

A Qualitative Exploration of How Brazilian Immigrant Mothers Living in the United States Obtain Information about Physical Activity and Screen-Viewing for Their Young Children

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Abstract : Background: Racial/ethnic minority children of low-income immigrant families remain at increased risk of obesity. Consistent with high rates of childhood obesity among racial/ethnic minority children are high rates of physical inactivity and increased levels of sedentary behaviors (e.g., TV and other screen viewing). Brazilians comprise a fast-growing immigrant population group in the US, yet little research has focused on the health issues affecting Brazilian immigrant children. The purpose of this qualitative study was to explore how Brazilian-born immigrant mothers living in the United States obtain information about physical activity and screen-time for their young children. Methods: Qualitative research including focus groups with Brazilian immigrant mothers of preschool-age children living in the U.S. Results: Results revealed that Brazilian immigrant mothers obtain information on young children's physical activity and screen-time from a variety of sources including interpersonal communication, television and magazines, government health care programs (WIC program) and professionals (e.g., nurses and pediatricians). A noteworthy finding is the significant role of foreign information sources (Brazilian TV shows and magazines) on mothers' access to information about these early behaviors. Future research is needed to quantify and better understanding Brazilian parents' access to accurate and sound information related to young children's physical activity and screen-viewing behaviors. Conclusions: To our knowledge, no existing research has examined how Brazilian immigrant mothers living in the United States obtain information about these behaviors. This information is crucial for the design of culturally appropriate early childhood obesity prevention interventions tailored to the specific needs of this ethnic group.

Keywords : physical activity, screen-time, information, immigrant, mothers, Brazilian, United States

Conference Title : ICQRSEHS 2018 : International Conference on Qualitative Research in Sport , Exercise and Health Sciences

Conference Location : Lisbon, Portugal

Conference Dates : April 16-17, 2018