

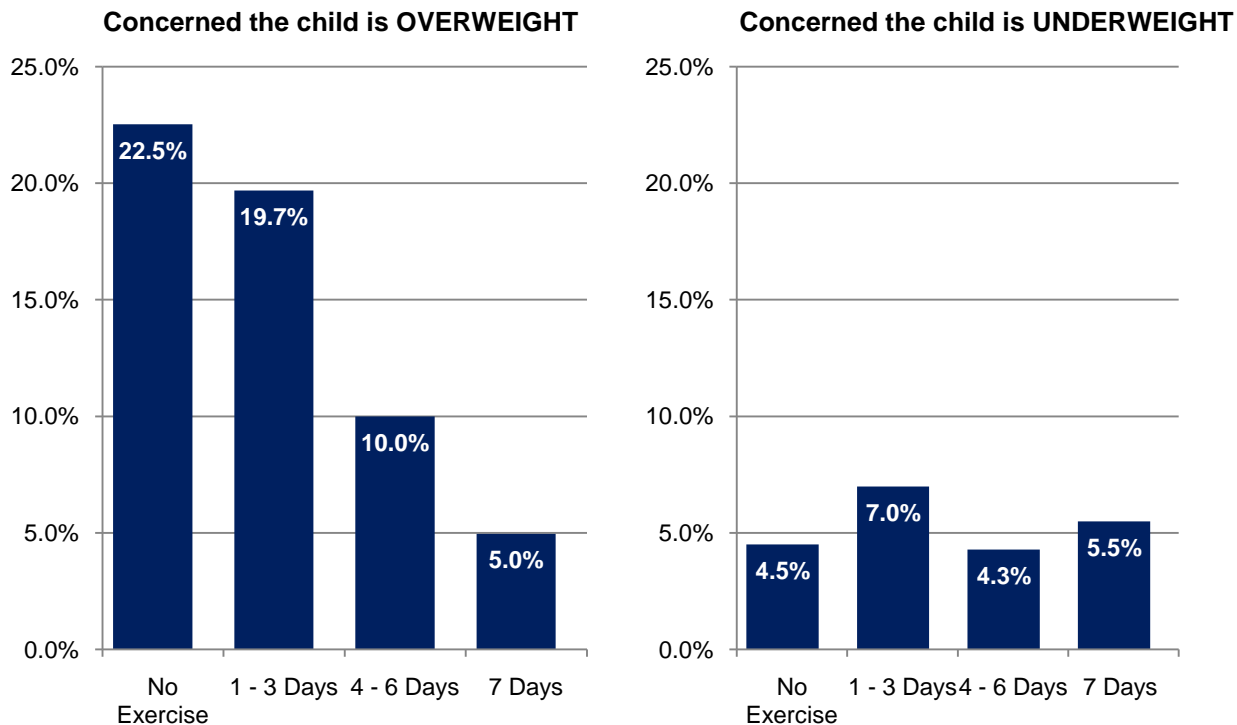
Does exercise influence parents' concerns about weight?

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

Number: 21

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 report of how many days the child exercised 30 or more minutes in the past week:



CONCLUSIONS:

Parents who report their child either did not exercise in the past week or only 1-3 days, are more than twice as concerned that child is overweight than for children exercising 4 or more days each week.

Concern that a child is underweight is lower and there is little difference based on the number of days of exercise.

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 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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