

Parental actions for child health three years after Arkansas initiated BMI reports

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What is Act 1220?

- Arkansas passed one of the first comprehensive legislative initiatives focused on making changes in schools regarding nutrition and physical activity
- Measured child body mass index and reported to parents

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Act 1220 Evaluation Timeline

-----2004----- -----2005----- -----2006-----

Spring Fall Spring Fall Spring Fall

Year 1

Baseline

Data

Collection

Year 2

Follow-up

Data

Collection

Year 3

Follow-up

Data

Collection

Research Questions

1. How did parents react to information contained in Child Health Reports?
2. Does this differ for parents of overweight vs. not overweight children?

Parental Actions Considered

1. Put child on a diet
2. Increased child's physical activity
3. Sought professional help for weight related issues
 - Pediatrician or PC
 - School Nurse
 - Weight-Specialist
 - Weight Loss Clinic
4. Used diet pills/supplements

Methodology

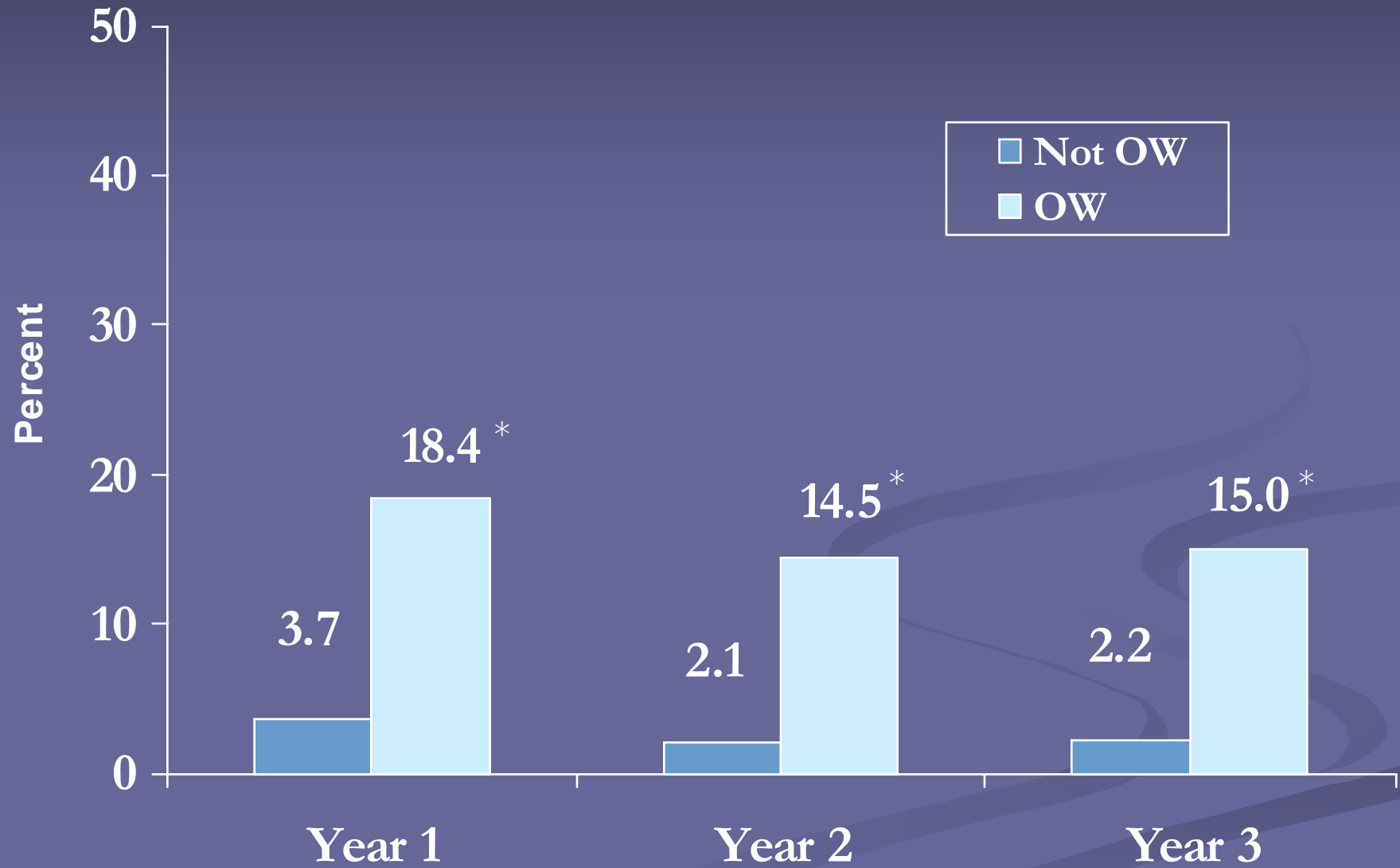
- Stratified random sample of public schools in Arkansas
 - By school enrollment size, school level, geographic region
- Telephone survey of parents with children attending a sampled school
- One child chosen at random as focal child

Analyses

- Multivariate logistic regression analyses to assess differences in parental actions
- Dichotomized:
 - Not OW (not overweight/obese) $< 85^{\text{th}}$ percentile
 - OW (overweight/obese) $\geq 85^{\text{th}}$ percentile
- Adjusted for parent race, child age, child gender
- Relative frequencies for parental actions by weight group (Not OW vs. OW) within each year.

		Year 1 n = 1,551	Year 2 n = 2,508	Year 3 n = 2,358
Parent's Race				
	White	81%	82%	85%
	African American	15%	15%	12%
	Other	4%	3%	3%
Child's Age (years)				
	Range	4 - 18	3 - 18	3 - 18
	Mean	10.9	11.1	11.0
Child's Gender				
	Boy	50%	52%	53%
	Girl	50%	48%	47%
BMI Category				
	Not OW	63%	62%	64%
	OW	37%	38%	36%

Put Child on a Diet



* p < .01

Increased Child Physical Activity



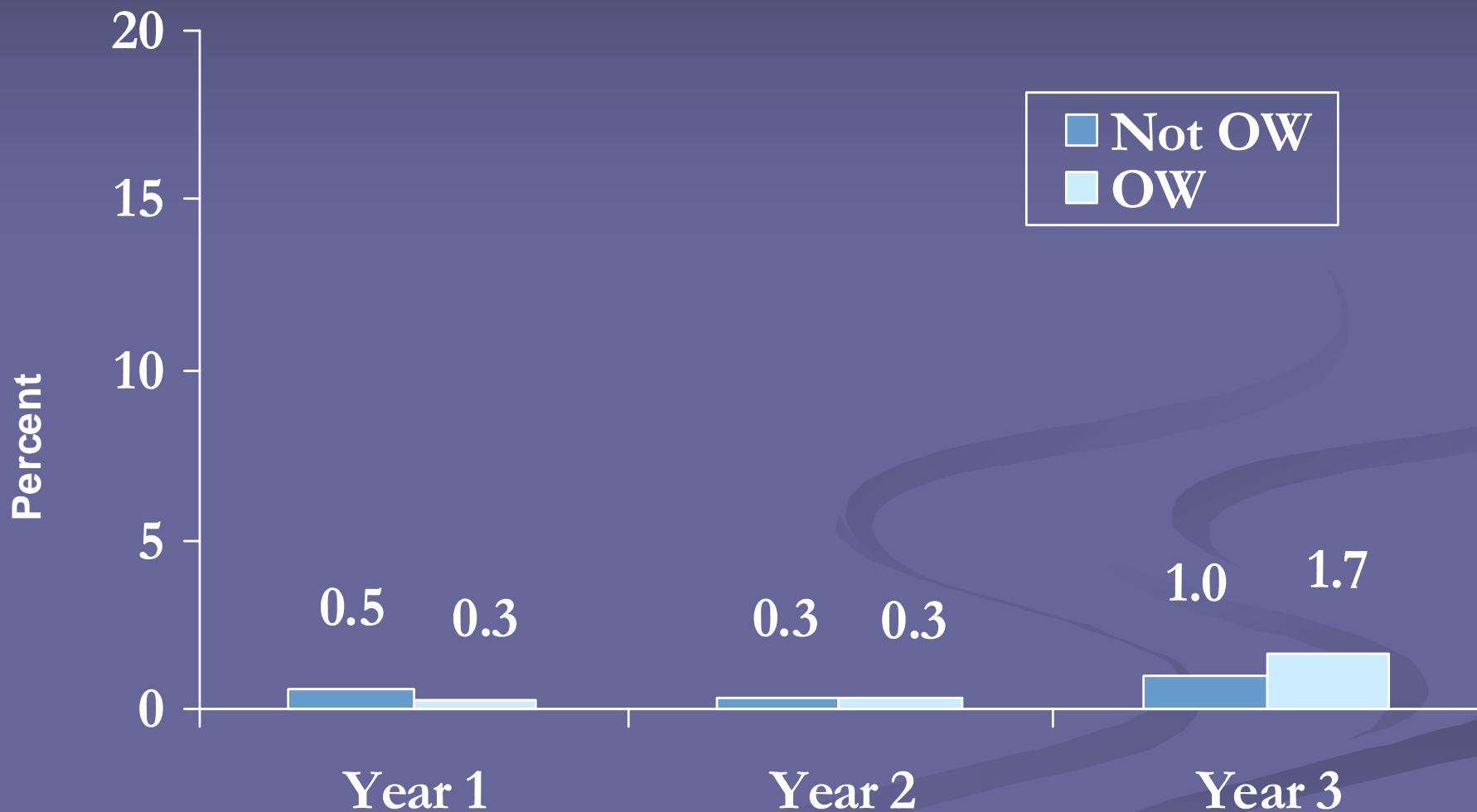
* p < .01

Sought Professional Help



* $p < .01$

Gave Child Diet Pills/Supplements



Discussion

- Three years after passage of Act 1220, parental actions in regard to child weight status have not changed significantly
- That is, the pattern has not changed over the period of BMI reporting
- Parents of OW children take action more often than parents of Not OW children

Conclusions

- BMI measurements and reporting did not appear to change parental response to child's weight status
- Results differ from Chomitz et al. study findings*
- Parents of OW children are taking action

* Chomitz, Collins, Kim, Kramer, and McGown (2003)

Questions

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