

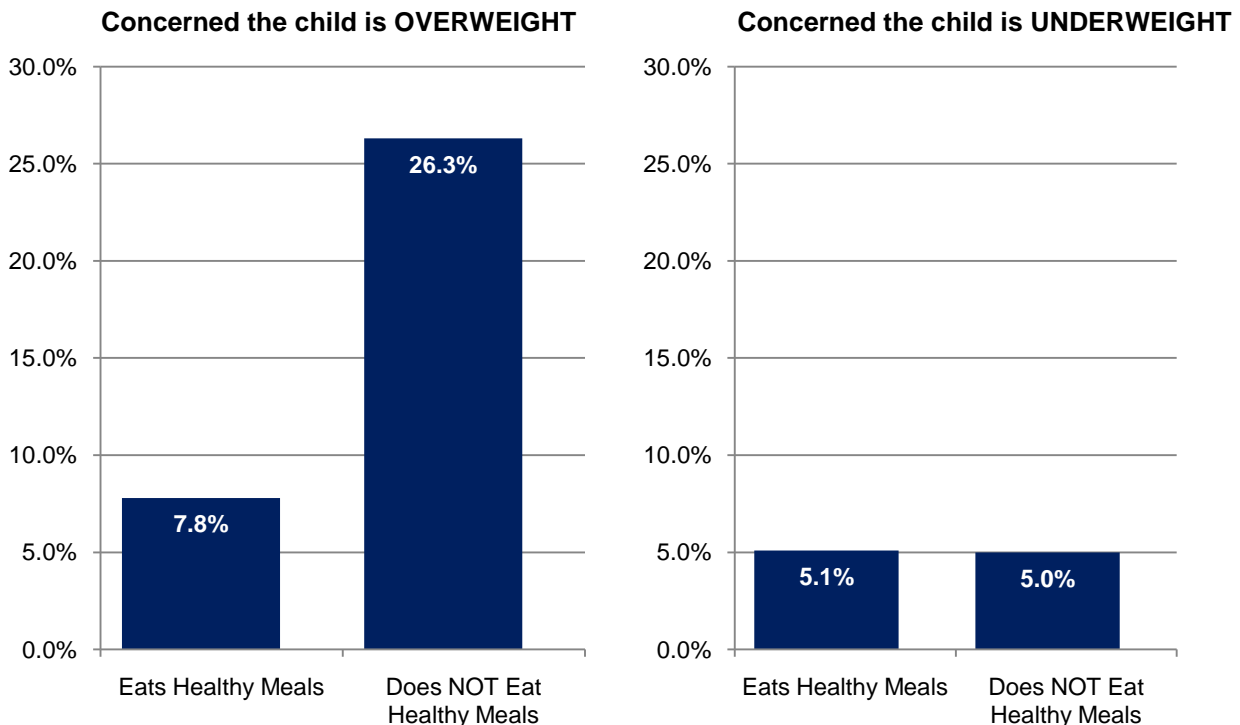
### Does "eating healthy meals" influence parents' concerns about weight?

Denton, Hood, Johnson, Parker, Tarrant and Wise Counties, Texas

Number: 20

March 2010

Parents often underestimate their child's weight while thinking the child is physically active and eating healthy meals. CCHAPS asked 3,671 parents if they were concerned about their child being over- or underweight. Based on the parent's reporting the child eating healthy meals:



#### CONCLUSIONS:

Parents who report their child does not eat healthy meals are 3 times more likely to be concerned that their child is overweight.

There is no difference in the parent concerns about the child being underweight based on reported healthy meals.

**Source:** Chiang, et al, **Parent Perceptions of Children's Weight Status, Nutrition, and Activity Levels** ICAN: Infant, Child, & Adolescent Nutrition, August 2009; 1: 220 - 224.  
 CCHAPS 2008 at [www.cchaps.org](http://www.cchaps.org) accessed March 2010.  
 CCHAPS is a random household survey reporting responses from 7,439 families with a child aged 0 – 14

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