

Latino Fathers Promoting Healthy Youth Behaviors

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Abstract

Objective – Padres Preparados, Jóvenes 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 paternal 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.

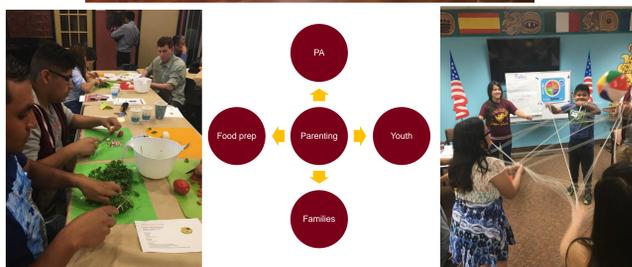
Conclusions and Implications – Adult and youth curriculum components have been modified and implemented based on participant feedback. Post-test session evaluations show that adults are successfully experiencing the program. Activities are being conducted according to the projected timeline. Full data 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 paternal parenting practices.



Design and Methods

- Participants: Fathers/Mothers/Youth
- Intervention: Revision of *Padres Informados, Jóvenes Preparados*, a parenting skills program designed to prevent youth substance use. The program was revised to emphasize parenting practices 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

Site	Location	Treatment Group Sessions	Treatment Group Enrolled/projected	Control Group Sessions	Control Group Enrolled/Projected
1	Centro Tyrone Guzman, Mpls	Fall 2017	17	Spring 2018	18
2	Neighborhood House, St. Paul	Spring 2018	16	Summer 2018	18
3	St. Cyril Church, Mpls	Fall 2018	24	Spring 2019	22
4	Univ Res Outreach Ctr, Mpls	Spring 2019	23	Fall 2019	22
5	TBD	Spring 2020	20	Summer 2020	20
6	TBD	Fall 2020	20	Winter 2021	20

Table 2 Overview of primary content and structure of the program

Contents	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
Topic	Positive parenting and healthy habits	Multiple cultures and active lifestyle	Adolescent development and healthy eating	Communication and limiting screen time	Rules and healthy beverages	Managing conflicts and healthy snacks	Supervision and fast food	Family connection and family meals
Cooking activity /meal (30 min)	P+Y: fruit yogurt parfait S: vegetarian burrito	P+Y: veggie mix S: spring pasta	P+Y: mango salsa S: fish tostadas	P+Y: guacamole S: veggie quesadillas	P+Y: fruit infused water S: Chile rellenos	P+Y: fruit kebabs S: vegetable stir-fry	P+Y: yogurt dip S: thin crust veggie pizza	P+Y: veggies for pozole S: chicken pozole
Intro (10 min)	P+Y: intro to the program	P: review last session and intro to today's session Y: review last session						
Interactive segment I (45 min)	P: hopes and dreams for youth, healthy lifestyle self-assessment, energy balance/guidance Y: goals and dreams, healthy lifestyle self-assessment	P: cultural values, acculturation, navigating across cultures, health and culture Y: culture, acculturation	P: physical/psychological characteristics of adolescent development, parent's role Y: logical vs emotional decisions, food choices	P: basics of communication, active listening, "I" messages Y: active listening, "I" messages	P: discipline strategies, setting negotiable and non-negotiable rules Y: logical and natural consequences, family rules	P: problem solving skills, positive side of conflicts, conflict management Y: 5 steps of conflict resolution	P: supervision and monitoring, parents as coaches Y: types of friends, peer influence	P: parent-child connection, family priority and time management, positive language Y: family connection and support
Physical activity (15 min)	P+Y: El Caballo Dorado dance	P+Y: Indoor cardio exercise	P+Y: Chair yoga	P+Y: House chore relay	P+Y: Agility ladder	P+Y: Zumba	P+Y: Indoor cardio exercise	P+Y: Agility ladder
Interactive segment II (45 min)	P: parenting styles, PP Y: energy balance, EBRBs guidance	P: benefits of physical activity, overcome barriers to physical activity, PP Y: benefits of physical activity, overcome barriers to physical activity	P: nutrition/adolescent development, portion size, MyPlate, barriers to eating fruits and vegetables, PP Y: nutrition and growth, MyPlate, overcome barriers to eating fruits and vegetables	P: screen time self-assessment, negative consequences of screen time, family media plan, PP Y: screen time self-assessment, negative consequences of screen time, media plan	P: benefit of limiting SSB, label reading and sugar and calorie calculation, PP Y: go-slow-stop drinks, sweets/salty snacks, labels, and calories in SSBs	P: benefits of reducing sweets and salty snacks, healthy options, mindful eating Y: benefits of reducing sweets/salty snacks, labels, healthy choices	P: fast food culture, benefits of reducing fast food, peer pressure, PP Y: calorie balance and fast food, fast food marketing, healthier choices	P: benefit of family meals, overcome barriers to family meals, PP Y: benefit of family meals, meal planning, MyPlate
Review (10 min)	P: key messages, after session evaluation, take-home activity (setting weekly goals) Y: key messages, feedback							
Y: youth only; P: parents only; P+Y: Parents and youth together; S: program staff.								
EBRBs: Energy Balanced-Related Behaviors: intake of fruits, vegetables, sugar sweetened beverages, sweets and salty snacks, fast foods, and physical activity/screen time.								
PP: Three key parenting practices (setting expectations, role modeling, and creating a supportive environment).								

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 48% reported being food insecure.
- Children - the majority were male (55%); mean age was 12; and 68% were overweight or obese.

Acknowledgements

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Results

Figure 1. Treatment Group Attendance

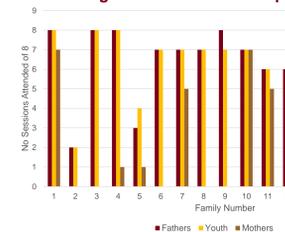
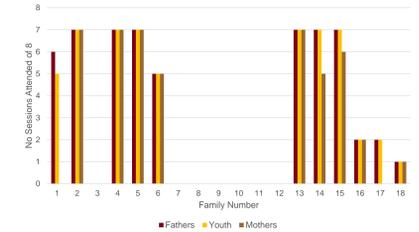


Figure 2. Control Group Attendance



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.

Post-session evaluation - most parents rated the following questions positively (Moderate or a lot/very much):

- The information I learned today was useful to me as a father or mother.
- I felt comfortable sharing my opinions.
- The session captured my interest.
- The facilitator provided adequate support for learning.
- The facilitator covered the content in the allotted time.

The number of correct responses to 3 true/false questions related to each session's content varied. For both groups, >70% of parents answered 71% of the questions correctly.

Table 1	Outcome variables	Outcome measures
Child	<ul style="list-style-type: none"> • Children's consumption of fruits, vegetables, sugary drinks, sweets, salty snacks, and fast foods • Reported weekly MVPA minutes • Screen time usage 	<ul style="list-style-type: none"> • NDSR 24 hour dietary recalls (3x) • Skin carotenoids spectroscopic evaluation • YRBSS physical activity questions • Project EAT media use/sedentary behavior questions
		<ul style="list-style-type: none"> • Parent's dietary behaviors • Weekly minutes in vigorous, moderate and mild activities • General parenting styles • Parent-adolescent communication practices • Home physical environment for healthy lifestyles • Parenting practices regarding children's food intake physical activity and screen time
Parent	<ul style="list-style-type: none"> • Parent's dietary behaviors • Weekly minutes in vigorous, moderate and mild activities • General parenting styles • Parent-adolescent communication practices • Home physical environment for healthy lifestyles • Parenting practices regarding children's food intake physical activity and screen time 	<ul style="list-style-type: none"> • Food behavior checklist • Skin carotenoids spectroscopic evaluation • Godin-Shephard physical activity recall • Parenting style & dimension questionnaire • Parent-adolescent communication scale • Project EAT home food availability questionnaire • A home environment inventory for physical activity and media equipment • Child- and parent-reported parenting practices regarding children's food intake, physical activity and screen time.

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 waitlist 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.

Abstracts/Conference Presentations/Peer-reviewed articles/Theses

1. Alvarez-Davila S, Arellano-Brazys P, Flores R. Latino Fathers Promoting Healthy Youth Behaviors-formative focus group findings. University of Minnesota Extension Annual Conference, October, 2016. Duluth, MN. (Poster Presentation)
2. Hurtado A, Alvarez-Davila S, Lopez L. Quality collaborations contribute to community benefits. National Urban Extension Conference. May 2017. Bloomington, MN. (Conference Presentation)
3. Zhang Y, Peralta Reyes A, Reicks M. Feasibility of Padres Preparados, Jóvenes Saludables, a parenting skills-focused community-based program to prevent obesity among Latino youth and their parents. National Urban Extension Conference. May 2017. Bloomington, MN. (Poster presentation)
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7. Zhang Y, Peralta Reyes A, Reicks M. Associations between role modeling vegetable intake by Latino fathers and child vegetable intake. Society for Nutrition Education and Behavior Annual Meeting July 2018, Minneapolis. (Poster Presentation)
8. Zhang Y, Peralta Reyes A, Arellano Brazys P, Reicks M. Relationships between paternal parenting practices and eating, physical activity, and screen time behaviors of Latino youth. Society for Nutrition Education and Behavior Annual Meeting July 2018, Minneapolis. (Poster Presentation)
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12. Zhang Y, Hurtado GA, Peralta Reyes A, Arellano Brazys P, Perdue L, Alvarez de Davila S, Flores R, Monardes Popelka J, Reicks M. Feasibility and effectiveness of Padres Preparados, Jóvenes Saludables, a family-based program to prevent obesity among Latino youth: preliminary findings. Journal of Human Sciences and Extension, January 2018 (Under review)
13. Arellano Roldan P. Perceptions of parental practice frequency and child fruit and vegetable intake. University of Minnesota thesis. 108 pp. June 2018.



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