



# The Influence of Parenting Strategies on Sedentary Time Among Latino Children

Marlon Zelaya, Natalia Gatdula, MPH, Melawhy Garcia, PhD, MPH  
 CSULB Center for Latino Community Health, Evaluation, and Leadership Training



LONG BEACH STATE UNIVERSITY  
**CENTER FOR LATINO COMMUNITY HEALTH**  
 EVALUATION & LEADERSHIP TRAINING

## Background

### Obesity

- Among Hispanic/Latino children obesity prevalence is 26.2% (CDC, 2022).
- Childhood obesity can lead to cardiovascular disease, asthma and type 2 diabetes, which are highly prevalent in the Hispanic population, especially during adulthood (Vigo-Valentín, 2017).

### Sedentary Behavior (SED)

- Children spend up to 6.0 h/day and adolescents spend up to 8.5 h/day in SED (Santiago-Rodríguez et al., 2022).
- Sedentary lifestyles increase all causes of mortality and can double someone's risk of obesity, diabetes, and other chronic diseases (WHO, 2002).

### Parenting Strategies

- There is not enough evidence to suggest that parenting strategies have a direct influence on SED (Selland et al., 2021).
- Current research looks at the relationship between physical activity and parenting strategies.

## Objective / Hypotheses

### Objective:

- Examine the association between parenting strategies and screen-based sedentary time among Hispanic/Latino children.

### Hypotheses:

**H<sub>1</sub>:** Children whose parents **limit** their screen time will experience less screen-based sedentary time.

**H<sub>2</sub>:** Children whose parents **monitor** their screen time will experience less screen-based sedentary time.

**H<sub>3</sub>:** Children whose parents **discipline** them for their screen-time will experience less screen-based sedentary time.

## Methods

### Study Design

- Cross-sectional data from the Eat, Play, Go! obesity prevention study

### Sample (N=190)

- Hispanic/Latino children between 10-13 years of age
- Residents of Long Beach, CA

### Analysis

- Descriptive Statistics
- Bivariate Pearson Correlation
- IBM SPSS version 27,  $p < .05$

### Measures

#### Sedentary Behavior (2-items)

- "On an average day, how many hours do you **watch shows or movies on TV** or on an electronic device? Ex. a computer, tablet, phone (include time spent on things such as Netflix, cable, Hulu, YouTube) "
- "On an average day, how many hours do you **play video or computer games or use a computer** for something that is not school work? "
- Response options: 0 = I do not watch TV, 1 = Less than 1 hour per day, 2 = 1 hour per day, 3 = 2 hours per day, 4 = 3 hours per day, 5 = 4 hours per day, 6 = 5 or more hours per day

#### Limit Setting (4-items) (Larios et al., 2009)

##### How much do you agree or disagree with...

- "my parents limit the amount of time I **watch TV or videos** during the week (**Mon-Fri**)"?
- "my parents limit the amount of time I **watch TV or videos** during the weekend (**Sat/Sun**)"?
- "my parents limit the amount of time I **play video games** (like Game boy, Xbox, PC, play station, nintendo switch or any other smart device) during the week (**Mon-Fri**)"?
- "my parents limit the amount of time I **play video games** (like Game boy, Xbox, PC, play station, nintendo switch or any other smart device) during the weekend (**Sat/Sun**)"?
- Response options: 1 = Disagree to 5 = Agree

#### Discipline (2-items): (Larios et al., 2009)

- "How often do your parents discipline you for **watching TV or Videos** without asking permission?"
- "How often do your parents discipline you for **playing video games or the computer** without asking permission?"
- Response options: 0 = Never to 4 = Always

#### Monitoring (1-item): (Larios et al., 2009)

- "How much do your parents keep track of the following...amount of **TV or videos** you watch?"
- Response options: 0 = Never to 4 = Always

## Conclusion

### Summary

- More parental limit setting and monitoring was significantly associated with less screen time. Thus, pointing to the need for parent intervention in SED time.
- There was no significant association between children whose parents discipline their screen time and actual screen time. Discipline may not be best approach to decreasing SED.

### Implications

- Parent monitoring and limit setting may reduce the prevalence of obesity and other chronic diseases by reducing sedentary behavior.

### Limitations

- Weak associations between both limiting and monitoring parenting strategies indicate there may be other factors influencing sedentary behavior requiring further investigation.
- Parenting style was measured through child perception of parent and not directly observed.

## Acknowledgements

- This work was supported by the United States Department of Agriculture – NIFA under Award No. 2021-77040-34904.
- Special thanks to Natalia Gatdula, Selene Tovar, Patricia Trinidad, Melawhy Garcia for their contributions.
- Special thanks to the participants in Eat, Play, Go! for their participation in making this research possible.

## Results

**Table 1. Demographic Characteristics (N = 190)**

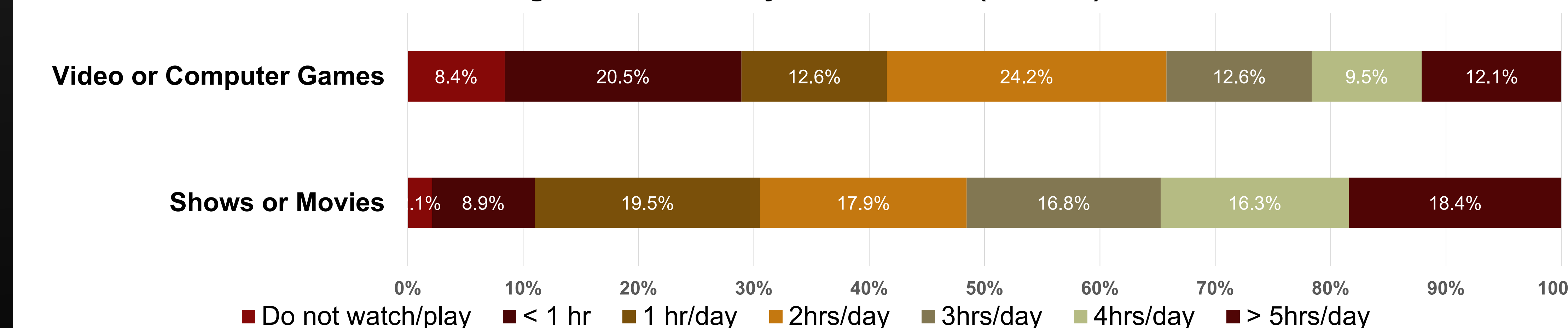
	N (%)	M (SD)
Age in Years		11.11 (1.06)
Gender - Male	93 (48.9)	

**Table 2. Correlation between Sedentary Screen Time and Parenting Strategies (N = 190)**

	Limiting	Monitoring	Discipline
Screen Time	-.20*	-.21*	-.13

Note: \* $p < .05$

**Figure 1. Sedentary Screen Time (N = 190)**



## References

