Parenting Practices and Children’s Physical Activity

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Problem

- Lack of physical activity (PA) is the 4th leading cause of death globally (WHO, 2014)
- People who are physically active live longer than those who are not (Paffenbarger, Hyde, Wing, & Hsieh, 1986)
- In the US 42% of children ages 6-11 obtain the recommended daily levels PA
- Only 8% of youth aged 12-15 year old obtain that amount (National Physical Activity Plan, 2014)
- Thirty nine percent of Mexican American children meet PA guidelines
- Parents influence children’s physical activity levels
- Level of influence and the nature of the relationship is not well studied
- Minimal evidence aimed at the Hispanic population
Background and significance

- Physical activity (PA) is vital for life
- Physical activity helps maintain a healthy body weight (Obarzanek, Schreiber, Crawford, 1994)
- By 2030, 13 states could have obesity rates above 60% (Levi, Segal, St. Laurent, Lang, & Rayburn, 2012)
- Improvements in physical activity levels are essential to prevent obesity
- Percentage of adults who do not have any leisure time physical activity is higher among Hispanics (34.6%) than Caucasians (22.2%) (CDC, 2010)
The purpose of this integrative review is to critically analyze the state of science concerning the influence of parenting practices on children’s physical activity levels.
Conceptual/theoretical framework

- Bandura’s Social Cognitive Theory (Bandura, 1986)
  - social influence
  - observational learning or modeling
- Family Ecological Model (FEM) (Davison, Jurkowski, & Lawson, 2012)
  - relationships among the environment, parenting and healthy lifestyles
  - contextual and family factors influencing children’s diet, activity, and screen related behaviors (Davison, Jurkowski, & Lawson, 2012)
Method

• Integrative review
  – Whittemore and Knafl
  – Miles, Huberman, and Saldana

• This review covered an 11 year period (2003-2014)

• CINAHL, PsycINFO, and PubMed databases searched in October of 2014

• Cross case and within case analysis
Findings/results

- **n=7**, 70% of the studies were cross sectional, non-experimental studies
- Limited in descriptive and explorative studies
- Inadequate evidence at the prediction and control level
- Five of the ten studies (50%) used the Activity-related parenting practices scale (Davison, 2003)
- Reliability was consistently reported in the quantitative studies (88.9%) reporting a Cronbach’s alpha for the tools used to measure physical activity related parenting practices
- 50% of the quantitative studies used accelerometers to measure children’s physical activity levels and 50% used self-report scales as a measurement of PA
- Themes
  - Role Modeling
  - Logistic Support
  - Sedentary behaviors
Parental Role Modeling of PA

- Parental role modeling of PA includes the factors of parent’s enjoyment of PA, parent’s frequency of PA, family’s use of sports as recreation, and parent’s utilizing their own behavior to encourage PA (Davison et al., 2003).
- Six of the studies (60%) measured parental role modeling of PA.
- Four (40%) of the studies found significant associations between parental role modeling of PA and children’s PA.
- Both of the qualitative studies evaluated identified parental role modeling of PA as important in promoting children’s physical activity (DeLepeleere et al., 2013; O’Connor et al., 2013).
- The results of the current review support parental role modeling of physical activity as influencing children’s physical activity levels.
Logistic support of physical activity incorporates the parent’s enrollment of the child in sports, attendance at sporting events, and assistance with transportation to physical activity events (Davison et al., 2003).

Six (60%) of the studies measured logistic support.

Three (30%) of the studies identified logistic support as a significant variable impacting children’s physical activity levels.

The science widely involves the use of logistic support as a concept involved in parenting practices influencing children’s PA.
Eight of the ten studies (80%) included measurement of or descriptions of sedentary behaviors as a parenting practice influencing children’s PA.

Gubbels and colleagues (2011) found that children considered to have an active activity lifestyle were less likely to be restricted in their sedentary time (p<.001).

Higher restrictive TV parenting practices were associated with more child sedentary time (p<.05) and less moderate to vigorous PA (p<.05) (O’Connor et al., 2013).
Discussion

• Missing original studies aimed at investigating the influence of parenting practices on children’s physical activity

• Majority of the studies were cross sectional, non-experimental prospective studies

• Need original study to examine the influences between parenting practices and children’s PA
Conclusions and Implications

• Need research directed specifically at diverse populations
• PA is a major contributor to maintaining health body weight
• Hispanic populations have a significant disparity when it comes to matters of obesity, overweight and PA
• Data lacking regarding parenting practices influencing Hispanic children’s PA levels
• Essential that science be developed pertaining to the Hispanic to promote health equity within this group
This research was supported by funding from the National Institutes of Health/National Institute on Nursing Research (NIH/NINR), award T32 1T32NR012718-01 Transdisciplinary Training in Health Disparities Science (C. Keller, P.I.). The content is solely the responsibility of the authors and does not necessarily represent the official views of the NIH or the NINR.

Mentor: Rebecca E. Lee
References


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References


