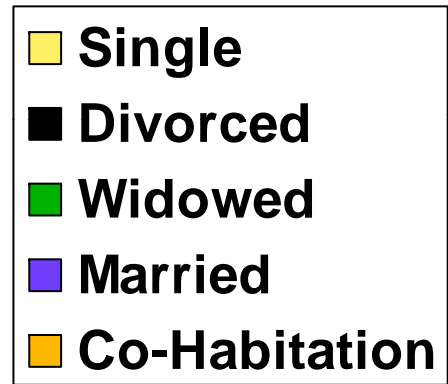
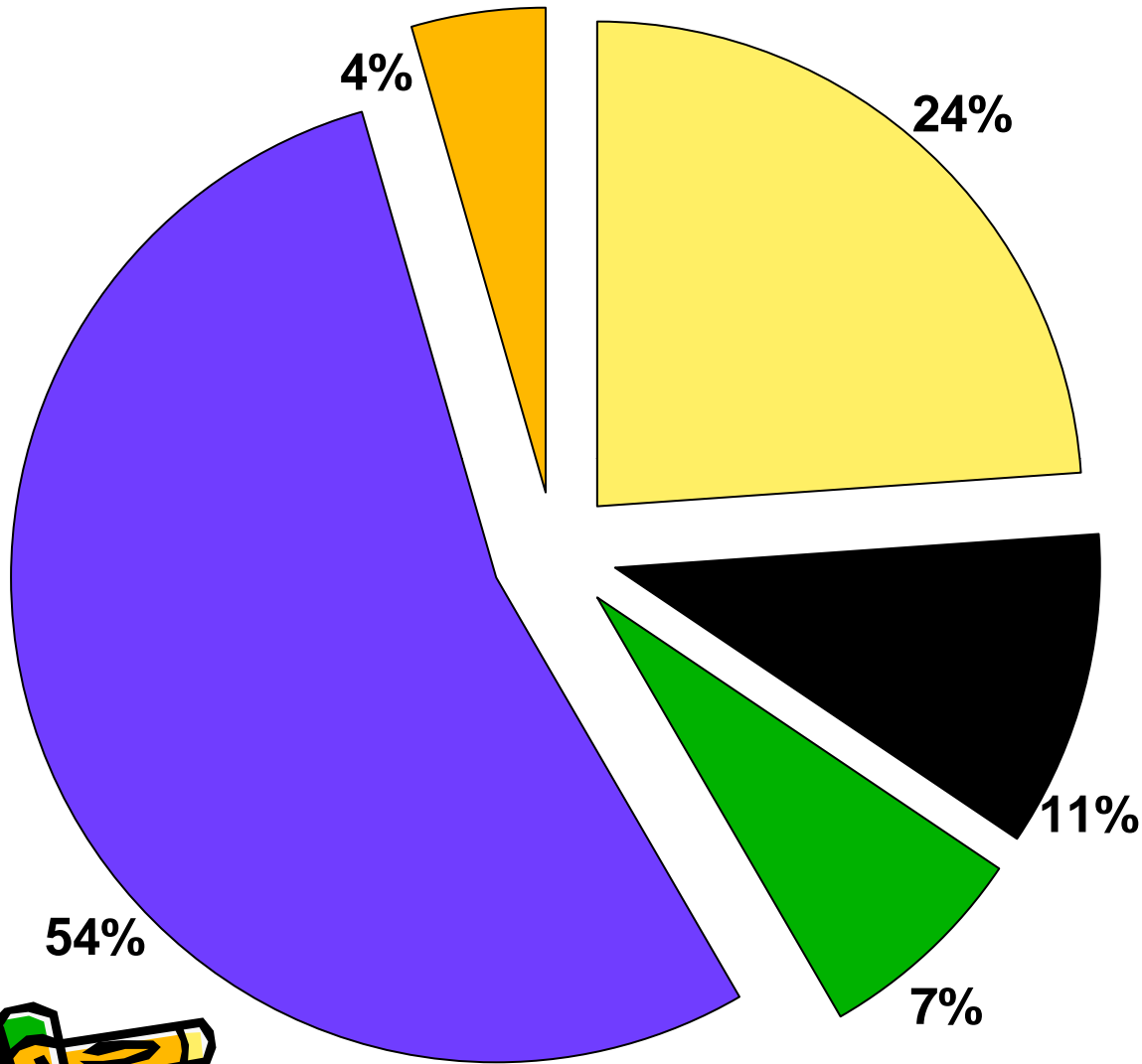


Demographic (cont.)

- Race/Ethnicity
 - 1% Black
 - 1% Asian
 - 3% White
 - 5% Latino
 - 6% Other
 - 9% No Response
 - 75% Hispanic

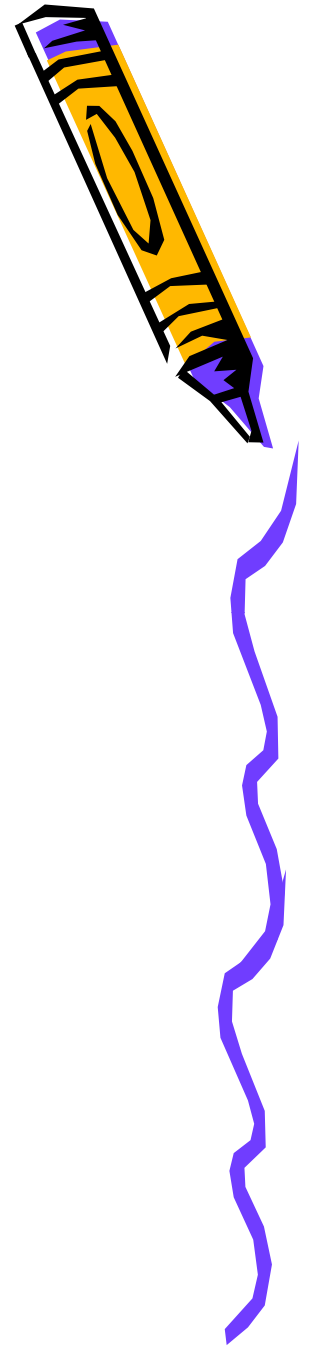


Marital Status



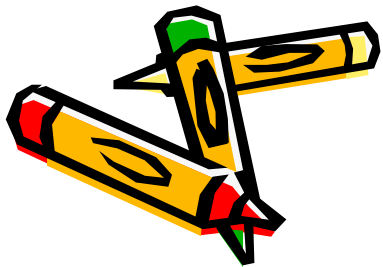
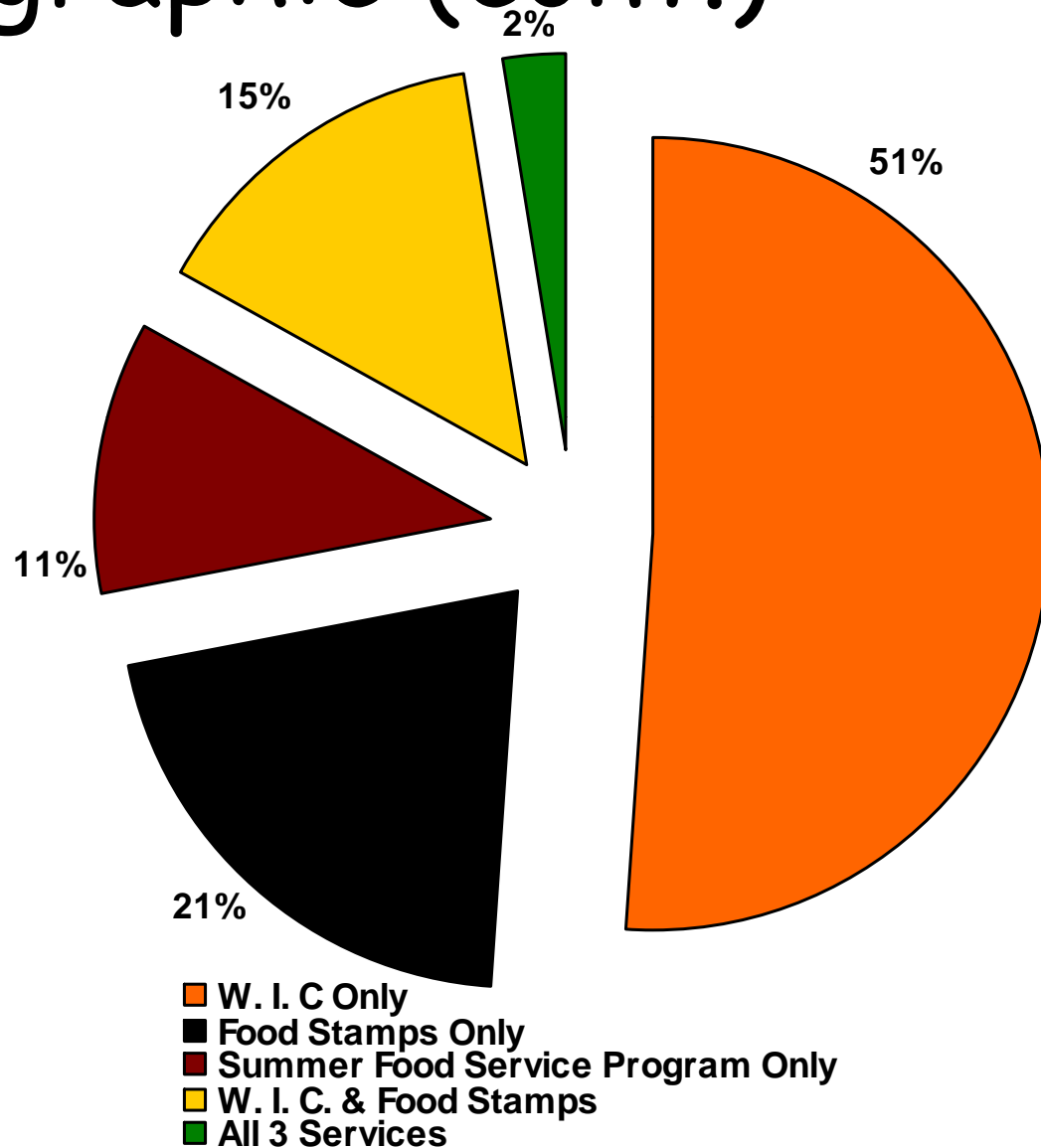
Demographics (cont.)

- Average household size: 4.2
- Average number of children: 2.2
- Average children under 5: 1.3



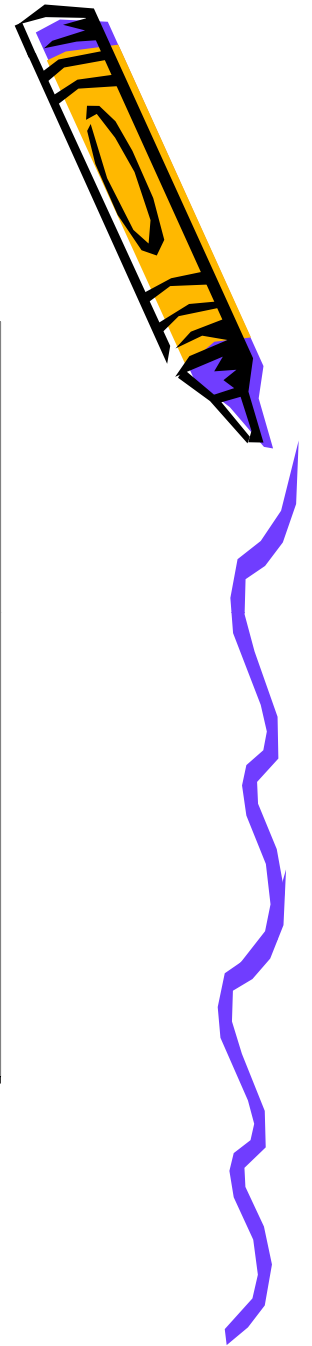
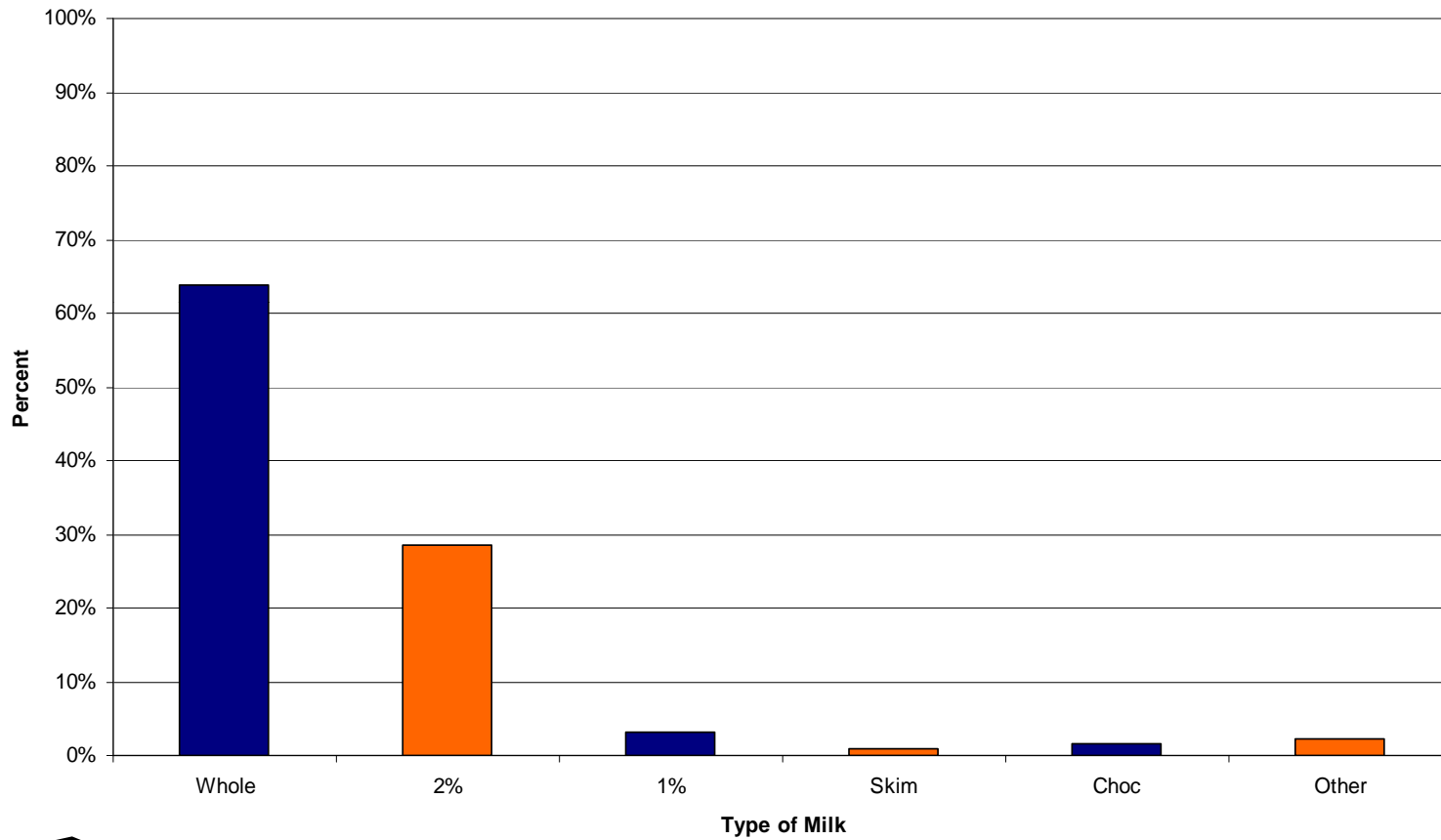
Demographic (cont.)

- 62.6% of Respondents received food assistance:
- Of those who received assistance:



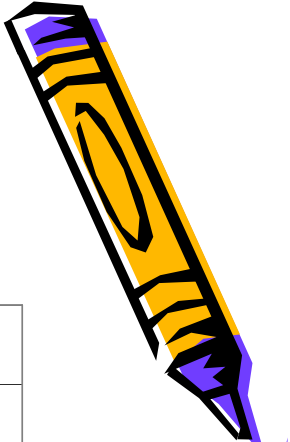
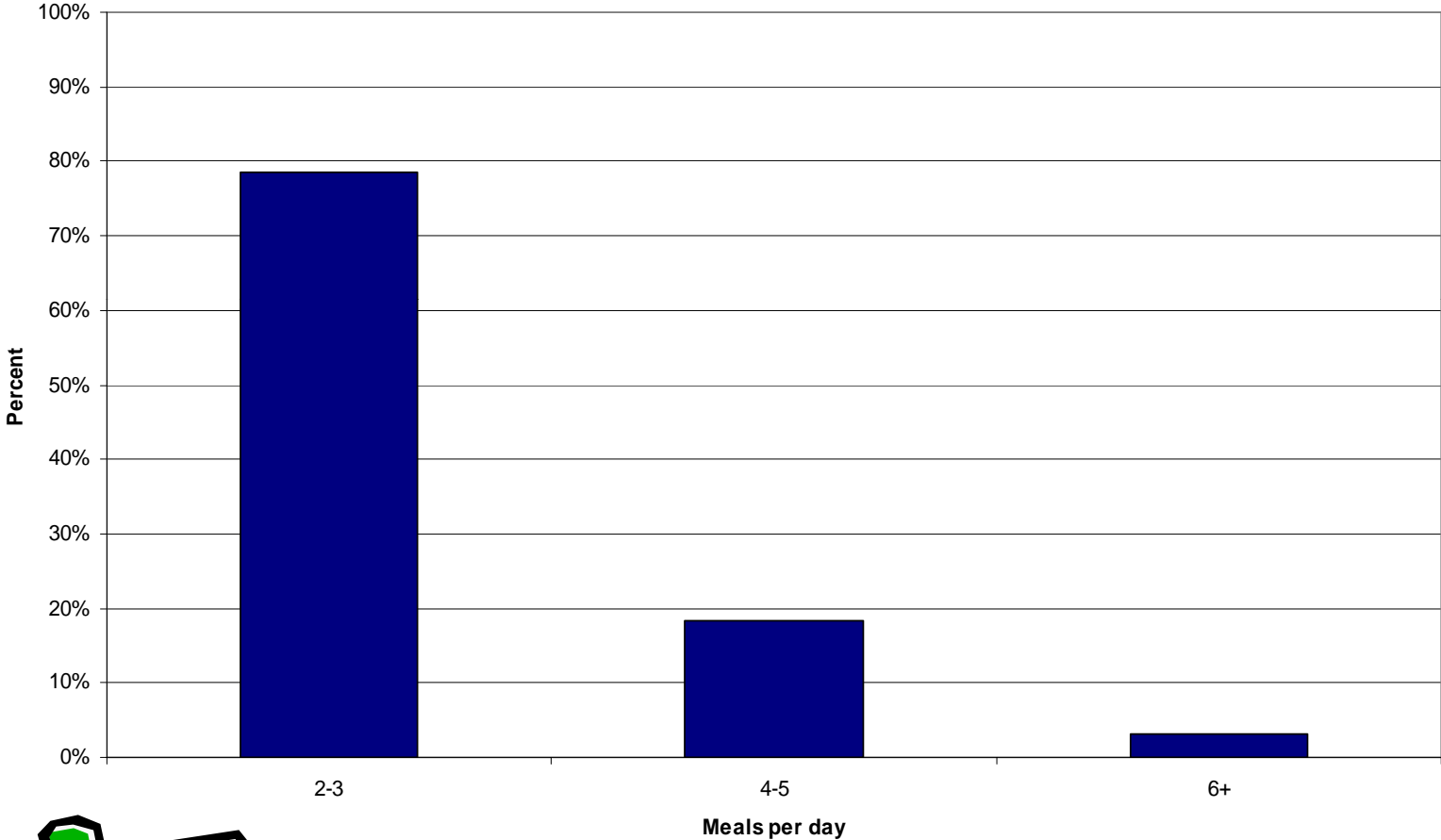
What kind of milk does your child drink?

n=130



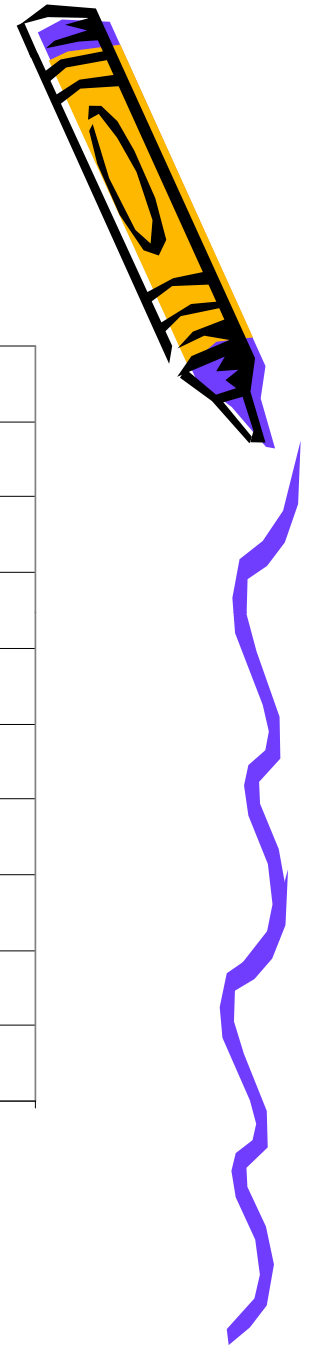
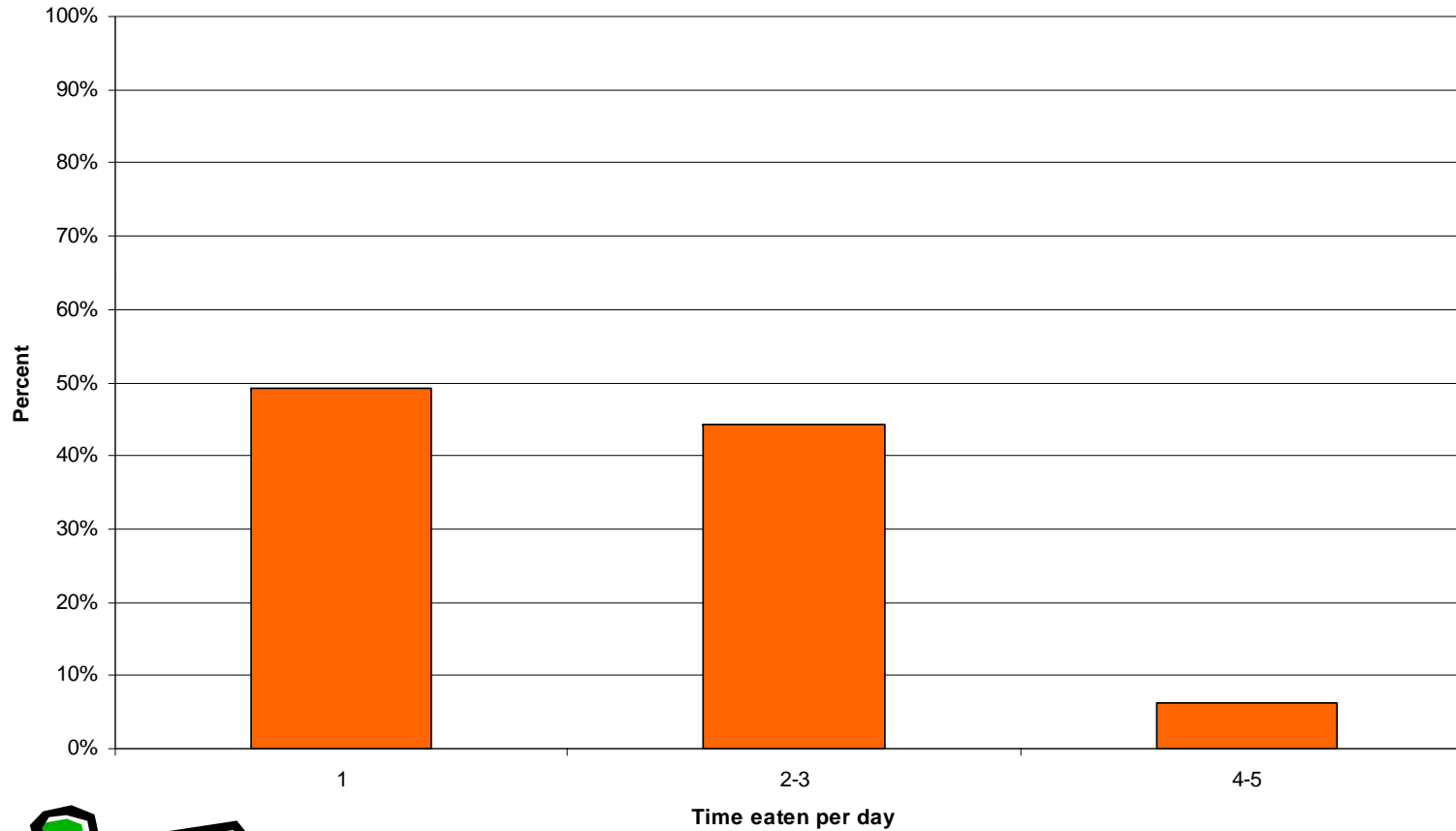
How many meals do you feed your child daily?

n=131



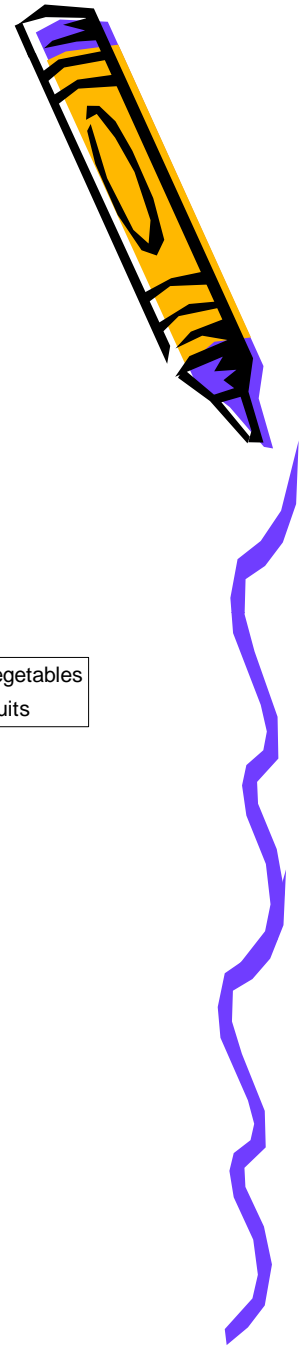
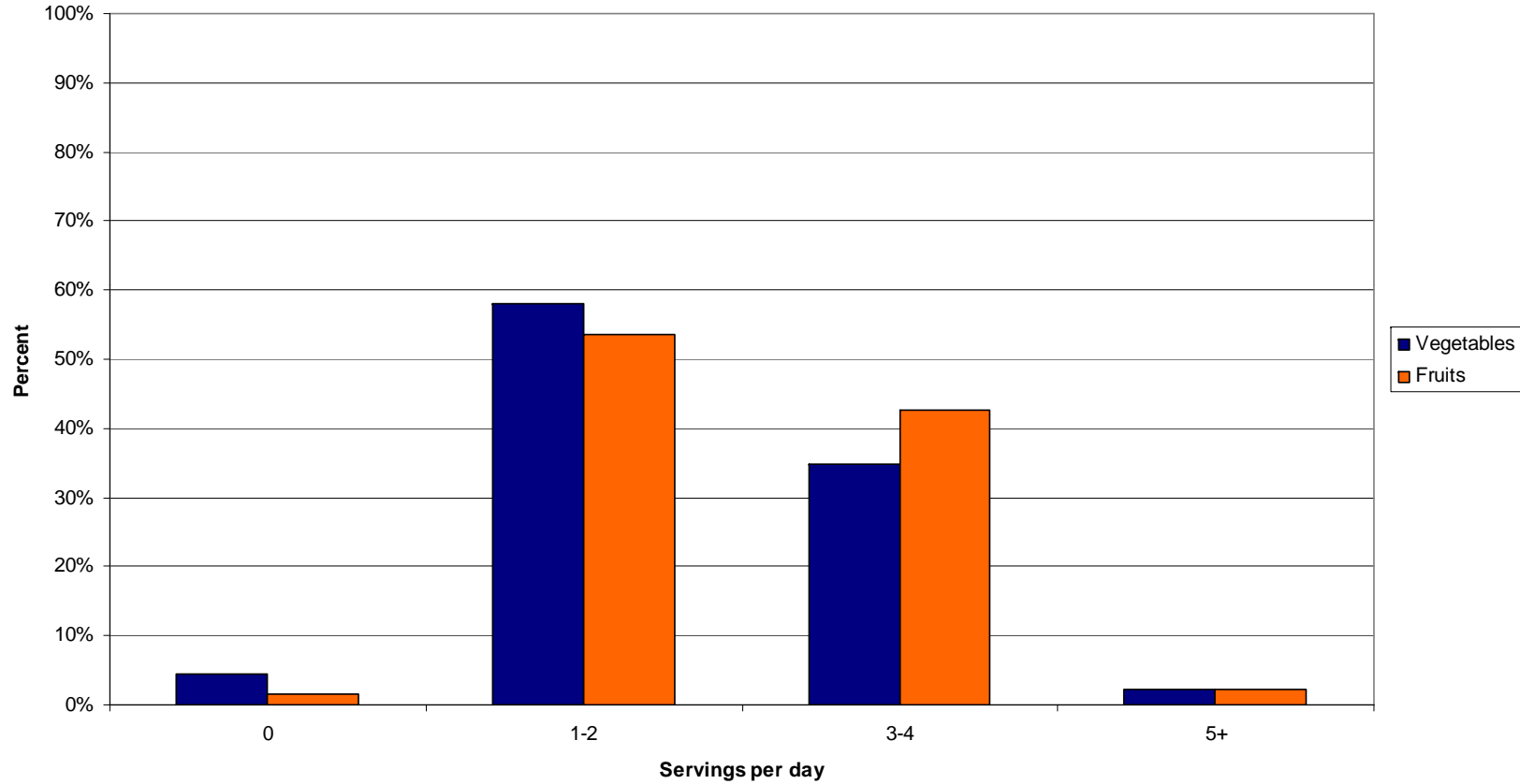
How many times does your child eat junk food daily?

n=126



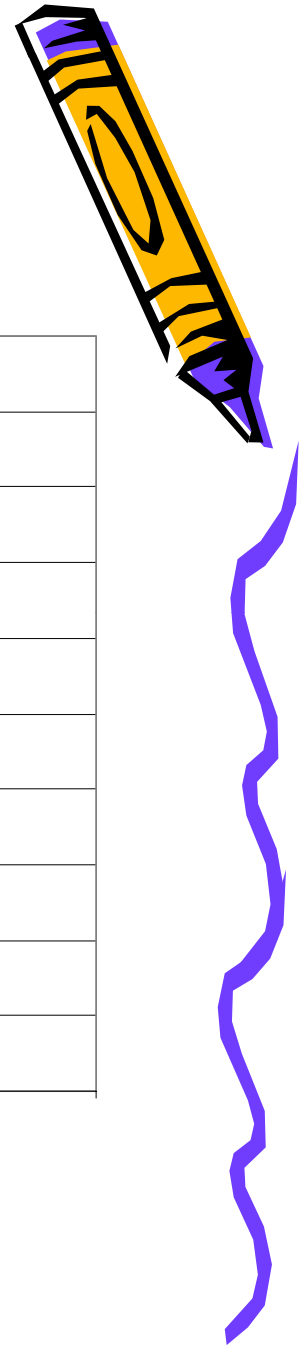
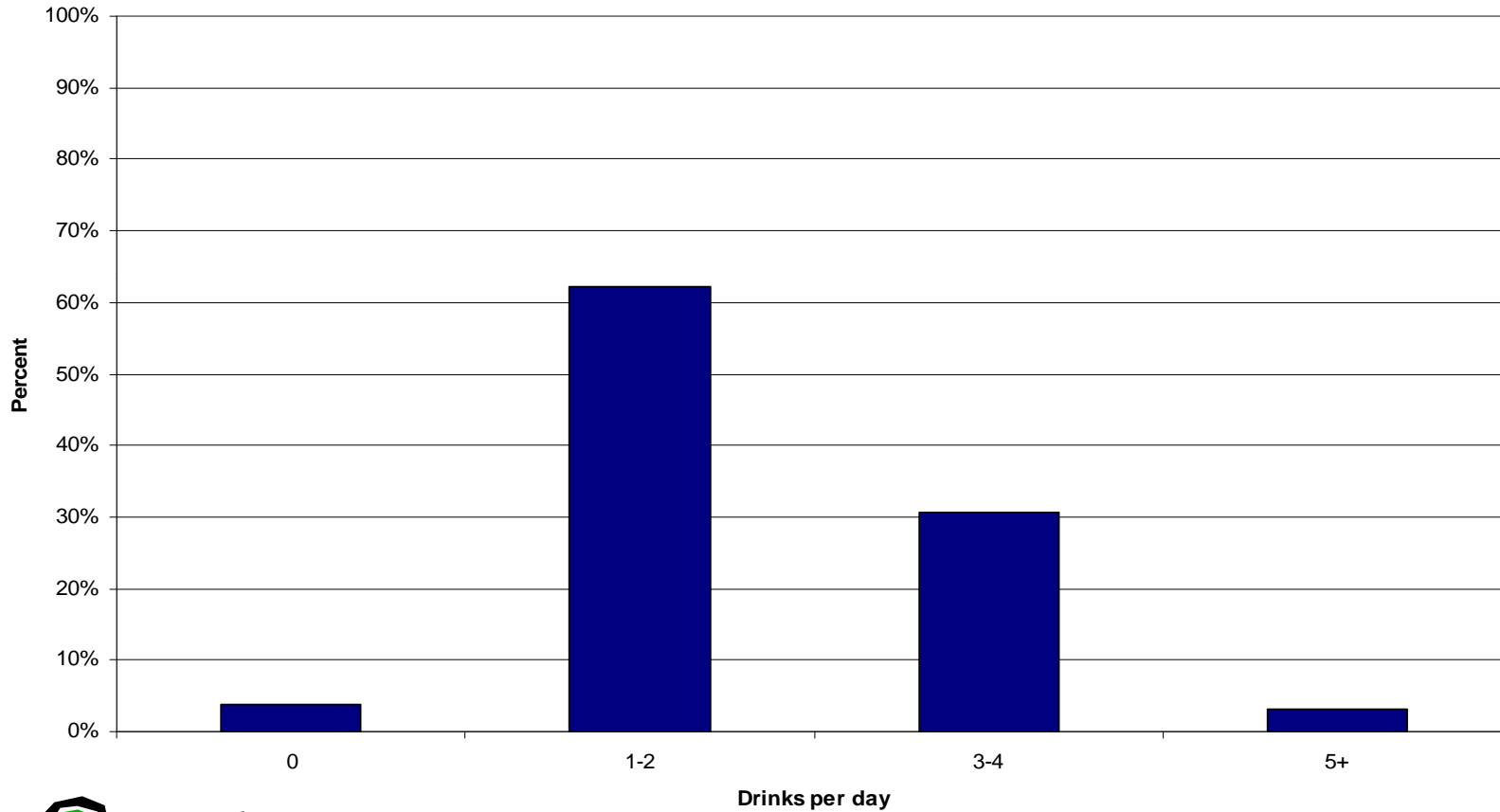
How many servings of vegetables and fruits does your child eat daily?

n=129



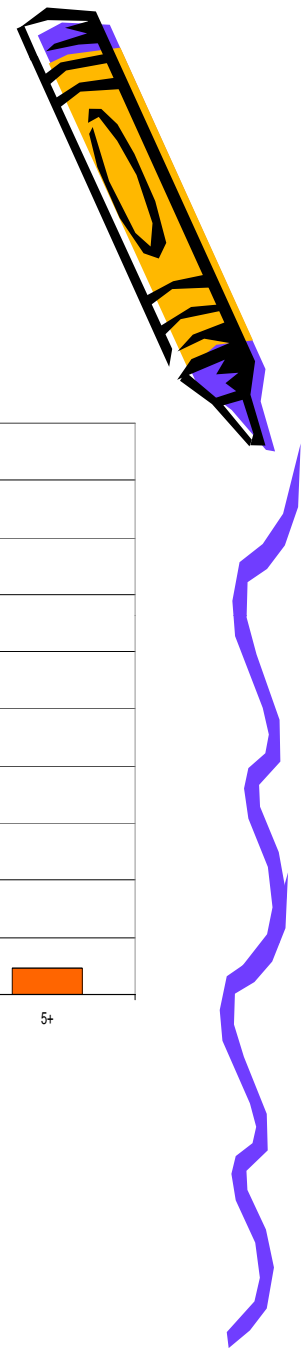
How many glasses of juice, coke, or soda does your child drink daily?

n=127

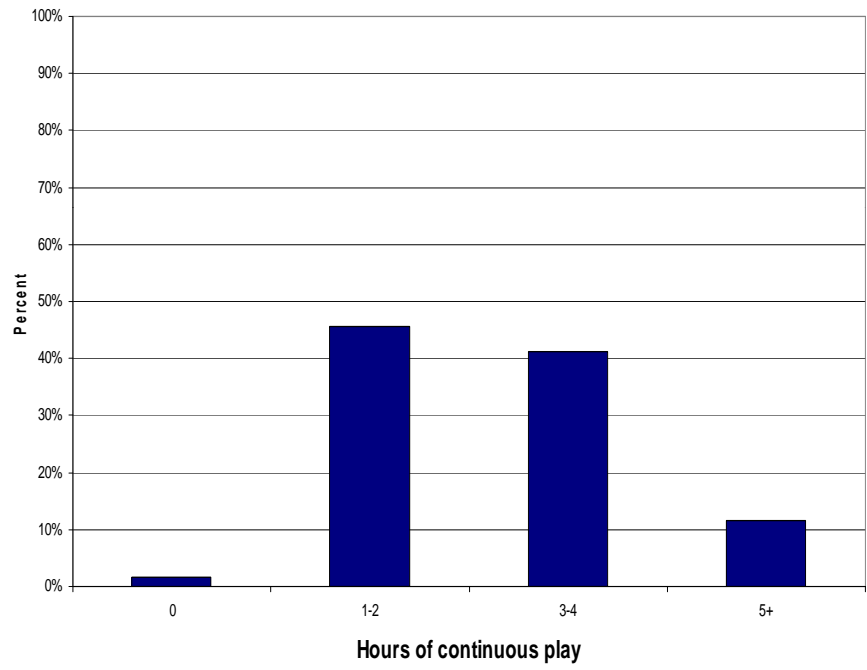


How many hours of continuous play does your child perform daily?

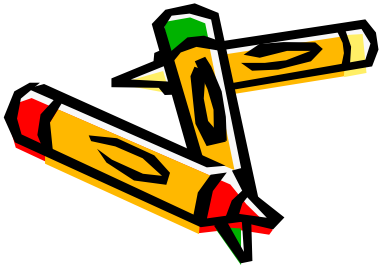
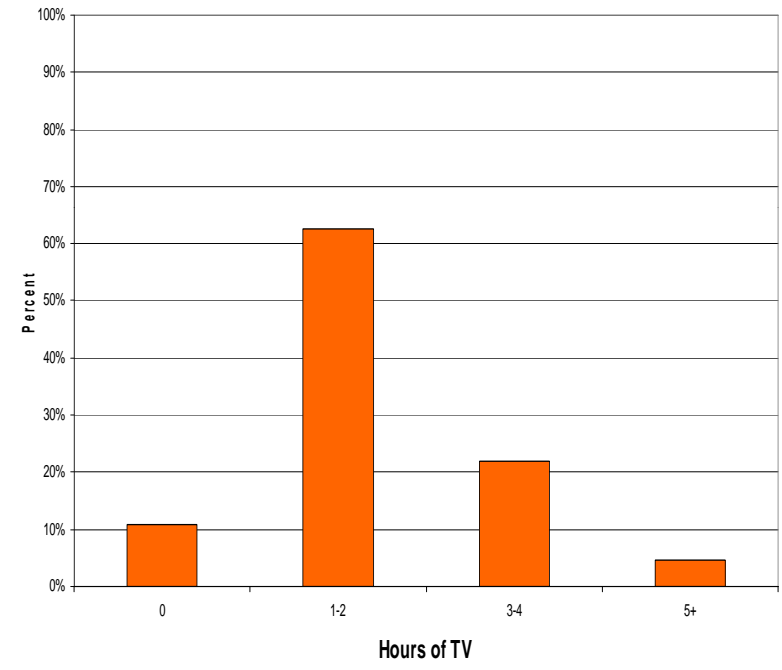
How many hours of TV does your child watch daily?



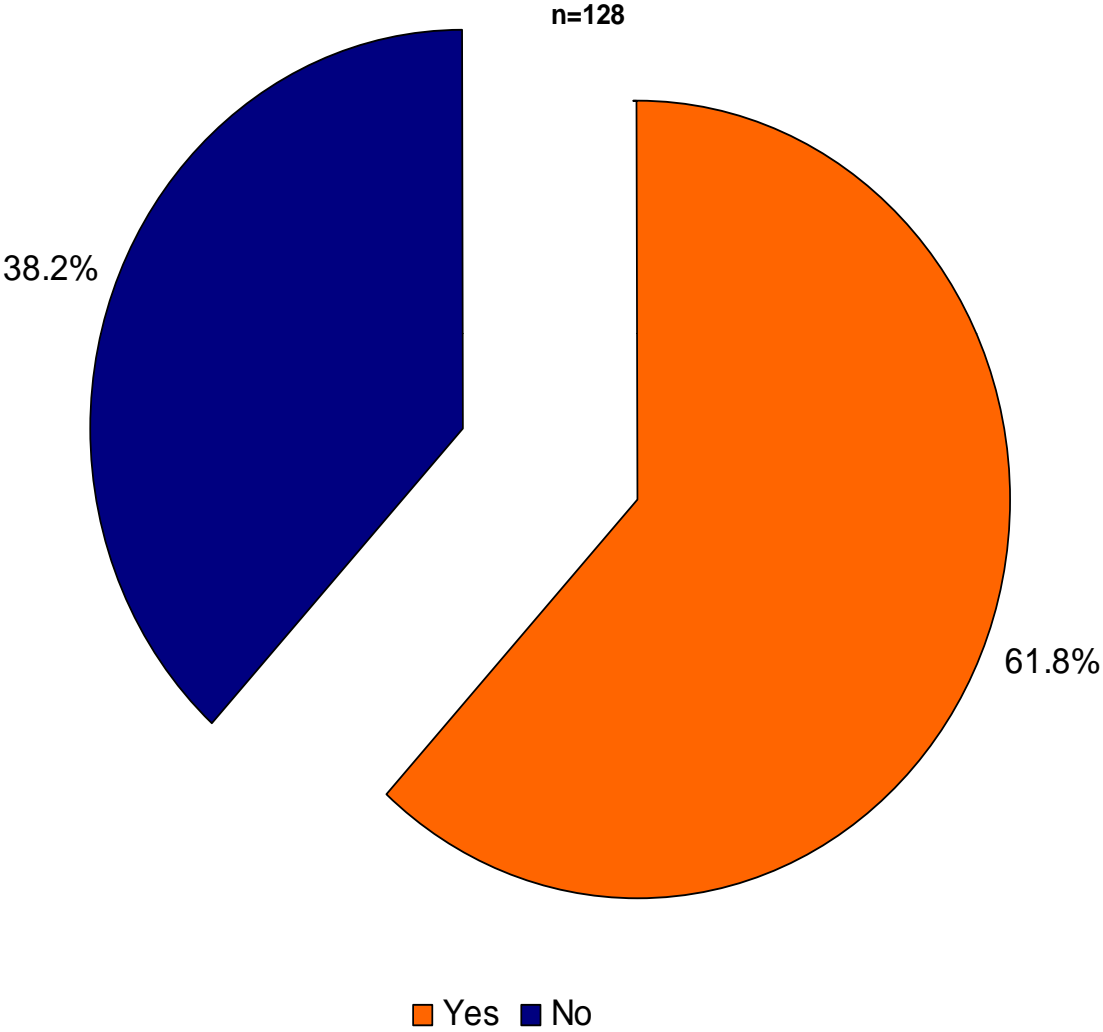
n=129



n=125

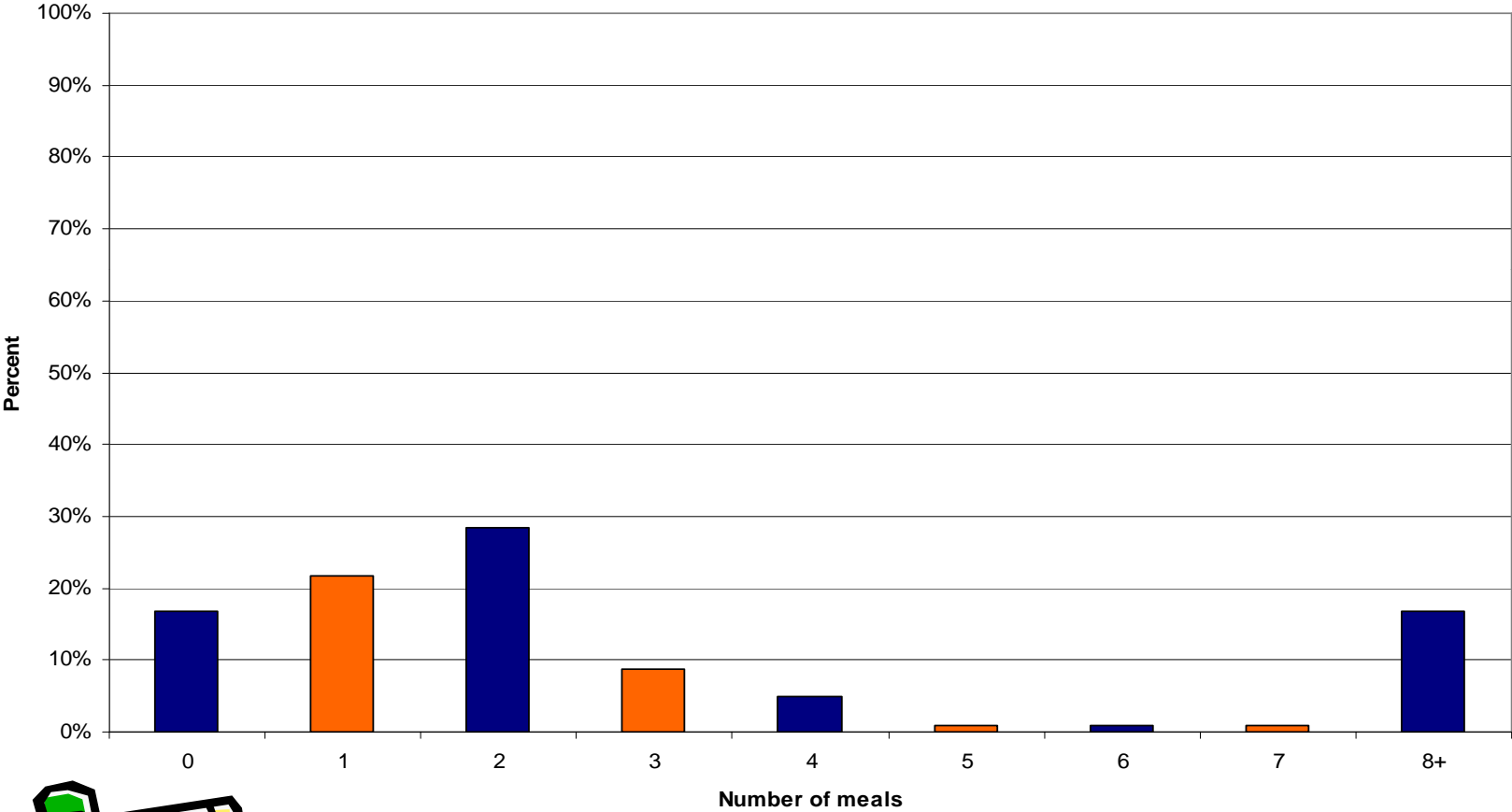
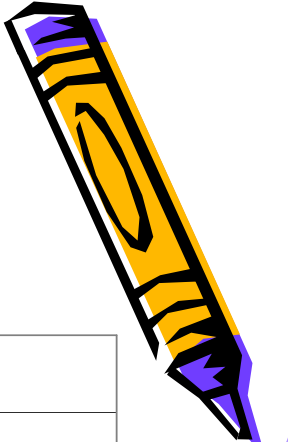


Does your grandmother, mother, or another family member care for or feed your child regularly?



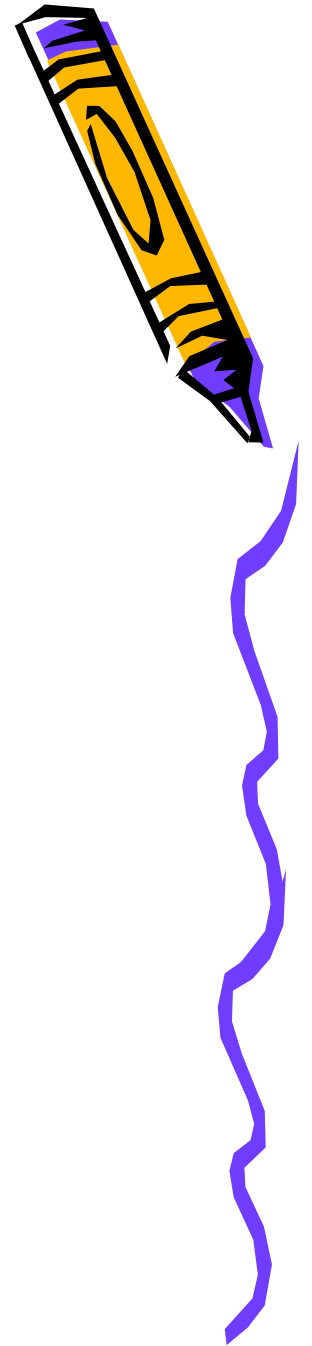
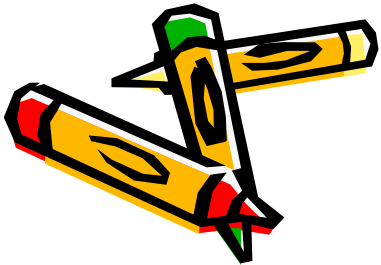
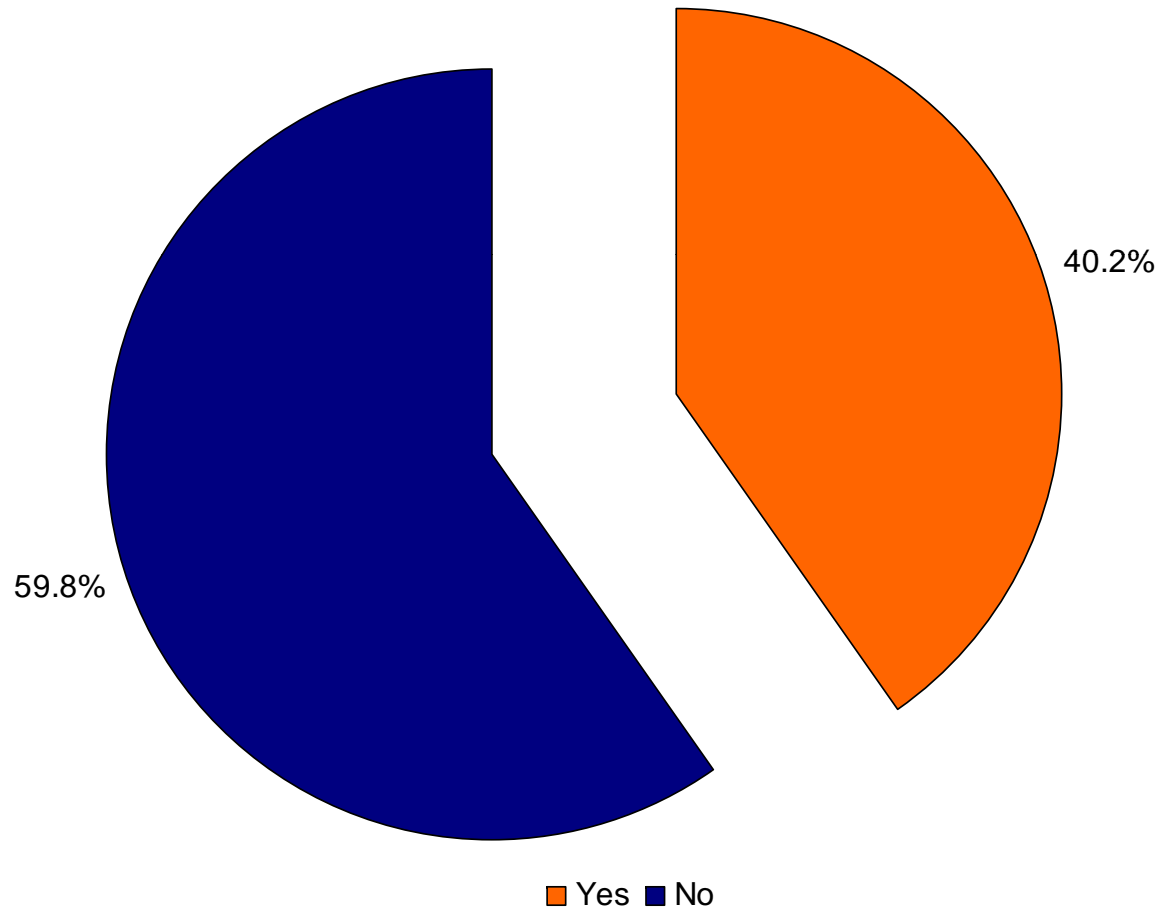
During the past week, how many meals did your child eat that were not prepared in your home (i.e. restaurants, carry outs)?

n=102

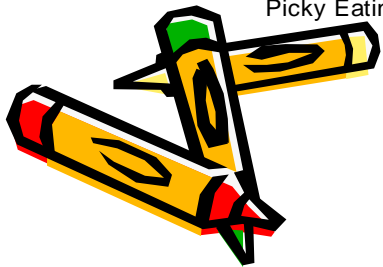
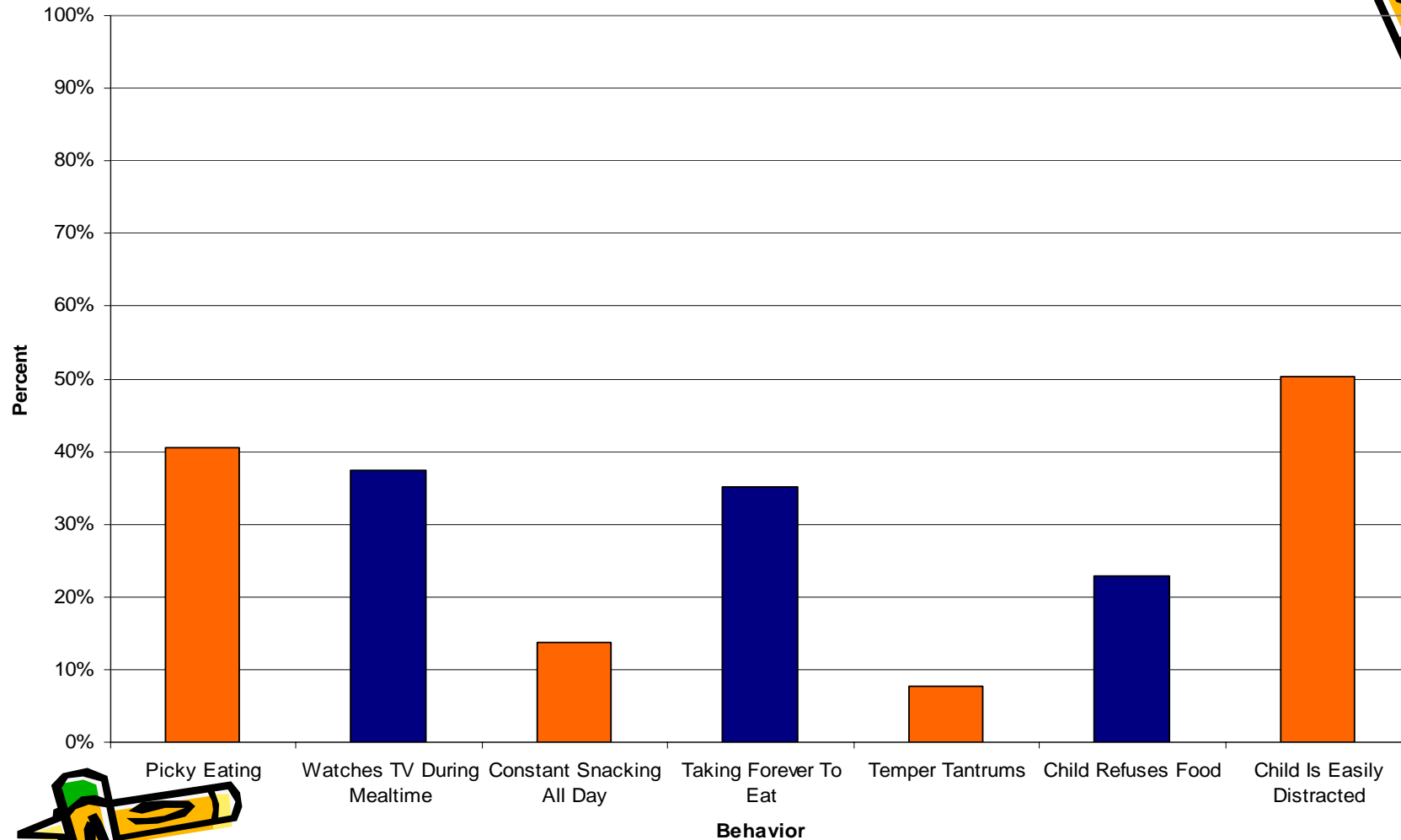
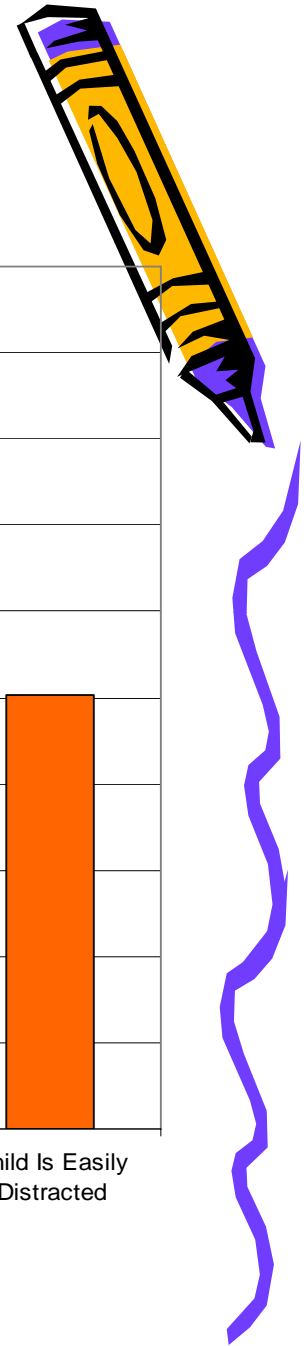


Does your child help to select and prepare foods for meals?

n=127



What are some of the mealtime behaviors that you see in your children?

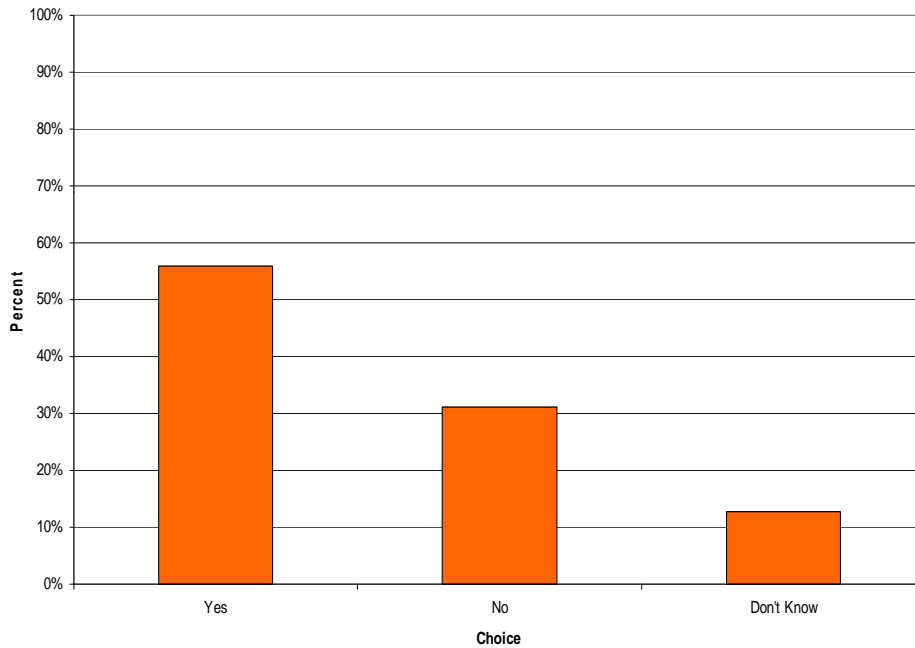


Respondents could answer more than one response.

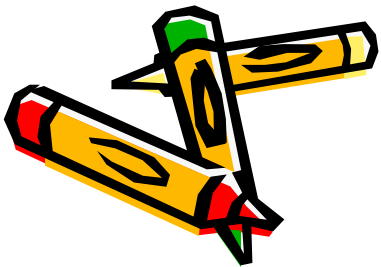
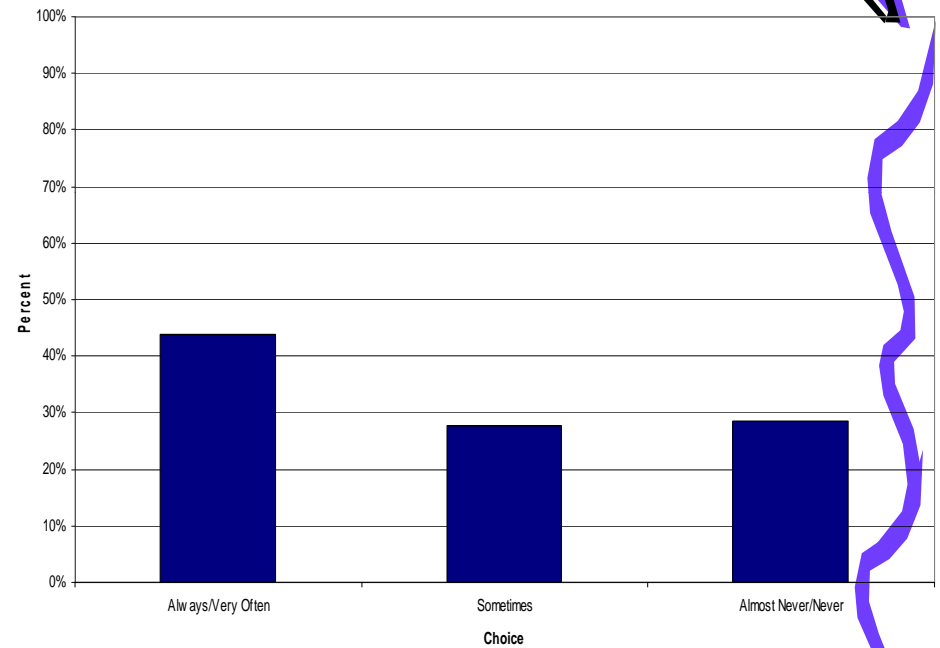
Have you heard of any health problems caused by children being overweight?
When parents talk about the size or weight of their children, is "bigger" better?



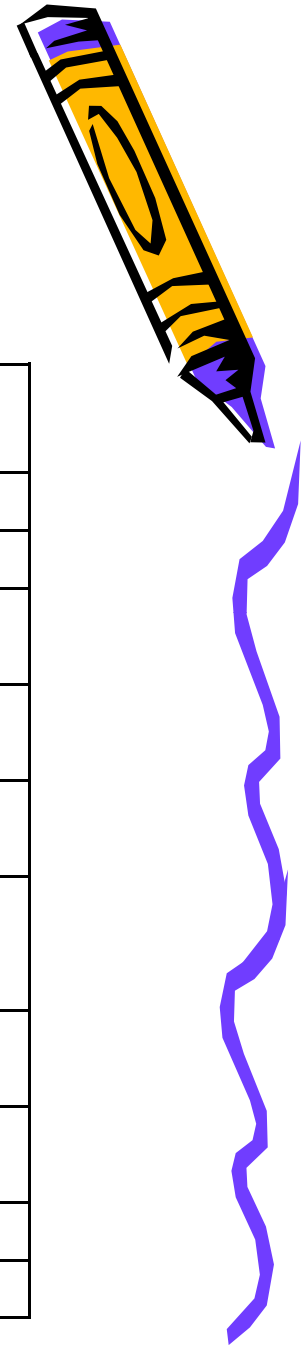
Health Problems



Is "bigger" better



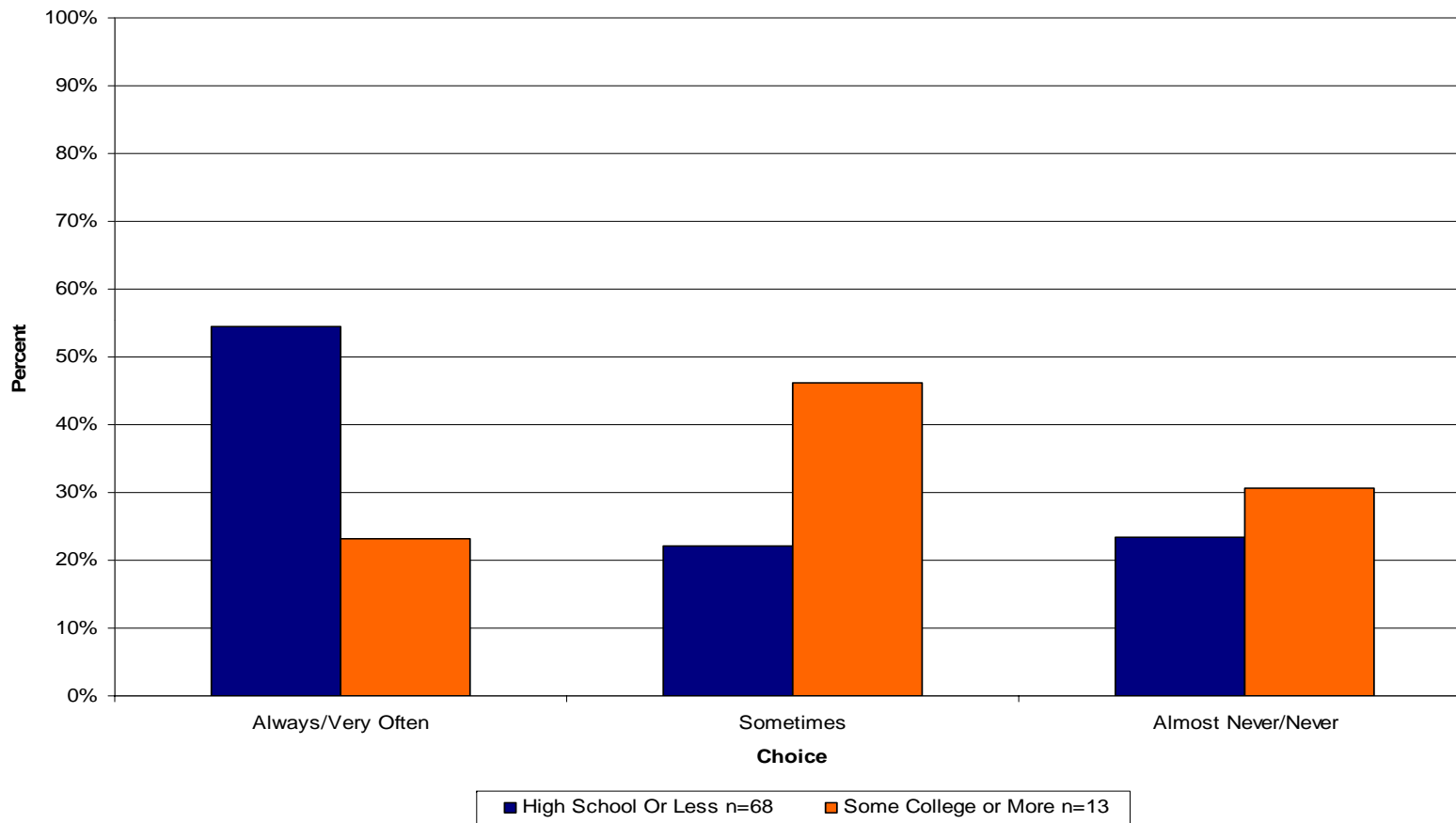
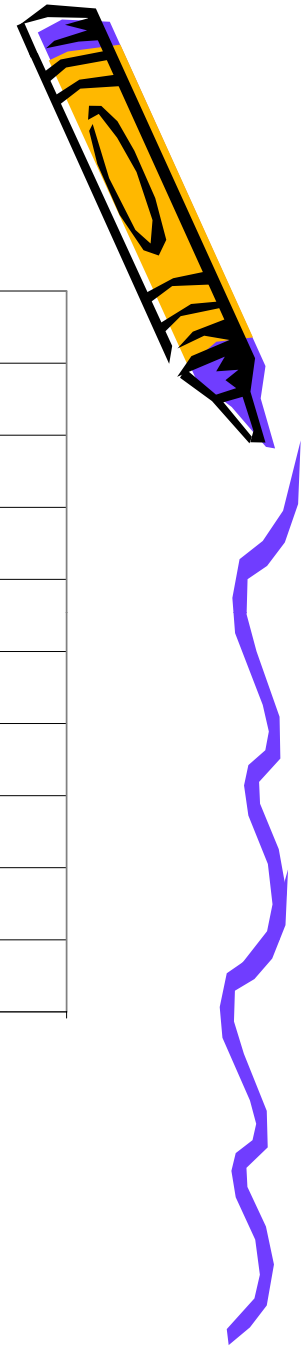
How much do you think the following factors contribute to a child becoming overweight in this population?



	Strongly Disagree/ Disagree %	Undecided %	Strongly Agree/ Agree %
Family Traits	28.2	41.0	30.8
Low Income	44.8	27.6	27.6
Fast Foods/ Junk Foods	14.5	17.9	67.6
“Late” weaning from the bottle	31.3	36.4	32.2
Parents adding cereal to the bottle	30.4	34.8	34.8
Feeding on a schedule instead of just when hungry	23.7	32.2	44.0
Bottle feeding rather than breast feeding	47.3	23.7	29.0
Lack of physical activity	10.4	16.4	73.2
Eating too much	13.0	12.2	74.8
Nowhere safe to play	19.7	20.5	59.8



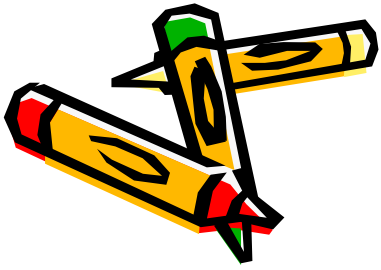
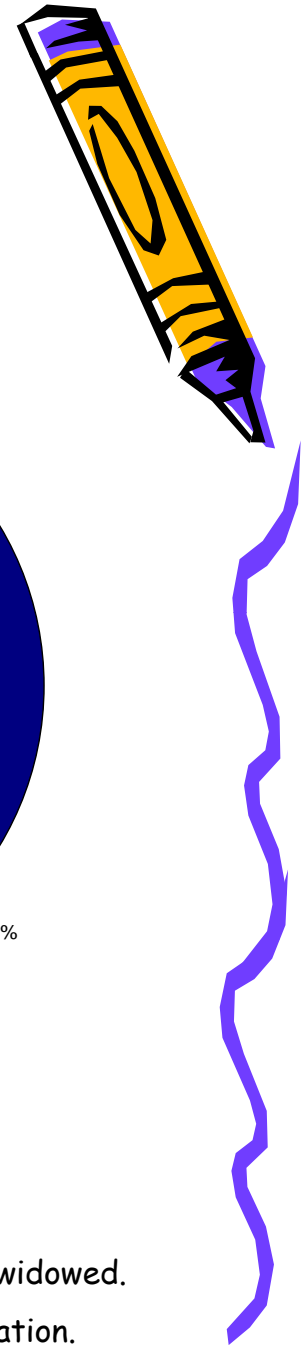
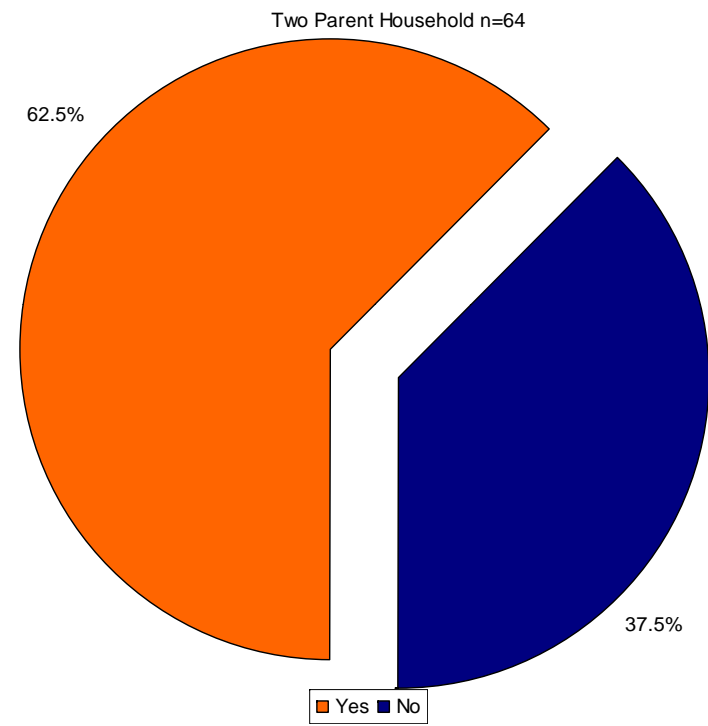
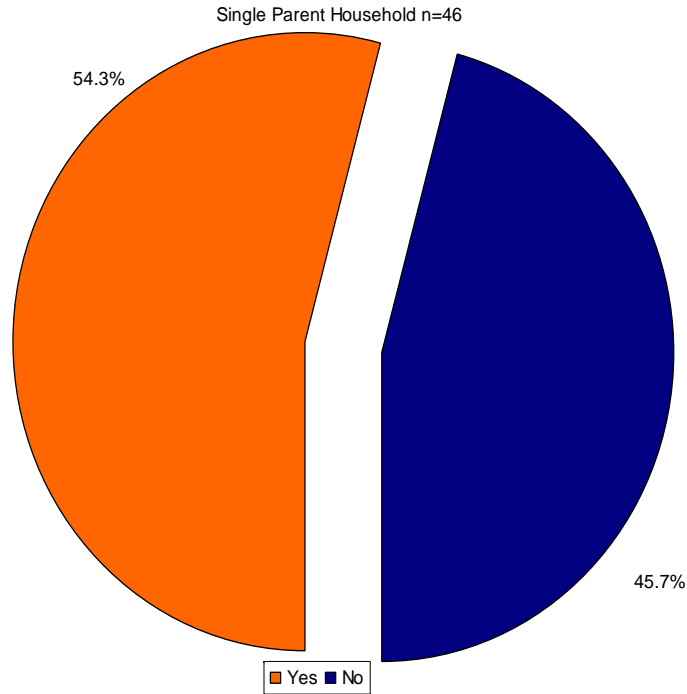
Is "bigger" better/Education



*High School is the combination of Less than High School and High School.

**College is the combination of Some College and College Graduate

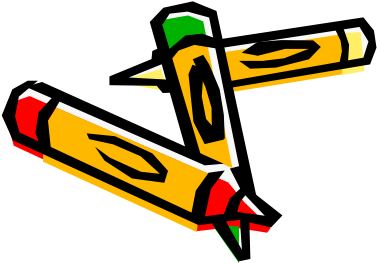
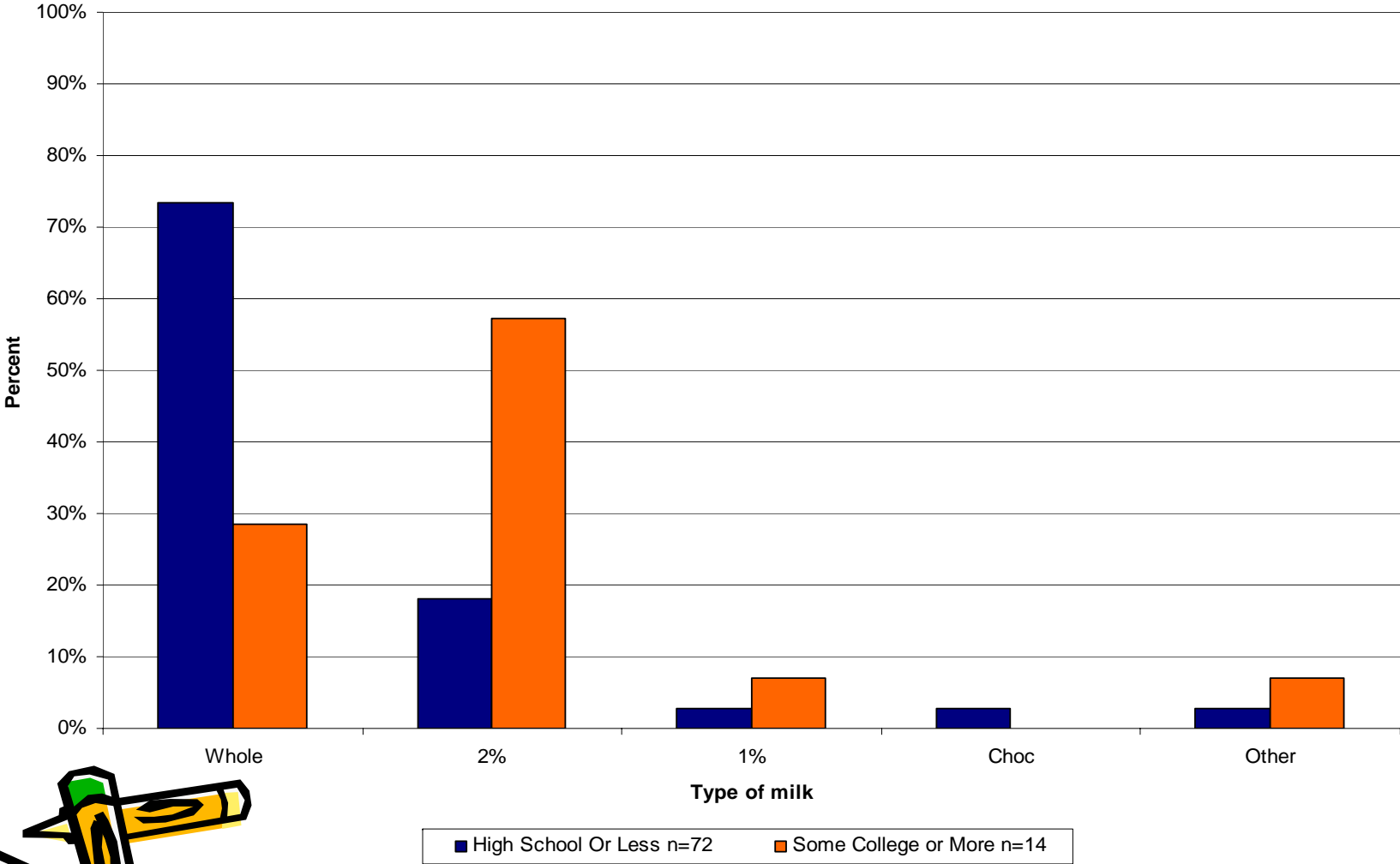
Do others prepare meals for child/household



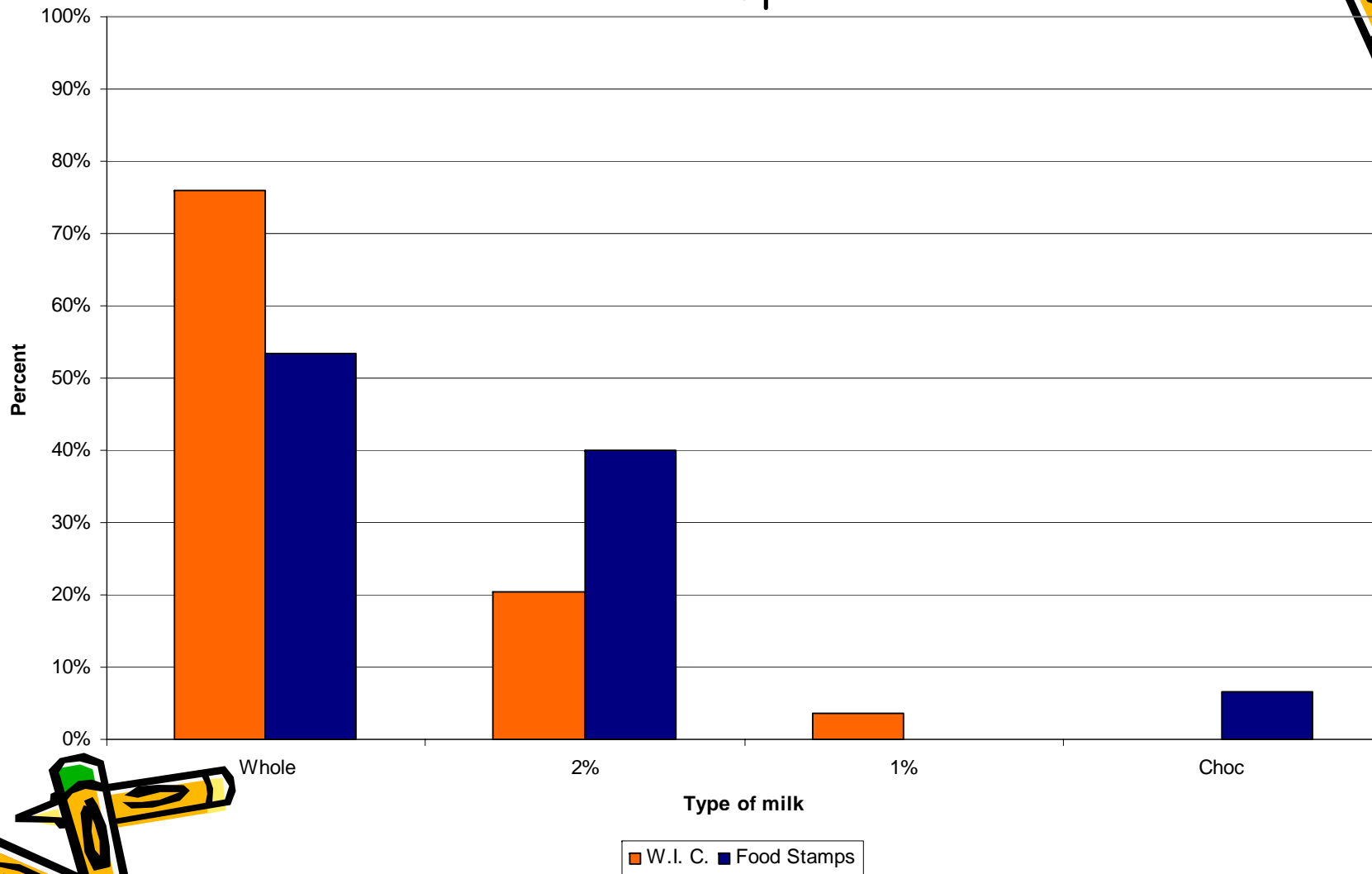
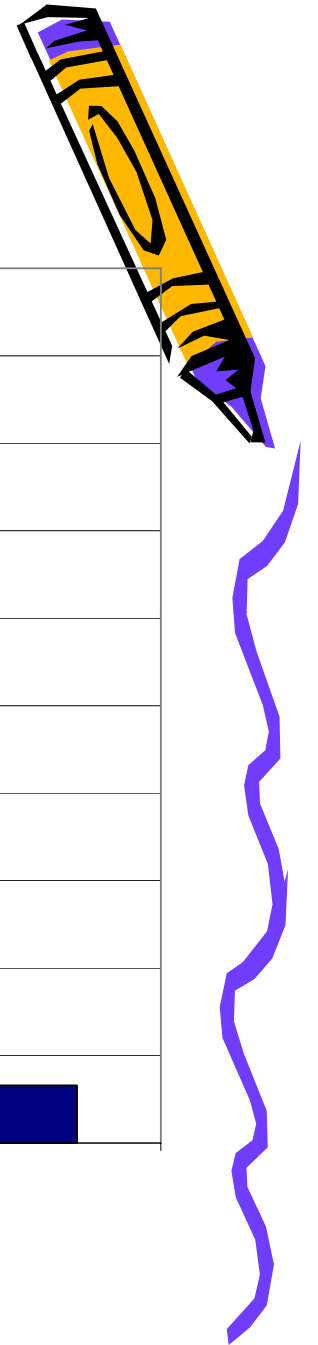
@Single Parent Households are households that responded single, divorced, or widowed.

@@Two Parent Households are households that responded married or co-habitation.

Type of milk purchased/Education



Type of milk purchased/Type of assistance vs. W. I. C. vs. Food Stamps



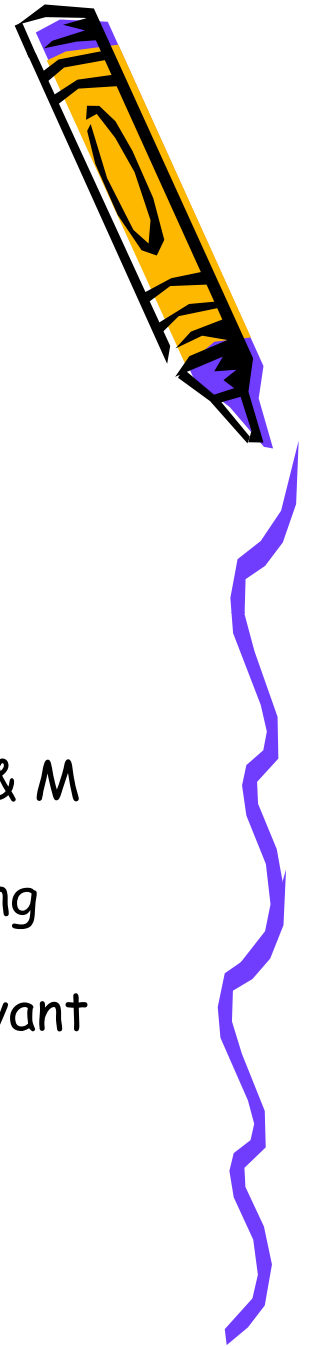
Implications

- More discernment about what might be culturally specific (bigger better)
- Need to look at migrant vs. settled
- Are data of 'newer' Latinos different than more settled communities who participated in other studies?
- Key messages about missing knowledge and about knowledge (infant feeding) that requires behavioral change support (e.g. phys. Activity, junk)



Future work to be completed

- Complete CACO analysis.
- Complete Food Behavior analysis.
- Report BMI information.
- Internal grouping/relationships, e.g. by demographics, marital status, health beliefs
- Compare PACO to CACO analysis.
- Compare Auburn's results to Tuskegee and Alabama A & M results.
- Prepare/present report for stakeholders, etc - including respondents and Center staff
- Develop and deliver more targetted and culturally relevant programs



Questions and answers

