

## **Assessing the Relationship between Parental Activation and Obesity-related Health Behaviors among Overweight and Obese Low-income Racial/Ethnic Minority Young Patients**

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*Abstracts Presented:* A manuscript summarizing the protocol for this study has been submitted and is currently under review for publication in *Journal of Medical Internet Research (JMIR), Research Protocols*.

**Background:** Despite recent declines in obesity prevalence among preschool-aged children, obesity remains disproportionately high among children from low-income racial/ethnic minority families. Promoting healthy lifestyles (e.g. obesity-preventative behaviors) in primary care settings is particularly important for young children given the frequency of preventative health visits and parent-provider interactions. A higher adoption of specific health behaviors is correlated with increased patient activation (i.e. skill, confidence and knowledge to manage their own healthcare) among adults. However, no published studies to date have examined the relationship between parental activation and obesity-related health behaviors among young children.

**Objective:** The goal of the study described in this paper is to measure parental activation in low-income parents of preschoolers seen in two large health systems and to examine the association with diet, screen time and physical activity behaviors.

**Methods:** Cross-sectional study of parents of preschool-aged patients (2-5 years old) receiving primary care at multiple clinic sites within two large healthcare systems. Study participants: low-income Black, Hispanic and White parents of preschool-aged patients are being recruited across both health systems to complete orally administered surveys.

**Results to Date:** Recruitment began in December 2017 and is expected to end in May 2018. A total of 267/300 low-income parents of children preschool-aged have been enrolled across both clinic sites. Analysis of results will be completed in June 2018.

**Conclusions to Date:** This protocol outlines the first study to fully examine parental activation and its relationship with parent-reported diet, physical activity and screen time behaviors among low-income preschool-aged patients. It involves recruitment across two geographically distinct areas and resulting from a partnership between researchers at two different health systems with multiple clinical sites. This study will provide new knowledge about how parental activation can potentially be incorporated as a strategy to address childhood obesity disparities in primary care settings.