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

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Session Title:
Global Research and International Collaborations in the Pacific Rim
Slot:
D 10: Friday, 28 July 2017: 10:45 AM-12:00 PM
Scheduled Time:
11:05 AM

Keywords:
child's health behavior, maternal health behavior and maternal self-confidence

References:


Abstract Summary:
Childhood obesity is one of the most serious global public health challenges. The increased prevalence of childhood obesity is 30% higher in low and middle-income countries including China. This presentation will identify maternal factors on dietary habits and physical activity in their children, especially in Chinese preschool-aged children.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>The learner will be able to identify maternal attitude and behaviors among mothers of preschool-age children in China</td>
<td>Chinese mother's attitude and weight-related health behaviors (such as eating behaviors and physical activity) will be presented.</td>
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<td>The learner will be able to discuss maternal factors related to their children’s weight related behaviors.</td>
<td>Results of the study related to the influence of maternal factors in heir child's eating behaviors and physical activity/inactivity will be presented.</td>
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Abstract Text:

Purpose:

The increased prevalence of childhood obesity has exploded into a global epidemic and public health issue during the last two decades. China is facing childhood obesity issue as approximately 22% of Chinese children, aged two to six, are overweight or obese. Early childhood is a critical period for the development of eating patterns and activity habits that may influence weight and health outcomes in later childhood and adulthood. However, a paucity of investigators has examined the influence of maternal factors on dietary habits and physical activity in their children, especially in Chinese preschool-aged children. Thus, the aims of this study in preschool-aged children and their mothers (mother-child dyads) were to describe: (1) maternal feeding practices, self-efficacy for healthy eating and physical activity level; (2) maternal factors that are associated with their child's health behaviors.

Methods:

A cross-sectional study design was employed with mother-child dyad participants recruited from four preschools in Hunan Province in south central China. Individuals were eligible to participate in this study if they meet the following criteria: 1) Children between the ages of three and five years 2) Identified as Chinese, 3) Able to attend regular preschool activities, and 4) Moth...
understanding factors related to child’s health-behaviors in first step toward development of tailored and culturally sensitive intervention to promote healthy lifestyle and prevent obesity. Improvement of child’s health behaviors need to incorporate mothers by promoting healthy lifestyle of the mother and self-efficacy regarding providing health home environment for the child.