



A Trend Towards Abuelas to Mother's LNSCI After Just One Month of Participation

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Abstract

Background: Mexican-American children have the highest rates of childhood obesity of any ethnic group [1]. Because Mexican-American mothers follow the advice of abuelas (respected grandmothers in the Mexican-American community) more than that of health care providers [2], this pilot study evaluated the efficacy of using abuelas to deliver a motivational interviewing intervention to encourage Mexican-American mothers to limit their children's low-nutritive simple carbohydrate intake. Specific questions were whether or not 1) abuelas could deliver a motivational interviewing intervention, 2) abuelas could recruit and retain participants, and 3) mothers altered their attitudes/beliefs, perceived norms, perceived behavioral control (self-efficacy), intent and behavior of limiting their children's low-nutritive simple carbohydrate intake.

Methods: Two abuelas were recruited and trained to deliver a motivational interviewing intervention. The abuelas recruited 6 mothers to participate in the study. Assessments and interventions occurred at baseline and 1 month. Attitude/beliefs, perceived norm and perceived behavioral control (self-efficacy) were measured using sub-scales of the Healthy Diet Survey [3], intent was measured using an Intent Questionnaire, and behavioral change was assessed using a short-form food frequency questionnaire. A Wilcoxon test ($\alpha=0.05$) was used to evaluate changes in responses between baseline and 1 month.

Results: The abuelas were successfully trained in motivational interviewing and reliably delivered the intervention. The abuelas recruited 6 mothers and all 6 participated through the entire study. All mothers felt it was important to limit their children's low-nutritive simple carbohydrate intake ($M=9.83$, $SD=.408$) and scored their readiness to change as highly or extremely likely. Confidence in their ability to limit their children's low-nutritive simple carbohydrate intake increased ($z=-2.041$, $p=.041$) between baseline ($M=6.33$, $SD=1.97$) and 1 month ($M=9.67$, $SD=.82$) for 5 of the mothers. The sixth scored her confidence as 10 (the maximum) at both assessments. Responses to the food frequency questionnaire suggest a trend towards limiting their children's low-nutritive simple carbohydrate intake.

Conclusions: This study demonstrated that recruitment, retention, and program delivery using abuelas were successful and the results suggest a trend towards mothers limiting their children's low-nutritive simple carbohydrates.

Keywords: Hispanic; abuela; childhood obesity; mothers; simple carbohydrates

Introduction

Mexican- American children have the loftiest rates of nonage rotundity of any race further than 38), with children age 2- 6 times having nearly twice the rate of rotundity (17) of white children (9.1) (1). pastoral areas in this country have advanced rates of rotundity than civic areas (4). This study was conducted in a pastoralmid-western area that's roughly 40 Mexican- American with an fat frequency among children of 31.5 (5). Children who are fat are at advanced threat for adult rotundity and itsco-morbidities including hypertension, diabetes, cardiovascular complaint, common diseases, cerebral diseases, hyperlipidemia, cancers, and asthma (1). fat children consume on average three times the cost of health care coffers as a normal- weight child (6). The public cost of nonage rotundity is estimated at roughly 11 billion bones for those with Medicaid. Children diagnosed with rotundity are two to three times more likely to be rehabilitated. fat children are far more likely to be diagnosed with internal health diseases than non-obese children (6). These data support the need for rotundity forestallment and treatment interventions during early nonage. Rotundity is a complex multifaceted complaint with multiple

factors that contribute to or promote lesser than anticipated weight gain in nonage. Limiting LNSCI in youthful children has been associated with lower rates of nonage rotundity (7).

Low- nutritional simple carbohydrate foods are those foods that contain high proportions of simple sugars (8). These foods are fleetly digested and absorbed, performing in rapid-fire peaks in blood glucose and insulin followed by a trough in blood glucose which results in increased comprehensions of hunger. Generally these foods have little nutritive value (8). exemplifications include reused and manual foods made with white flour, sugar, and sludge saccharinity similar as white chuck, tortillas, pastas, delicacies, candied potables, fruit authorities drinks and tonics. Foods with high sugar content have been shown to contribute to the adding frequency of rotundity in children (9). Brekke reported a positive relationship between one time old children who had a high input of LNSCI and child rotundity (9). Starch (10) reported that high salutary input of LNSCI is associated with lower HDL- cholesterol. Attention that are an important coronary threat factor and should be considered in diet planning for



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Clinical Psychology Research and Reports

children (11). It's important to note that in both children and grown-ups rotundity is explosively related to increased triglycerides and low HDL cholesterol (12). thus, limiting LNSCI is likely to drop the threat of developing nonage rotundity. Also notable is the relationship between mothers' weight or body mass indicator (BMI) and child's weight or BMI. Several studies have verified this positive relationship in Mexican- American populations (13- 16). Mothers' eating and feeding actions have been appreciatively associated as well (17). thus, it's important to understand the mothers' part in contributing to and precluding rotundity, and to include the mama in interventions to break nonage rotundity.

Pre-school children are primarily reliant upon a grown-up, generally their mama, for the volume and selection of food available to them (18). That mama / child connections may affect nonage rotundity is well proved in the literature, however there have been many studies examining Mexican- American mama / child eating actions. Children's disregulated energy input has been appreciatively identified with mothers' disinhibition (incapability to control food input) (20). likewise, Mexican- American mothers' salutary disinhibition has been associated with lower healthy food choices for themselves and their children (21). Restrictive parent-child feeding practices have been associated with advanced child weight (22). Clark recommends that parents offer healthy foods to their children (e.g., limiting LNSCI) and allow the child to decide how important to eat (18). This approach promotes healthy eating and allows the child to tone- regulate input of healthy foods. Other than sugar candied potables (e.g., soda pop), there's little literature on limiting low- nutritional simple carbohydrates to reduce or help the prevalence of rotundity. Literature on treating nonage rotundity in pastoral America is also limited.

Given the difficulty of reversing rotundity, it's preferable to help fat/ rotundity from developing by intermediating in early nonage (23-25). Many interventions have targeted forestallment and treatment of nonage rotundity in preschool children (25- 27). Interventions involving Hispanic preschoolers are indeed more limited (29). A number of interventions have been trialed to treat nonage rotundity with limited effectiveness. Many have concentrated on impacting station/ beliefs, perceived behavioral control (tone- efficacy), perceived morals, intent and limiting LNSCI actions among Mexican- American populations. Nutrition education programs generally concentrate on information dispersion, but have had limited effect on geste

Change (31). Nutrition education programs alone, which suggest specific diets, may be precious and the Mexican- American populations in utmost communities are frequently poverty stricken and warrant access to outlets furnishing affordable, healthy foods (31).

There's a growing body of literature that supports use of culturally applicable interventions to grease geste change. We propose that using abuelas to deliver a Motivational Interviewing (MI) intervention to encourage Mexican- American mothers to limit their children's LNSCI would be more effective at producing geste changes than other strategies because Mexican- American mothers follow the advice of abuelas (admired grandmothers in the Mexican- American community) further than that of health care providers (2). still, it may help homogenize their children's body composition and drop their pitfalls for nonage rotundity and the associated co- morbidities, If employing abuelas to deliver the MI intervention helps Mexican- American mothers limit low- nutritional simple carbohydrate feeding geste

This airman study estimated the efficacy of using abuelas to deliver a MI intervention, with the thing of appreciatively changing Mexican- American mothers' stations beliefs, perceived morals, perceived behavioral control (tone- efficacy), intent to limit their children's LNSCI and factual geste of limiting their children's LNSCI. MI is substantiation- grounded and uses stimulant and non-confrontational styles to positively change station/ beliefs, perceived morals, perceived behavioral control (tone- efficacy) and intent to change geste. This approach is customer- centered, empowering individualities to establish their own realistic pretensions for geste change. It has been used considerably to change salutary input, diabetes tone- care, and dependence actions and is hypothesized to be an effective strategy for perfecting other health actions.

This airman study estimated whether or not 1) abuelas could be successfully trained to deliver a MI intervention to limit LNSCI following an algorithm 2) abuelas could successfully retain and retain actors and 3) mothers altered their stations beliefs, perceived

morals, perceived behavioral control (tone- efficacy), intent to limit their children's LNSCI and factual geste of limiting their children's LNSCI.

Styles

The frame for this airman study was acclimated from the Predicting and Changing Behavior Theory (PCBT) (38). PCBT proposes that the primary determinants of geste influence intention to engage in

a particular geste These determinants include stations beliefs (an existent's perception toward a geste), perceived morals (including social pressures within a culture or family), and perceived behavioral control (tone- efficacy or an existent's belief about the ease or difficulty of performing a geste). The PCBT has been used to prognosticate actions similar as weight loss, physical exertion and tone- efficacy for healthy eating in Mexican- American populations. We determined the mothers' station/ belief score by casting the responses to the stations beliefs sub-scale of The Healthy Diet Survey (3). Advanced scores indicated stronger stations beliefs supporting limiting LNSCI. The Cronbach's nascence (a measure of internal thickness) for this sub-scale was .80 with a test- pretest stability of $r = .81$ over 2 months (3). We determined the mothers' normative belief score by casting the responses to the normative belief sub-scale of The Healthy Diet Survey (3). Advanced scores indicated lesser normative belief for limiting LNSCI. Cronbach's nascence for this sub-scale was .77 with test- pretest stability of $r = .80$ over 2 months (3). We determined the mothers' tone- efficacy (perceived behavioral control) score by casting the responses to the control belief sub- scale of The Healthy Diet Survey (3). Advanced scores indicated lesser belief in capability to limit LNSCI. Cronbach's nascence for this sub-scale was .73 with a test- pretest stability of $r = .76$ over 2 months (3). We measured the mothers' intent to limit their children's LNSCI using an intent question developed grounded on Fishbein & Ajzen's guidelines and scored using a 7- point Likert scale. We measured the mothers' geste of limiting their children's LNSCI using the short form Food frequency questionnaire which we modified to include particulars unique to this population. mothers reported how frequently during the once month they served each simple carbohydrate item listed grounded on a scale with 9 frequency ranges (noway or < 1 per month to 6 or further per day). Criterion validity and instrument trust ability and reproducibility for the original FFQ have been established. Intra-class correlation portions for nutrient inputs ranged from 0.41-0.79. We determined means and standard diversions for specific simple carbohydrate particulars from the FFQ. Motivational canvassing intervention Our MI intervention was designed to prompt geste change by using abuelas to perform the intervention (addressing perceived norm), participating information on the benefits of limiting LNSCI (addressing station/ beliefs), and furnishing support to increase perceived behavioral control by dwindling mothers' ambivalence and walls (addressing tone- efficacy), which will support intent to limit their children's LNSCI and factual geste of limiting their children's LNSCI. The abuelas began the MI intervention by asking the mothers how they rate the significance of limiting LNSCI on a 0- 10 scale. The alternate question was how the mothers rate their confidence in limiting LNSCI on a 0- 10 scale. However, diabetes, heart complaint, If mothers rated the significance of limiting LNSCI low during the MI intervention the abuelas handed them with information on the benefits of limiting LNSCI to reduce the child's threat of obesity. However, similar as a list of healthy snack food choices, stepped changes (3 tonics per day to 2 tonics and 1 water per day, If mothers rated their confidence in limiting LNSCI as low during the MI intervention also the abuelas handed them with strategies to drop walls.), and having the child help choose healthy foods at the store, to increase their confidence. To help increase perceived behavioral control (tone- efficacy) for limiting LNSCI, the abuela asked them about their readiness to change and what would help them be more successful. We believe the concerted influence of changes in station/ beliefs, perceived norm, and perceived behavioral control (tone- efficacy) will increase intent to limit



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LNSCI and geste of limiting LNSCI in Mexican- American maters entering the MI intervention.

Abuela reclamation and training We signed 2 abuelas grounded on referrals from our network of community mates and trained them to give the MI sessions using a 5- hour DVD that demonstrates Miller and Rollnick's fashion for aiding with behavioral change. After learning the introductory MI fashion from the DVD, the elderly author (who is MI certified) trained the abuelas specifically to deliver a MI intervention to encourage maters to limit their children's LNSCI. The abuelas shared in part playing practice sessions to develop their proficiency.

They followed a written algorithm to insure invariant perpetration of the MI intervention throughout the study.

Intervention sessions were audio- recorded, transcribed, and reviewed by the elderly author to insure the delicacy of the MI intervention. arty reclamation and retention connections are critical when working with the Mexican- American community.

Because of their connections within the community and their reputed status, we employed the abuelas to retain implicit actors. To maximize retention, we assured durability in the abuela- mama connections and listed interviews at the time most accessible for the actors (including weekends and gloamings). Impulses (gift cards) were handed to actors at both intervention/ assessment sessions to encourage participation for the duration of the study. Gift cards compensated actors for their time and could help matters in coping healthier foods. We used bilingual abuelas and handed all documents in both English and Spanish to accommodate language preferences. Culturally applicable relations were emphasized during each data collection using artistic morals of Mexican- American communication.

Informed Concurrence

We attained informed concurrence from both abuelas and maters who chose to share. No data was collected until informed concurrence was completed. The University of Nebraska Medical Center granted IRB blessing for this study.

Assessments

Background information (e.g., age, gender, number of children, education position, income, connubial status, times in US, history of family rotundity) was collected at birth only using a demographic questionnaire. All other variables were assessed at birth and 1 month. Assessments were conducted previous to the delivery of the MI interventions. station/ beliefs, perceived norm and perceived behavioral control (tone- efficacy) were measured usingsub-scales of the Healthy Diet Survey (3), intent to limit LNSCI was measured using the Intent Questionnaire, and limiting LNSCI geste was assessed using a short- form food frequence questionnaire. These questionnaires were used to determine changes in maters ' comprehensions and actions regarding limiting their children's LNSCI.

Data analysis

A Wilcoxon test ($\alpha = 0.05$) was used to estimate changes in the maters' responses to the questionnaires between birth and 1 month.

Results and discussion

Although this airman study was small, it included a different sample. sharing maters ranged in age from 22 to 43, half were from the U.S. and half were from Mexico, education situations ranged from abecedarian academy to an associate's degree, connubial status included single, wedded or separated, and periodic income situations ranged from \$,000 to \$,000. All maters were the primary person responsible for feeding their children. All maters scored significance of limiting LNSCI for their children as a 9 or 10 (scale of 1- 10) (M = 9.83, SD = .408) and scored their readiness to change as either largely likely or extremely likely (Likert scale) during both the birth and 1 month assessments. Confidence scores regarding capability to limit LNSCI for their children increased significantly (Wilcoxon test, $z = -2.041$, $p = .041$) between the birth (M = 6.33, SD = 1.97) and 1 month (M = 9.67, SD = .82) checks for 5 of the 6 maters . The sixth mama scored her confidence as 10 at both assessments and thus couldn't increase her score.

This study demonstrated that recruitment, retention, and program delivery using abuelas were successful. Each abuela successfully recruited 3 mothers and all 6 mothers participated for the duration of the study. The abuelas were successfully trained in MI and reliably delivered the intervention following the algorithm. Results suggest a trend towards mothers limiting their children's LNSCI after just one month of participation.

The abuelas stated that they hope this study continues as they felt it was successful and they were so pleased to be a part of helpin g their community. Mothers also asked to have the study continue for themselves and others. One mother stated that according to her doctor's scale she lost 8 pounds and her overweight son lost 5 pounds during this one month study. In addition, after just one month of limiting LNSCI her doctor told her and her husband that

their blood sugars were under control after years of uncontrolled diabetes.

Study limitations

This study was limited by its geographical area and restriction to a single ethnic group so that it may not be generalizable to other populations. This pilot study is also limited by its sample size, 2 abuelas and 6 mothers.

Conclusions

Although from a small sample, these results and participant commentssupport further evaluation of this approach on a larger scale to fully assess its effectiveness and determine statistical significance.

This study demonstrated that recruitment, retention, and program delivery using abuelas were successful and the results suggest a trend towardsmothers limiting their children's LNSCI after just one month of participation. Both mothers and abuelas requested that the program be extended to reinforce the mothers' efforts to limit their children's LNSCI. Therefore, additional booster sessions should be considered. MI booster sessions have been effective when delivered as often as weekly and as infrequently as 2-3 months intervals [31].

Competing interests

The authors declare that they have no competing interests.

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