Washoe County Data from the *All 4 Kids*© Resiliency in an Obesogenic Environment Project

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COOPERATIVE EXTENSION

FUNDED IN PART BY USDA AFRI/NIFA

WASHOE COUNTY OBESITY FORUM 2013

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Obesogenic Environment

[Diagram showing the obesogenic environment with layers of psycho-biological, cultural, and social aspects, with behavior and enablers or barriers.]
Many children grow up relatively unscathed by the negative effects of poverty.

Constructs such as positive outlooks, spirituality, family member accord, flexibility, family communication, financial management, family time, shared recreation, routines and rituals, and a support network are critical to resilient families.

Risk and protective factors associated with family resiliency to an obesogenic environment may be unique.
Resiliency in an Obesogenic Environment

- USDA AFRI Grant

- Interviewed low-income primary female caregivers of children age 3-5
  \( (n = 432) \)
  - Nine established survey instruments
  - Demographic information
  - Measured maternal and child height and weight

Resiliency in an Obesogenic Environment

- Routines (Mealtimes and Commitments)
  - (adapted from: Fiese & Kline, 1993 with input from Fiese, personal communication, 2010)

- Family Sense of Coherence
  - (Antonovsky & Sourani, 1988)

- Perceived Economic Strain
  - (Hilton & Devall, 1997)
Washoe County Data

- Age of Participants

<table>
<thead>
<tr>
<th></th>
<th>n</th>
<th>M</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Age (years)</td>
<td>163</td>
<td>4.07</td>
<td>0.81</td>
</tr>
<tr>
<td>Caregiver Age (years)</td>
<td>163</td>
<td>26</td>
<td>7.26</td>
</tr>
</tbody>
</table>

Washoe County Data

Race/Ethnicity

- Asian, Non-Hispanic/Latino
- Black, Non-Hispanic/Latino
- White, Non-Hispanic/Latino
- Hispanic/Latino
- Other/Mixed, Non-Hispanic/Latino

*Collected in separate questions and combined for analyses
Washoe County Data

Education

- High School Degree or Less
  - 89, 55%
- Some College or More
  - 74, 45%

Marital Status

- Married
  - 68, 42%
- Living with a partner
  - 44, 27%
- Separated/divorced
  - 21, 13%
- Single, never married
  - 30, 18%
Washoe County Data

Employment Status

- Employed (full or part)
- Unemployed/homemaker

86, 53%
77, 47%

Child BMI Classifications

<table>
<thead>
<tr>
<th>BMI Classification</th>
<th>n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>2 (1.2%)</td>
</tr>
<tr>
<td>Normal Weight</td>
<td>102 (62.6%)</td>
</tr>
<tr>
<td>Overweight</td>
<td>27 (16.6%)</td>
</tr>
<tr>
<td>Obese</td>
<td>28 (17.2%)</td>
</tr>
<tr>
<td>Missing</td>
<td>4 (2.5%)</td>
</tr>
</tbody>
</table>

Washoe County Overweight/Obesity Prevalence

<table>
<thead>
<tr>
<th>Child BMI Classifications</th>
<th>How does this compare?*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Washoe County (ages 3-5)</td>
</tr>
<tr>
<td>Overweight</td>
<td>16.6%</td>
</tr>
<tr>
<td>Obese</td>
<td>17.2%</td>
</tr>
<tr>
<td>Unhealthy</td>
<td>~34%</td>
</tr>
<tr>
<td>Healthy</td>
<td>~66%</td>
</tr>
</tbody>
</table>

**Washoe County Overweight/Obesity Prevalence**

<table>
<thead>
<tr>
<th>Caregiver BMI Classifications</th>
<th>How does this compare?*</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Washoe County</td>
</tr>
<tr>
<td>n (%)</td>
<td></td>
</tr>
<tr>
<td>Underweight</td>
<td>8 (4.9%)</td>
</tr>
<tr>
<td>Normal Weight</td>
<td>41 (25.2%)</td>
</tr>
<tr>
<td>Overweight</td>
<td>41 (25.2%)</td>
</tr>
<tr>
<td>Obese</td>
<td>73 (44.8%)</td>
</tr>
<tr>
<td>Overweight 25.2%</td>
<td></td>
</tr>
<tr>
<td>Obese 44.8%</td>
<td></td>
</tr>
<tr>
<td>Unhealthy 70%</td>
<td></td>
</tr>
<tr>
<td>Healthy 30%</td>
<td></td>
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</table>


- Washoe Country caregiver's perceived greater economic strain than the sample as a whole (p < .05)
- Washoe County has significantly lower mealtime routines, lower commitment routines, and lower Family Sense of Coherence than Clark County (p<.05)
- Washoe County also has significantly higher child BMI z-score (p<.10)
Concern about Child’s Current and Future Weight

- As with sample at large, Washoe County caregivers expressed little to no concern about
  - child’s weight now (92%)
  - child’s weight in the future (78%)

Caregiver’s Feeding Styles

- Of the sample
  - 28% authoritative
  - 23% authoritarian
  - 42% indulgent
  - 7% uninvolved
difficult to instigate interventions and change with...

Questions

Requests for additional information can be made to:

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