Research on parenting and childhood obesity 2009-2015: Are underserved populations represented?

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Children overweight/obesity by race/ethnicity (U.S.)

2011-12, age 2-19

- Native American: 48.9%
- Hispanic: 38.9%
- Non-Hispanic black: 35.2%
- Non-Hispanic white: 28.5%
- Non-Hispanic Asian: 19.5%
- All children: 31.8%

(Ogden et al., 2014, JAMA)
Parents as gatekeepers
Research aim

To quantitatively describe the literature on parenting and childhood obesity published between 2009-2015 with a focus on underserved populations and to identify gaps to address in further research.
Methods
Searched PubMed, EMBASE, CINAHL, PsycINFO and Academic Search Premier (N=10,056)

Eligibility screening by title (N=5,557)

Eligibility screening by abstract (N=2,080)

Eligibility screening by full text (N=910)

Studies included in content analysis (N=667)

Duplicates removed in Endnote (N=4,499)

Articles excluded (N=3477)

Articles excluded (N=1170)

Articles excluded (N=243)
Eligibility criteria

• Original research report, published in a peer-reviewed journal
• Published in English language
• Published between January 2009 - December 2015
• Parents/caregivers as study participants
• Focus on parenting and childhood obesity/obesity-related behavior
• Non-intervention studies
Quantitative content analysis

- Quantitative content analysis
- Codebook development
- Coder training
- Inter-rater reliability:
  - Average k-alpha was 0.79
  - Simple percent agreement was 94%
  - Variables having k-alpha ≥ 0.7 were kept

(Berelson, 1971)
Results and discussion
Study focus (N=667)

- Obesity (no reference to behavior): 16%
- Sedentary behavior: 12%
- Physical activity: 23%
- Diet: 57%
Study design

Research methods (N=667)

- Quantitative: 80%
- Qualitative: 18%
- Mixed: 2%
Study design

Research methods (N=667)
- Quantitative: 80%
- Qualitative: 18%
- Mixed: 2%

Data type (N=545)
- Cross-sectional: 86%
- Longitudinal: 14%
% studies by geographic region (N=667)

- USA: 49%
- Europe/UK: 25%
- Australia/NZ: 15%
- Canada: 3%
- Other regions: 3% (3% each for 1%)
% studies by geographic region (N=667)

- USA: 49%
- Europe/UK: 25%
- Australia/NZ: 15%
- Canada: 3%
- Asia: 8%
- Mexico/Central America: 3%
- South America: 1%
- Middle East: 1%
Focus on underserved groups (N=667)

Indigenous families: 1%
Immigrant families: 7%
Ethnic/racial minorities: 15%
Low SES: 19%

Targeted
Not targeted
% studies reporting participant race/ethnicity

<table>
<thead>
<tr>
<th>Study origin</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. Studies (N=325)</td>
<td>302</td>
<td>93%</td>
</tr>
<tr>
<td>Non-U.S. Studies (N=342)</td>
<td>75</td>
<td>22%</td>
</tr>
</tbody>
</table>
Race/ethnicity representation in U.S. studies (N=325)

- White, non-Hispanic: 66%
- Hispanic: 62%
- Black/African American: 60%
- Asian: 26%
- Indigenous: 11%

Any number of participants included:
- White, non-Hispanic: 46%
- Hispanic: 22%
- Black/African American: 21%
- Asian: 26%
- Indigenous: 11%

≥ 40% of sample:
- White, non-Hispanic: 15%
- Hispanic: 11%
- Black/African American: 6%
- Asian: 2%
- Indigenous: 1%

≥ 80% of sample:
- White, non-Hispanic: 15%
- Hispanic: 11%
- Black/African American: 6%
- Asian: 2%
- Indigenous: 1%
Race/ethnicity representation by year (U.S. studies)†

†study sample includes at least 40% of specified race/ethnicity

*p<0.05
Representation of caregivers with less than college education

- All regions: 56%
- U.S.: 60%
- Europe/UK: 48%

- Caregivers with less than college education included (≥ 40% sample)
Underrepresented parent types (N=667)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent in a single-parent household</td>
<td>25%</td>
</tr>
<tr>
<td>Low-income single parent</td>
<td>4%</td>
</tr>
<tr>
<td>Non-residential parent</td>
<td>1%</td>
</tr>
<tr>
<td>Non-biological caregiver</td>
<td>4%</td>
</tr>
<tr>
<td>Other caregiver (e.g., grandparent)</td>
<td>4%</td>
</tr>
</tbody>
</table>

Included in the study sample
Study limitations

• Limiting search to literature in English & peer-reviewed journals may have limited representation of studies from developing countries
• Seven years of data limit evaluation of trends
Conclusion
Conclusion
Thank you for your attention!

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