Latino Fathers Promoting Healthy Youth Behaviors
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Abstract
Objective – Padres Preparados, Jovenes Saludables (Padres Saludables) is a family-skills obesity prevention intervention for Latino immigrant families, especially fathers, and youth (10-14 years) to improve youth energy balance-related behaviors and parental parenting practices.

Description – An existing parenting curriculum was adapted based on focus group findings with fathers, mothers, and youth, input from a parent advisory board and discussions with community partners to focus on diet and physical activity for parents and youth. The program was pilot-tested in the spring of 2017; pre-post evaluation results suggested high relevancy and potential for effectiveness. The program was implemented at the first of 2 community sites in the fall of 2017 and spring of 2018 based on a multi-site staggered implementation schedule. Sessions include activities for families to prepare food and be physically active together, for parents to strengthen parenting practices (setting expectations, availability, modeling), and for parents and children to improve diet and physical activity outcomes. Outcome data measurement instruments were tested and revised along with a measure of implementation fidelity.

Evaluation – A randomized-controlled trial (n = 240 youth, 240 mothers, 240 fathers, half in an intervention and half in a control group) is being conducted with assessments pre and post 8-session course and at 3 months post-course. Outcomes include improved youth intake of fruits and vegetables, sugary drinks, salty snacks and sweets, fast food, family meal frequency, physical activity, and screen time and parenting practices.

Conclusions and Implications – Adult and youth curriculum components have been modified and implemented based on participant feedback. Post-test session evaluations show that adults are successfully experiencing the program. Activities are being conducted according to the projected timeline. Full data collection and analysis are expected to be completed in 2-3 years.

Background
• Obesity prevalence of Latino children is disproportionately high (Hales et al. 2017).
• Previous family obesity prevention interventions lack focus on fathers (Davison et al. 2018).
• Energy balance-related behaviors need improvement in Latino youth to prevent obesity (YRBSS - Kann et al. 2016; Moss et al. 2017).
• Latino paternal parenting practices identified for application (Zhang et al. in press).

Purpose
To conduct a family-skills obesity prevention intervention for Latino immigrant families, especially fathers, and youth (10-14 years) to improve youth energy balance-related behaviors and parental parenting practices.

Baseline Characteristics from 2 Sites
• Participants included fathers (n = 69), mothers (n = 31) and youth (n = 69).
• Parents: Mean age was 39 yrs; mean BMI was 30. A majority (84%) had a high school diploma/GED or less, were employed (82%), and married (84%).
• 11+ years in the U.S. – 94%; 79% reported speaking Spanish or more Spanish than English at home. About 46% reported being food insecure.
• Children - the majority were male (55%); mean age was 12; and 68% were overweight or obese.

Design and Methods
• Participants: Fathers/Mothers/Youth
• Intervention: Revision of Padres Informados, Jovenes Preparados, a parenting skills program designed to prevent youth substance use. The program was revised to emphasize parenting skills related to youth energy balance related behaviors.
• Eight, 2.5-hour sessions including food preparation/meal, parenting skills & nutrition/physical activity education at 6 sites (Table 1)
• Process evaluation – attendance (Figures 1 & 2), post-session evaluation
• Outcome evaluation - outcomes and measurement instruments at baseline, immediately post-course, and at 3-month follow up (Table 2)

Table 1 Overview of sites and timeline for sessions
<table>
<thead>
<tr>
<th>Site</th>
<th>Location</th>
<th>Treatment Group Sessions</th>
<th>Treatment Group Enrolled</th>
<th>Control Group Sessions</th>
<th>Control Group Enrolled</th>
</tr>
</thead>
<tbody>
<tr>
<td>LatAm</td>
<td>Minneapolis, MN</td>
<td>8</td>
<td>69</td>
<td>8</td>
<td>69</td>
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<tr>
<td>NeighborHouse, St. Paul</td>
<td>Minneapolis, MN</td>
<td>Spring 2017</td>
<td>34</td>
<td>64</td>
<td>34</td>
</tr>
<tr>
<td>3rd St. Shooters, Mpls</td>
<td>Minneapolis, MN</td>
<td>Spring 2017</td>
<td>34</td>
<td>64</td>
<td>34</td>
</tr>
<tr>
<td>Neighborhood House, Mpls.</td>
<td>Minneapolis, MN</td>
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<tr>
<td>USD, Mpls</td>
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<td>64</td>
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</tr>
</tbody>
</table>

Table 2 Overview of primary content and structure of the program

<table>
<thead>
<tr>
<th>Session</th>
<th>Intervention Areas</th>
<th>Content</th>
<th>Outcomes</th>
<th>Notes</th>
</tr>
</thead>
</table>
| 1 | Parenting and nutrition | Family meeting | Parenting behaviors | Focus group 
| 2 | Parenting and nutrition | Food preparation | Nutrition knowledge | Focus group 
| 3 | Parenting and nutrition | Food preparation | Nutrition knowledge | Focus group 
| 4 | Parenting and nutrition | Food preparation | Nutrition knowledge | Focus group 
| 5 | Parenting and nutrition | Food preparation | Nutrition knowledge | Focus group 
| 6 | Parenting and nutrition | Food preparation | Nutrition knowledge | Focus group 
| 7 | Parenting and nutrition | Food preparation | Nutrition knowledge | Focus group 
| 8 | Parenting and nutrition | Food preparation | Nutrition knowledge | Focus group 

Results
Attendance (at one site where both treatment and control group sessions have been completed) more consistent attendance for treatment than control group, control group attendance was limited for some families because of work schedule changes, youth activities and social events.

Conclusions
• Attendance by parents and youth remained fairly high during the course for the treatment group at one site for Saturday sessions. Attendance was less consistent by parents and youth in the control group at the same site. Parents rated the program highly, and understood the concepts. The majority of parents (>70%) answered the majority of the content questions correctly (71%).
• Interim data analysis to determine impact of the program on parenting practices and youth energy balance-related behaviors is underway.

Acknowledgements
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