

# Family Matters Study Summary

## Phase 1

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Phase 1 portion of the Family Matters Study involved 150 participants from various racial/ethnic and socioeconomic backgrounds. An equal representation of Latino, White, Somali, Hmong, Black/African American, and Native American participants were recruited into this study. For the Family Matters Study, bi-cultural and bi-lingual staff members are involved in reviewing the research questions and communicating with participants.

The Phase 1 portion involved a survey and Ecological Momentary Assessment (EMA) along with the request of caretakers to send updated height and weights for their child(ren). EMA involves miniature assessments given at least three times a day for a week. Questions asked in EMA involve the types of family meals, foods and snacks, and physical activity. The survey assessed in Phase 1 is used to create the second phase (Phase II) of the Family Matters Study survey. Future data and information will be posted once publications are available.

Multiple publications have been created focusing on this Phase 1 portion of the Family Matters Study. This summary is an overview of the findings from multiple research papers and is not an extensive report of all findings. For more information, please refer to the references or to our website on how to access these publications. For any questions, contact us at:

[Family1@umn.edu](mailto:Family1@umn.edu).

We, the Family Matters Team, extend gratitude to the families who have participated with the study over the years. With your help and dedication, we are able to collect and examine the data, write and publish research findings, and share these findings share with you all through this summary and through newsletters. Your contribution to the Family Matters Study, public health, and research is appreciated.

- “The majority of Latino and Somali parents said they served mostly traditional food to their child; about one third of Hmong parents endorsed this theme<sup>1</sup>”
- The use of mobile EMA surveys used to report child’s physical activity and sedentary behavior was strongly associated with accelerometer-measured sedentary time and activity in this sample<sup>2</sup>
- Children in the sample reporting an average of 1.46 snacking engagements a day; the average number did not differ between boys and girls or by child weight status<sup>3</sup>
- 111 of 150 parents reported that the type of day (weekday vs. weekend) determines the type of family meal<sup>4</sup>
- 3,935 fully or partially home-cooked meals from 150 families were more likely to contain fruits and vegetables than pre-premade meals<sup>5</sup>
- TV watching was reported to be watched during 30% of meals eaten at home<sup>6</sup>
- The sample showed children consumed .26 and .57 cups of vegetables per 1000 calories in comparison to the Healthy People (HP) 2020 goal of 1.16 cups per 1000 calories<sup>7</sup>
- In comparison to the HP 2020 goals for sugar intake, children from all groups except Hmong and Somali children consumed more added sugars<sup>7</sup>
- All groups of children in the sample fell below the HP 2020 target goal for calcium intake<sup>7</sup>
- The current sample of African American, Hmong, and Native American, 20-32% fall into the food insecure category<sup>7</sup>
- Somali, Hmong (immigrant parents), and African American parents in the sample fall below the 80% HP 2020 goal of reporting good mental health<sup>7</sup>

## References

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