

Mealtimes Conversations:

Does one family meal a week make a difference in the prevention of and attitudes concerning smoking behaviors?

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Tobacco in Youth

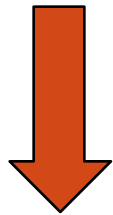
- ▶ Most initiate smoking between the ages of 11 and 12 years
- ▶ Eighty percent of all smokers have their first cigarette before age 18
 - 90% of all smokers begin before age 20
- ▶ Everyday 6,000 adolescents try smoking for the first time
- ▶ Earlier the onset, the greater the chance to become a regular smoker

Family Influence

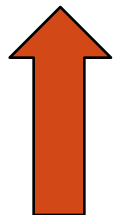
- ▶ Family environment can influence youth attitudes and behavior
 - Can be a protective factor toward risky behaviors
- ▶ Eating as a family is an effective place for parents to share attitudes and feelings
- ▶ Families are making less time to sit down to eat together
- ▶ Parental disapproval has been shown to impact the health behaviors of adolescents

Family Mealtime Conversation

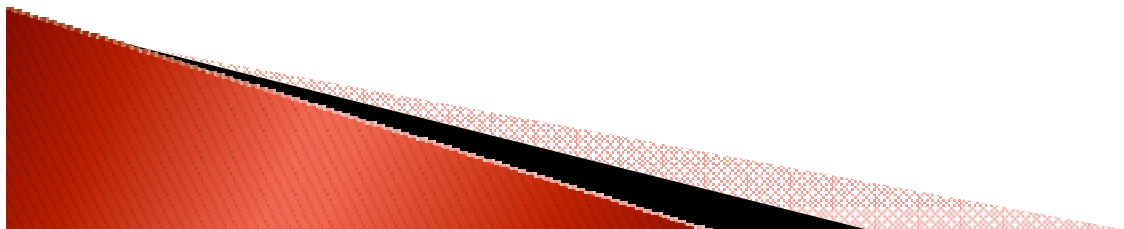
- ▶ Adolescents who report frequently eating mealtime with family



Drug, alcohol, and tobacco use
Depressive symptoms



Higher grade point average



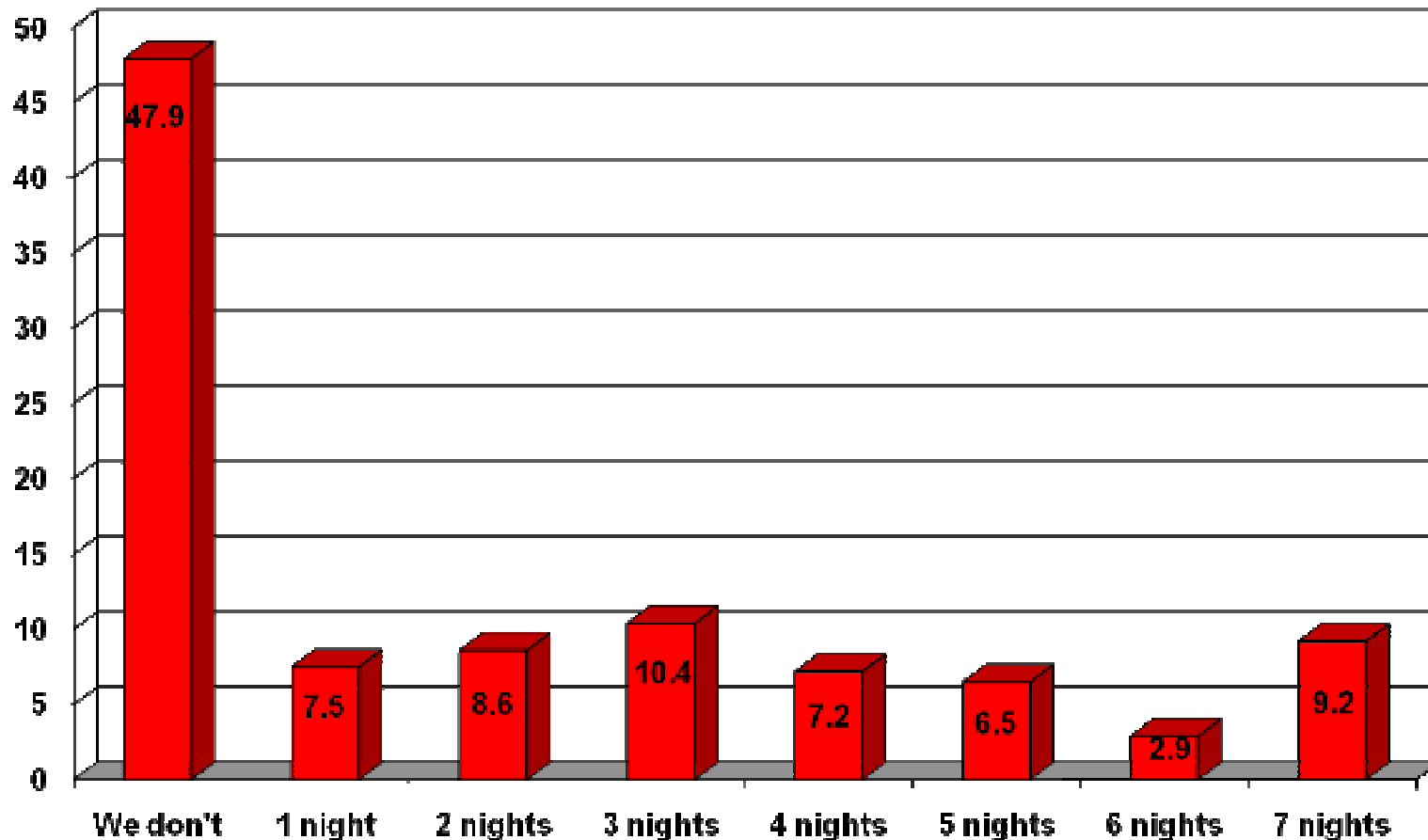
Purpose

- ▶ We investigated the prevalence of weekly family meals and the relationship with smoking behaviors
- ▶ Even one meal a week with family can be influential in altering adolescent smoking attitudes and behaviors

Methods

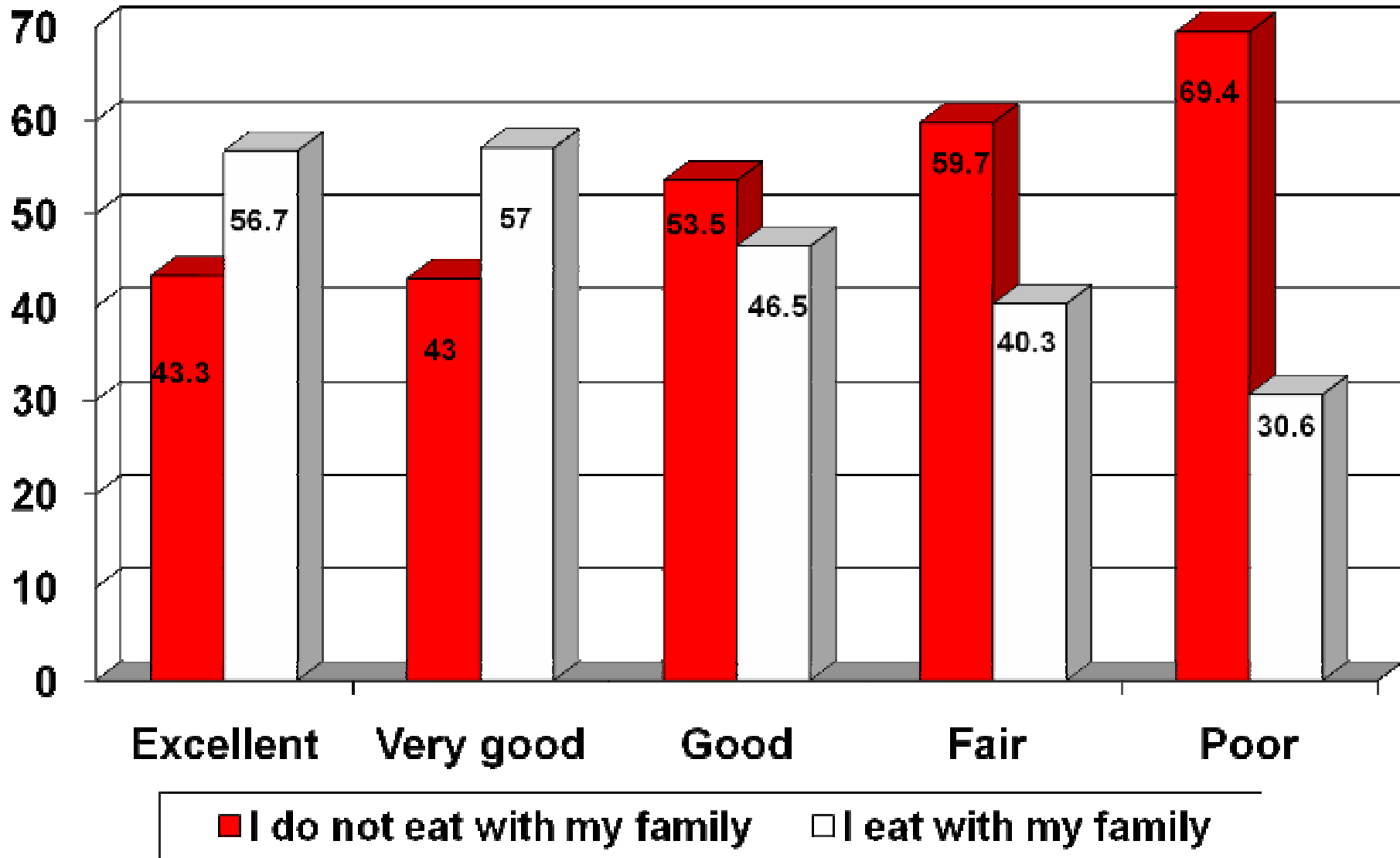
- ▶ Surveys were administered to 4336 high school students
 - The respondents are overwhelmingly African-American (73.9%).
 - 54.7 percent female/45.3 percent male
 - The rest of the sample is composed nearly entirely by white youth
 - Latinos, Native Americans, Asians and other Pacific Islanders composing a tiny portion.

How many nights a week do you and your family sit down for dinner together?



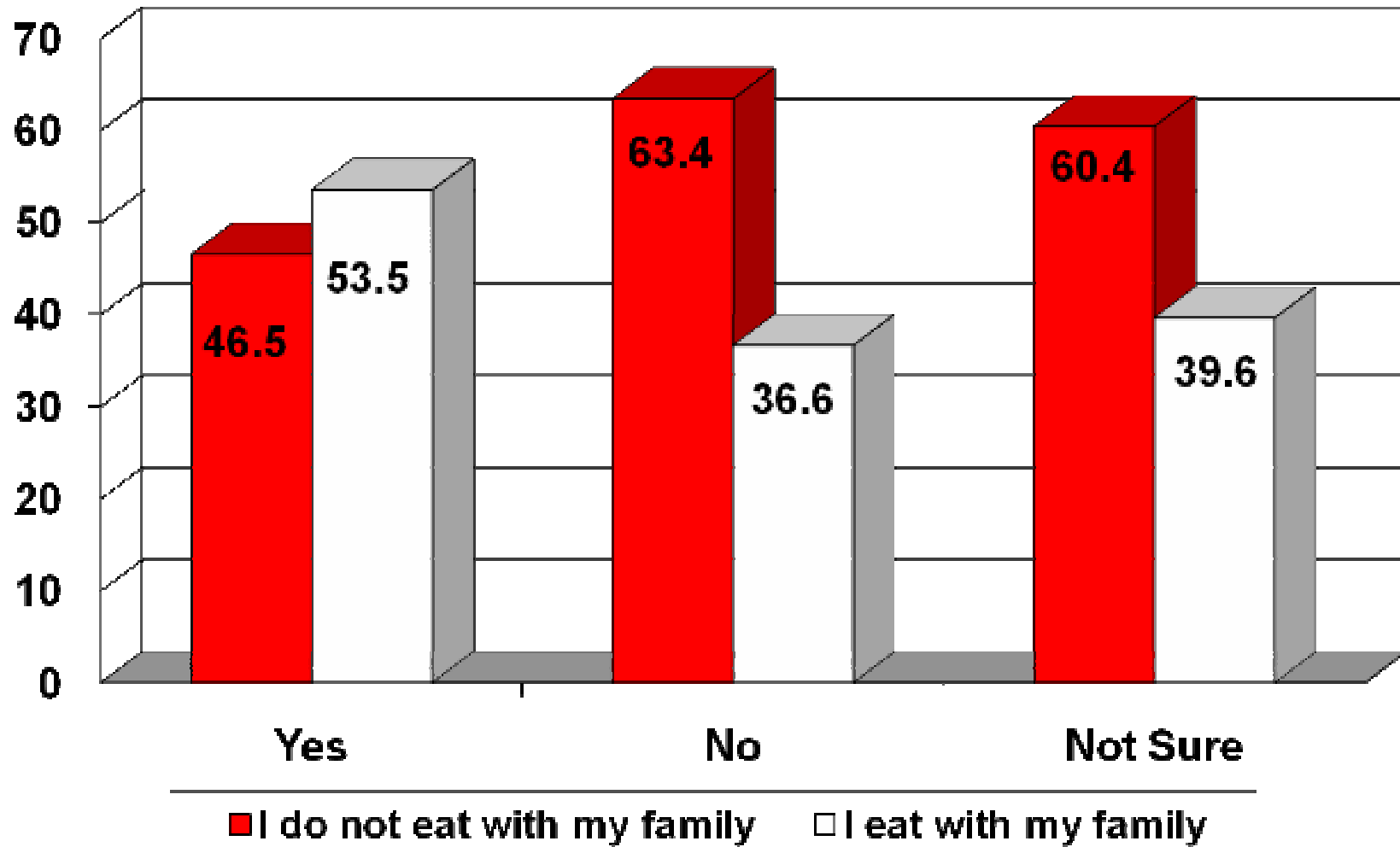
How would you describe your health?

p<.001



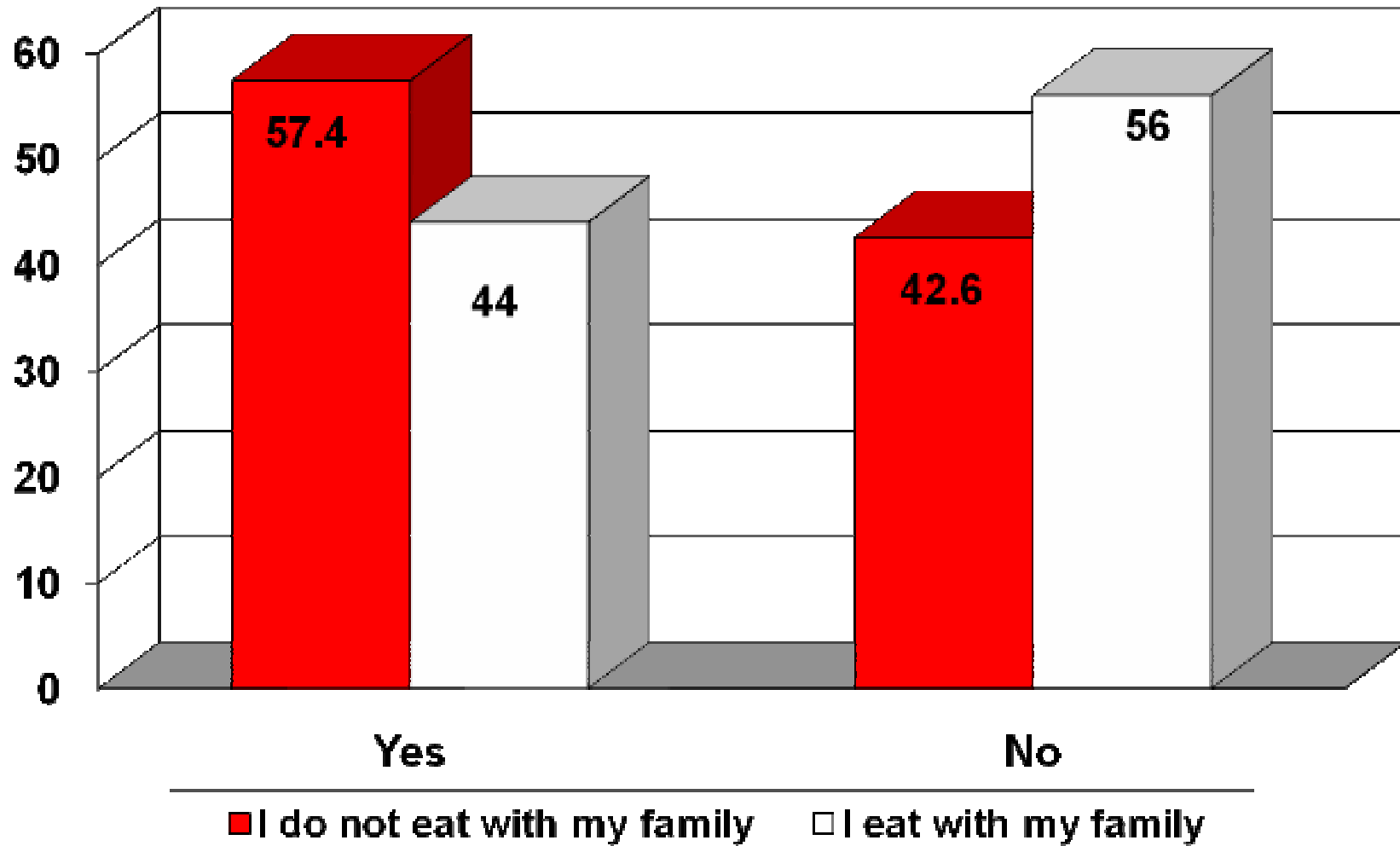
Do you plan to go to college?

$p < .001$



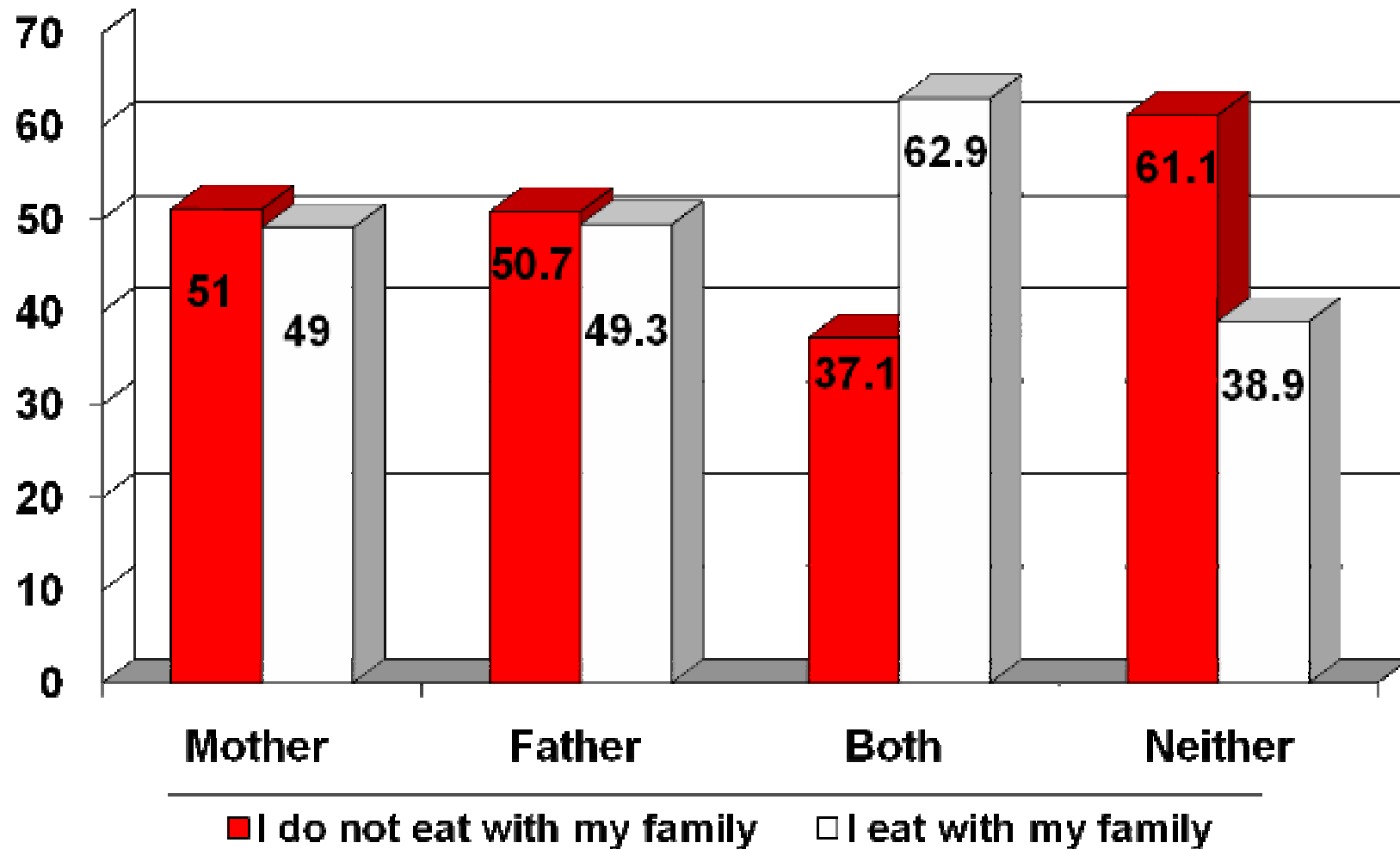
Have you ever been suspended?

$p < .001$ OR = 1.7



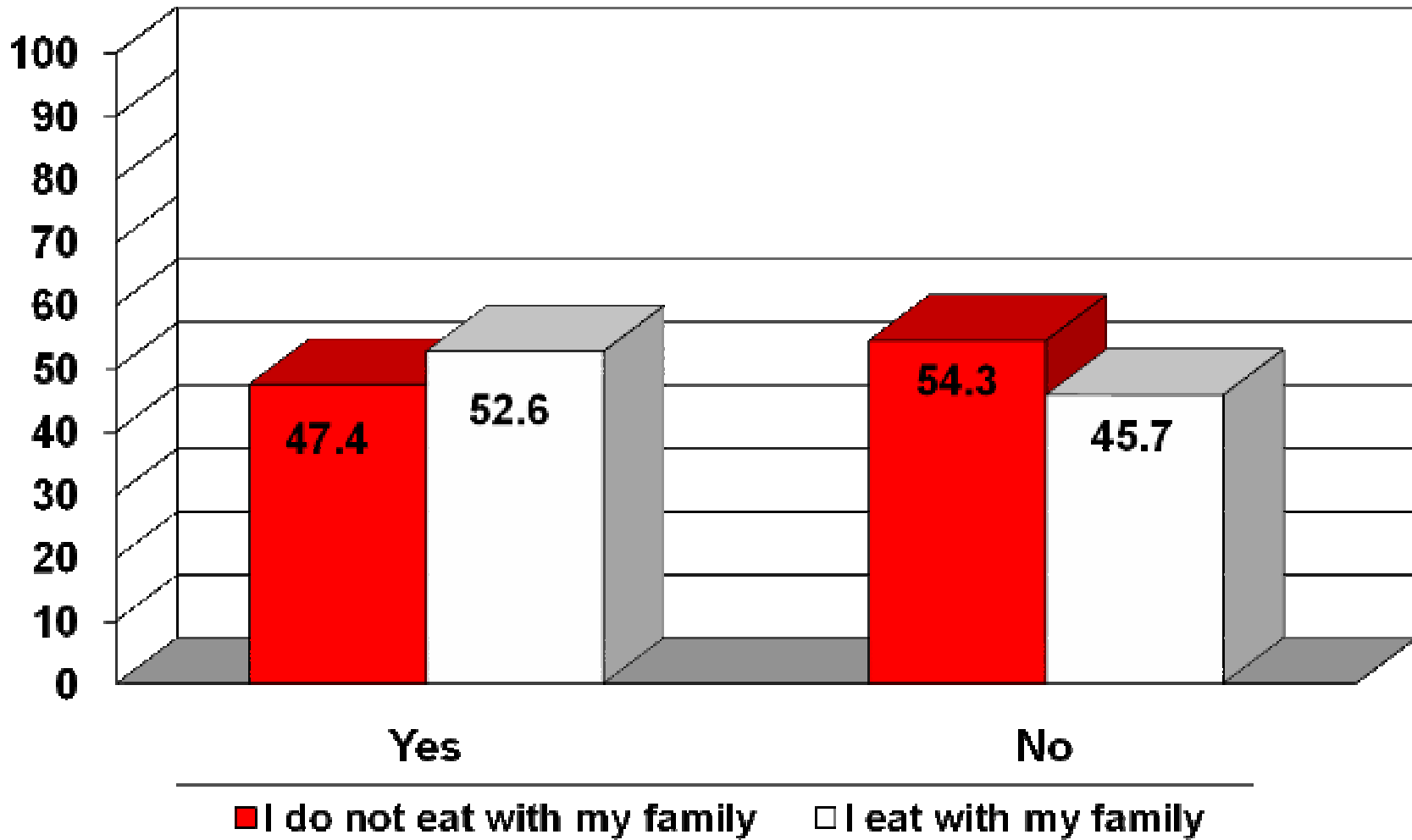
Have either of your parents talked to you about the dangers of smoking?

p<.001

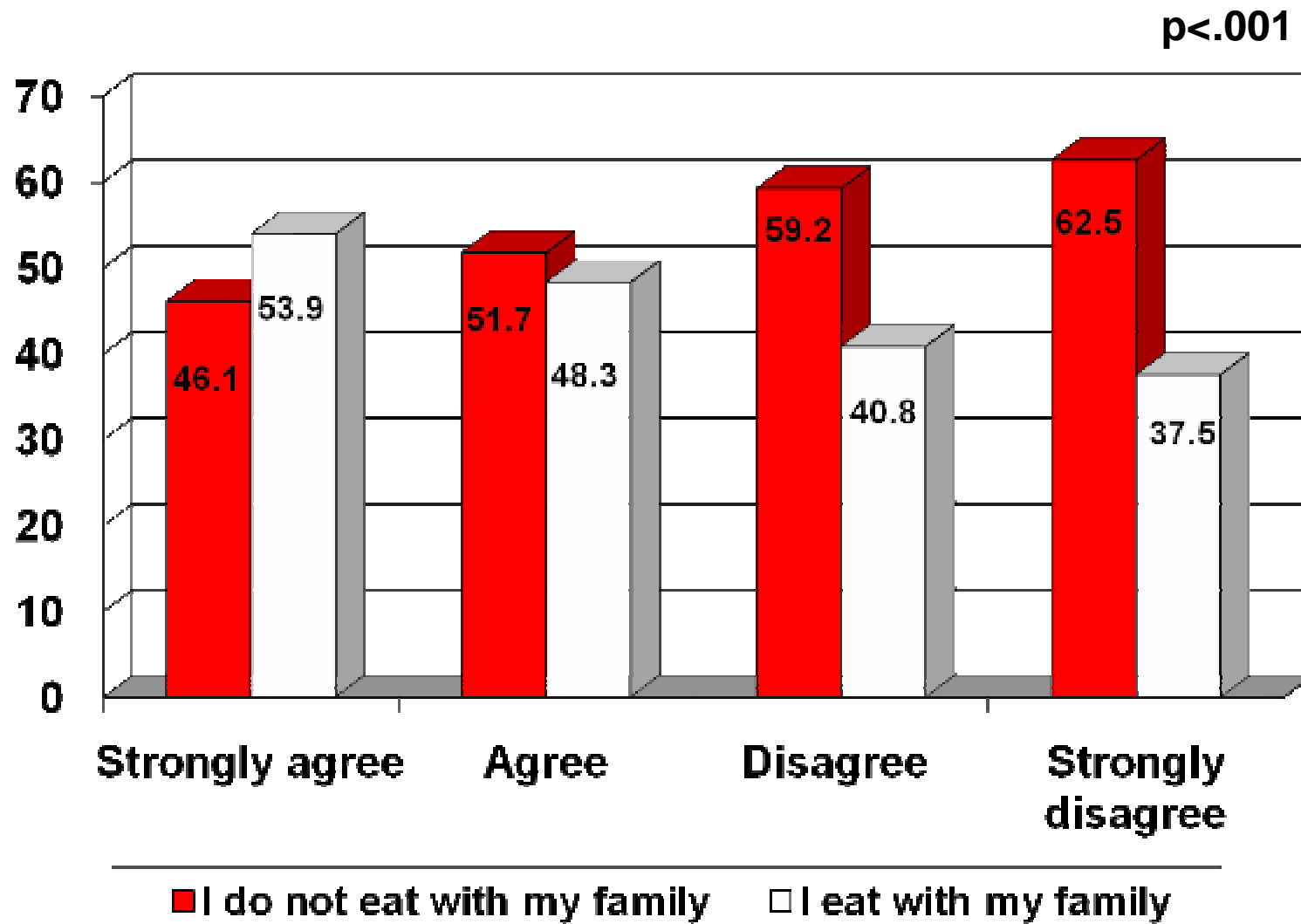


Do you feel well informed about the dangers of smoking?

$p < .02$

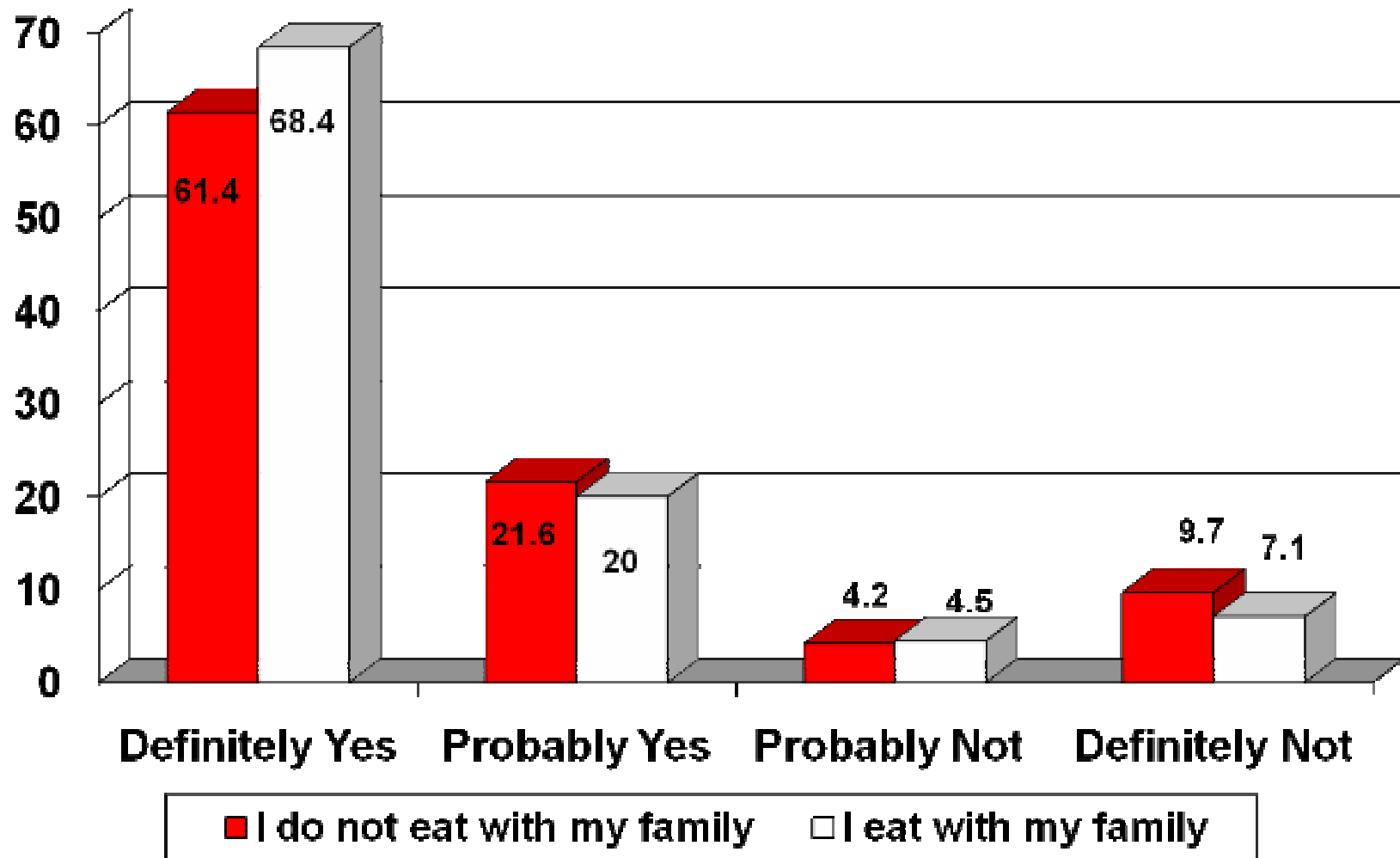


I feel that smoking is dangerous to my health.



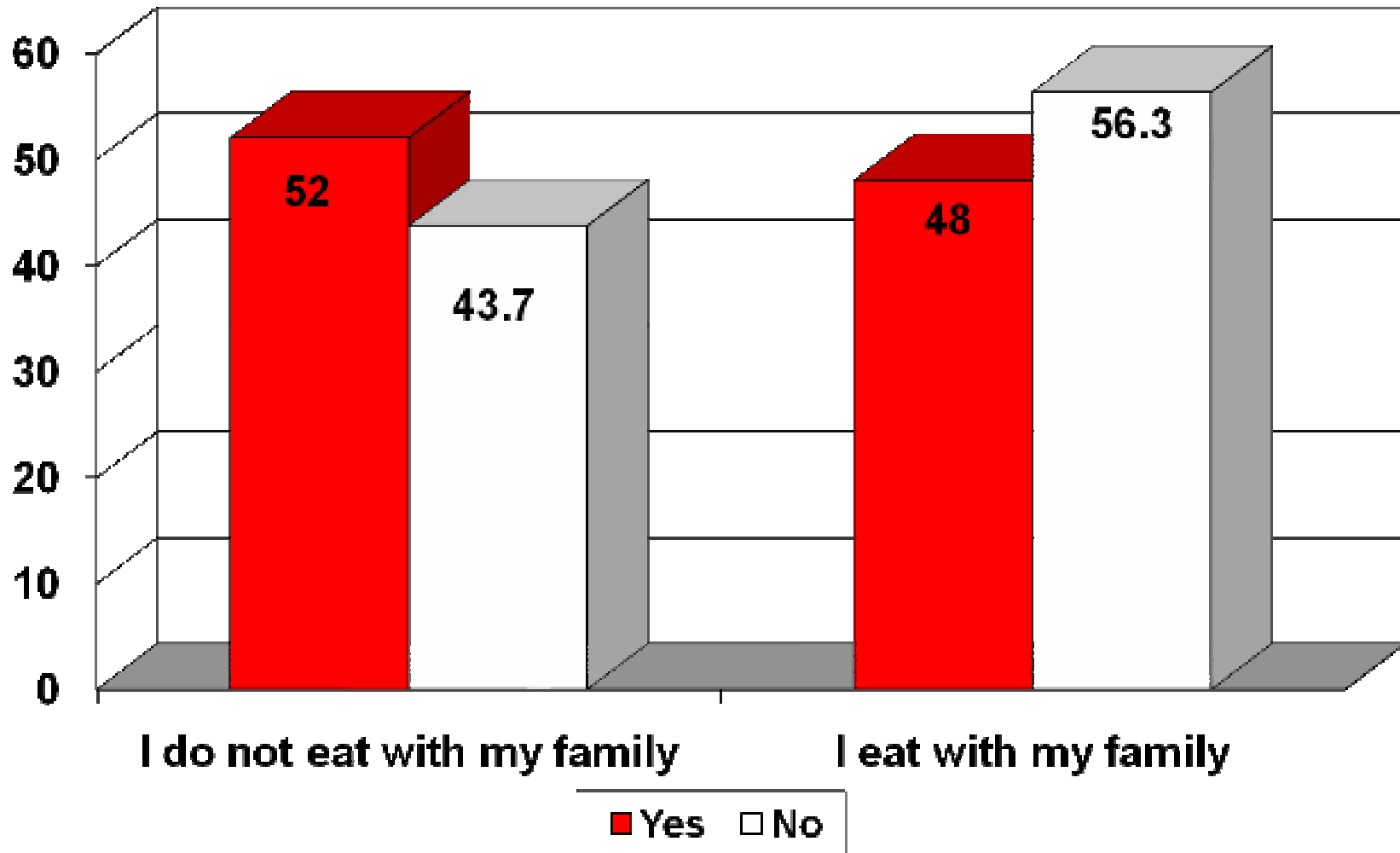
Can people get addicted to cigarette smoking just like they can get addicted to cocaine or heroin?

p<.007

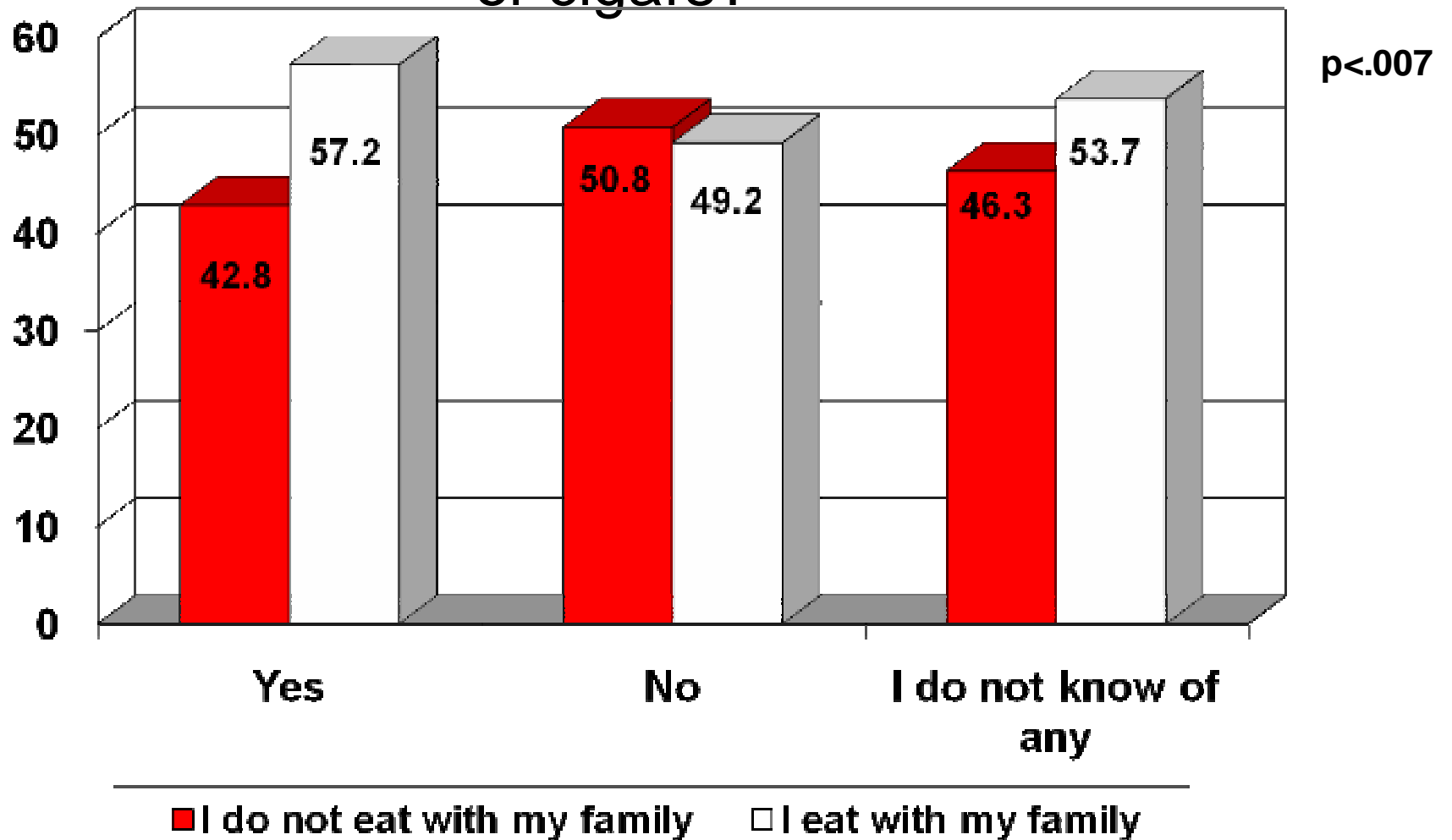


Have you ever tried cigarette smoking, even one or two puffs?

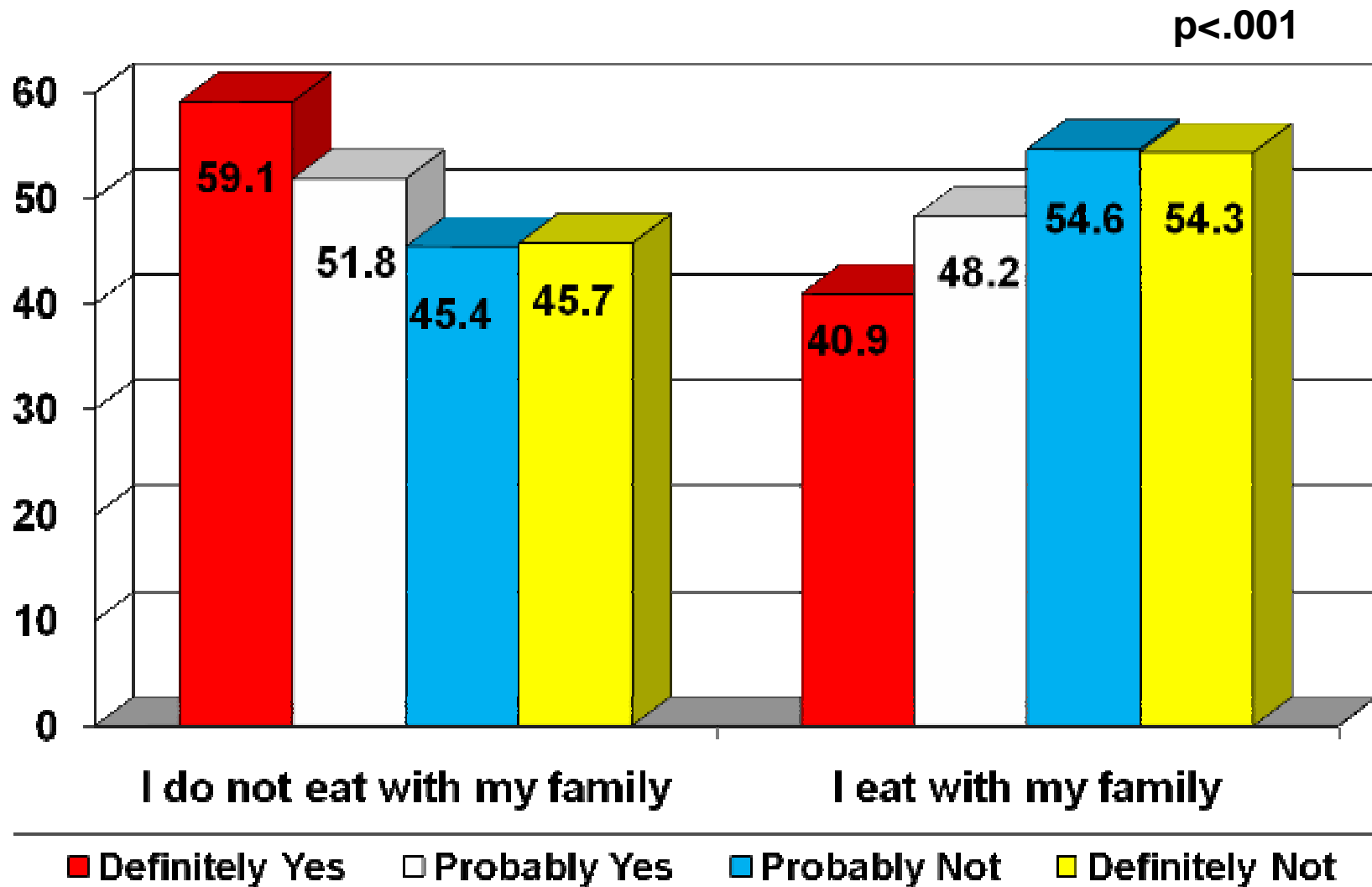
$p < .001$ OR = 1.4



During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip or cigars?

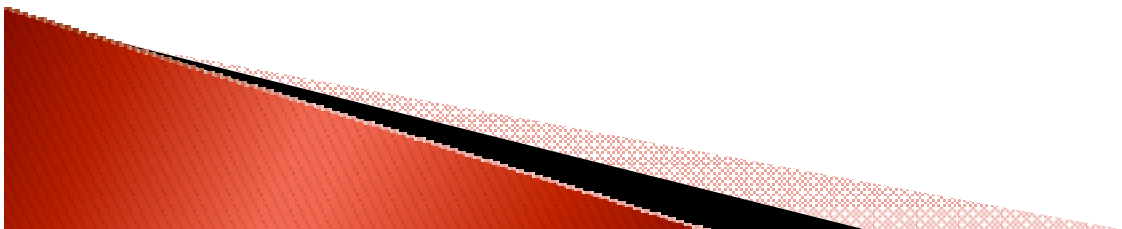


Do you think young people who smoke cigarettes have more friends?



Conclusion

- ▶ Only 52% ate at least once a week with their family.
- ▶ Those who did not eat were more likely to:
 - Describe their health as good, fair, or poor
 - Been suspended from school
 - Tried cigarettes
 - Believe that smoking was definitely not dangerous to their health
 - To believe people who smoke have more friends



Conclusion

- ▶ Those who did not eat with their family were less likely to
 - Plan to go to college
 - Feel well informed about the dangers of smoking
 - Believe smoking was dangerous to their health
 - Believe cigarettes were addictive
 - Both parents talk to them about the dangers of smoking
 - To engage in community activities regarding smoking

Implications

- ▶ Family Settings
- ▶ Communication
- ▶ ONE MEAL A WEEK