Childhood Obesity

Jennifer E. Mac-Romero
Dominican University of California

Survey: Let us know how this paper benefits you.

https://scholar.dominican.edu/scw/scw2015/Posters/25

This Event is brought to you for free and open access by the Student Scholarship at Dominican Scholar. It has been accepted for inclusion in Scholarly & Creative Works Conference 2019 by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.
Childhood obesity is an epidemic in the United States. In 2012, more than one-third of children and adolescents were overweight or obese (Centers for Disease Control and Prevention, 2014). Studies have suggested that obesity is greater in the low-income population than in higher income individuals (Wang, 2006). The literature review has provided evidence that suggest, Hispanic mothers contribute to the rising rates of childhood obesity due to parenting and Hispanic traditions. Although there are interventions created and being created to reduce the high rates of childhood obesity, there are still gaps in interventions that are culturally tailored for Hispanic mothers.

Based on learning about the gaps in interventions I am developing a 6-week workshop curriculum for Hispanic mothers to help prevent childhood obesity. The goals of the program are to provide education and support in a culturally tailored environment that allows mothers to make changes in their children's lifestyles to reflect healthier behaviors while maintaining cultural relevance.

Work Cited

