
CALLING PARENTS AND CAREGIVERS...ARE YOU THERE?... CAN YOU HEAR ME?

SOCIETY FOR NUTRITION EDUCATION AND BEHAVIOR

SAN DIEGO, CA

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WHAT MAKES THIS A TIMELY TOPIC?

- Resources directed to child nutrition education mandate parent/caregiver involvement
- Engaging parents/caregivers can be challenging and frustrating
 - poor engagement undermines project objectives
- Insight can frame a program that successfully draws parent/caregiver support

WHAT DOES THE LITERATURE TELL US ABOUT THE IMPACT OF PARENT INVOLVEMENT?

- Sys review of engaging parents to increase youth physical activity
 - Identified 5 procedures involving parents, little evidence of effectiveness due to studies' heterogeneity & lack of reporting uniformity, education via home visit or telephone contact promising; O'Connor et al (2009)
- Sys review of RCT to improve child dietary intake
 - Indirect methods of parent engagement most common, but direct methods more likely result in positive outcomes, limited literature evaluating parent involvement; Hingle et al (2010)
- Sys review of RCT in school-based obesity prevention interventions for children & adolescents
 - Few studies comparing w & wo parent components; inconsistent results; Van Lippevelde et al (2012)

WHAT DOES THE LITERATURE TELL US ABOUT THE IMPACT OF PARENT INVOLVEMENT?

- Sys review of parent involvement in long-term European child weight control interventions
 - Greater parent involvement & parenting skills correlated w treatment studies' effectiveness, only low intensity parent involvement in prev studies, relationship to effectiveness unclear; Van der Kruk et al (2013)
- Meta-analysis of school- and after-school interventions effect on children & adolescents' BMI
 - Increased positive changes in BMI w more parental involvement; Vasques et al (2014)
- Critical review of obesity prevention strategies in US elementary schools
 - Parent involvement increased effectiveness only in some cases; designs varied substantially making conclusions unclear; Shirley et al (2015)

LEARNING OBJECTIVES

1. Examine the role of nutrition education of children in the context of strengthening family relationships.
2. Describe and discuss social media, text messaging and the dyad model as strategies to engage parents of children in nutrition education programs.
3. Develop ideas for engaging parents/caregivers based on experience from iCook and Fuel for Fun outcome assessments.

SESSION SPEAKERS

Leslie Cunningham-Sabo



Myles Faith



Kate Cronin



SESSION SPEAKERS

Melissa Olfert



Lisa Fransen-Castle



Barbara Lohse



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