

Barriers to Attendance in a Father-focused Adolescent Obesity Prevention Program: Padres Preparados, Jóvenes Saludables

Sayaka Nagao-Sato¹, Silvia Alvarez de Davila¹, Aysegul Baltaci¹, Roxana Linares², Alejandro Omar Peralta Reyes¹, Youjie Zhang³, Ghaffar Ali Hurtado Choque⁴, Marla Reicks¹

¹University of Minnesota, ²Centro Tyrone Guzman, ³Soochow University, ⁴University of Maryland



Summary

Latino fathers may contribute to child obesity prevention; however, little information about father attendance in intervention studies to prevent child obesity is available. In this study, associations are presented between father attendance patterns and potential predictor variables based on data from a randomized controlled trial. Being assigned to the control group and lower household income were associated with a non-attendance pattern among Latino fathers. Maintaining contact with Latino fathers assigned to the control group during waiting periods and providing online sessions to increase flexibility for low-income families could address non-attendance.

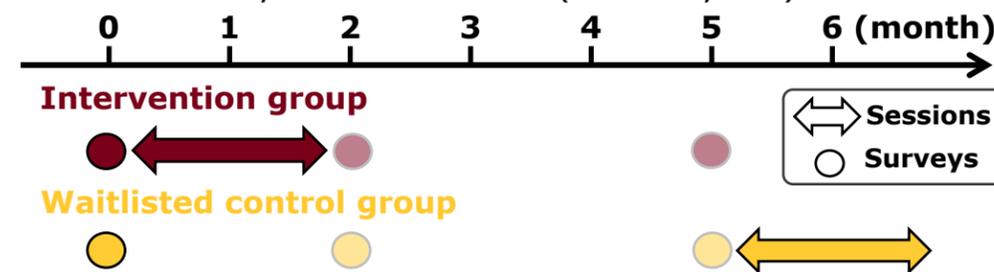
Objectives

The aim of this study was to determine factors associated with fathers' attendance in an adolescent obesity prevention program.

Methods

How did we collect data?

- Four research sites (two churches and two Latino-serving community centers) in the Minneapolis/St. Paul metropolitan area, between 2017 and 2020
- 147 father participants were assigned randomly to either intervention or waitlisted control group
- Eight weekly sessions lasting 2.5 hours on a weekday evening (1 site) or Saturday morning (3 sites), where program facilitators recorded father presence/absence at each session
- Data used in this study were collected at the baseline survey from 147 fathers (41 ± 7.2 years)

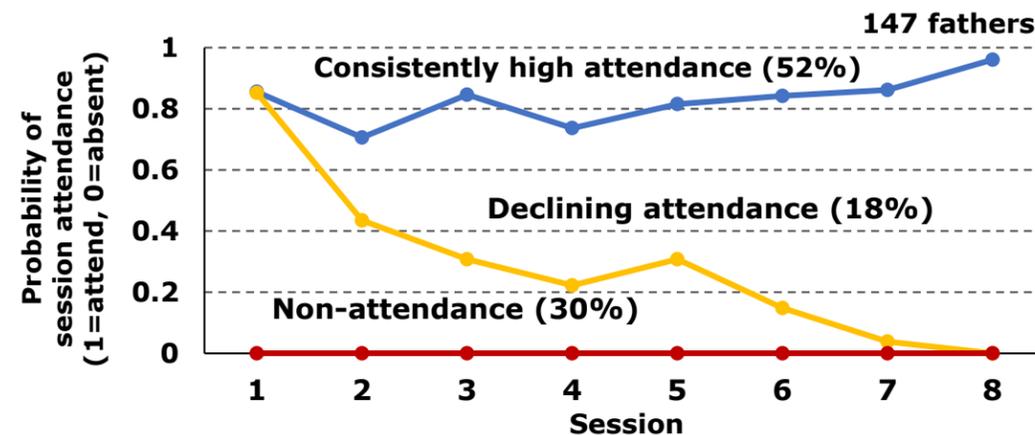


How did we analyze data?

- Attendance pattern: clustering analysis
- Barriers to attend: Multinomial logistic regression analyses using attendance pattern as a dependent variable and variables collected at baseline as independent variables after assessing appropriateness for inclusion in regression models

Results

Three attendance patterns were identified.



More than 70% of fathers in the consistently high attendance participated throughout the program. Most fathers in the declining attendance group participated in session 1 with attendance decreasing over time.

Assigned to control group and lower income were associated with non-attendance.

Variables	Odds ratio [95%CI]	p
Declining attendance vs. Consistently high attendance		
Assigned to control group: ref Intervention	0.92 [2.76, 0.31]	0.88
Household income: ref ≥\$25,000	0.44 [1.29, 0.15]	0.13
Neighborhood safety	1.02 [1.27, 0.82]	0.85
Age	1.00 [1.07, 0.93]	0.95
Concerns for child's weight	1.13 [1.57, 0.82]	0.46
Non-attendance vs. Consistently high attendance		
Assigned to control group: ref Intervention	7.12 [19.7, 2.58]	<0.01
Household income: ref ≥\$25,000	2.92 [7.76, 1.10]	0.03
Neighborhood safety	1.03 [1.27, 0.83]	0.83
Age	0.95 [1.01, 0.89]	0.10
Concerns for child's weight	1.25 [1.65, 0.94]	0.13

Fathers assigned to control group and having lower income were more likely to have a non-attendance pattern, compared to high attendance fathers.

Variables excluded based on assessment for inclusion in regression models: number of children in the home, food-related activities with their child, family stress, weight status of fathers and children, educational attainment, acculturation, marital status, employment status, participation in food assistance programs, site, program season

Conclusions

To address non-attendance:

- 1) Maintain contact with fathers assigned to the control group during waiting periods
- 2) Provide online sessions to increase flexibility for low-income families

Suggestions

What could we do to increase Latino father participation in father-focused child obesity prevention programs?

- Control group could receive sessions about unrelated topics during waiting periods and contacts to remind of upcoming sessions
- Barriers specific to local groups could be addressed based on discussions with community center staff, session facilitators, and participants.
- Online delivered sessions could be helpful for fathers with lower household income who might have less available time and/or problems with transportation



Funding

This project was supported by the Agriculture and Food Research Initiative (Grant no. 2016-68001-24921) from the USDA National Institute of Food and Agriculture. The funder had no role in study design, data collection and analysis.



References

- O'Connor et al. (2018). Engaging Latino fathers in children's eating and other obesity-related behaviors: A review. *Current Nutrition Reports*, 7(2), 29-38.
- Garcia-Huidobro, D et al. (2016). Understanding attendance in a community-based parenting intervention for immigrant Latino families. *Health Promotion Practice*, 17(1), 57-69.
- Zhang, Y et al. (2019). Feasibility and effectiveness of Padres Preparados, Jóvenes Saludables, a family-based program to prevent obesity among Latino early adolescents: preliminary findings. *Journal of Human Sciences and Extension*, 7(3), 68-91
- University of Maryland, School of Public Health. Padres Preparados, Jóvenes Saludables. (2021). <https://sph.umd.edu/research-impact/laboratories-projects-and-programs/padres-preparados-jovenes-saludables>