

A Child's Health Behaviours and Body Mass Index (BMI) are influenced by the Parent's BMI

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Abstract

Parents and child's body mass index (BMI) are strongly associated, but their relationship varies by child's sex and age. Parental BMI reflects, among other factors, parents' behaviors and home environment, which influence their child's behaviors and weight. This study examined the indirect effect of parent's BMI on child's BMI via child health behaviors, conditional on child's sex and age. Parental BMI was related to %BMIp95 across all age groups, and was strongest in 11-12 yr. children. Parental BMI was positively associated with boys' fruit and vegetable (FV) intake and girls' sugar-sweetened beverage (SSB) intake. Compared to 2-4 yr., older children had less FVs and physical activity, more screen time and SSB, and higher %BMIp95. Mediation effects were not significant. Parental BMI was associated with child's %BMIp95 and some child behaviors, and this association was stronger in older children; older children also exhibited less healthy behaviors. Age- and sex-specific interventions that focus on age-related decreases in healthy behaviors and parental strategies for promoting healthy behaviors among at-risk children are needed to address this epidemic of childhood obesity. Prevention of childhood obesity is a public health priority, because obesity in childhood increases risk of obesity in adulthood and is associated with long-term health consequences.

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Keywords:

Body mass index; Physical activity; Child's health behaviors

Introduction

Numerous research have suggested a sturdy affiliation between parent's and child's physique mass index (BMI), and teenagers whose dad and mom had a healthful BMI exhibited more healthy behaviors such as normal bodily exercise (PA) and accelerated dietary patterns, in contrast with teenagers whose dad and mom had greater BMI. Higher maternal BMI is associated to greater child's BMI and sedentary behavior, much less fruit consumption, and greater TV viewing. These effects are constant with the thought that parental BMI displays parents' fitness behaviors that impact their child's fitness behaviors and finally weight status. Thus, the improvement of weight problems in childhood and persistence into maturity is now not totally defined by means of inheritable factors, however additionally through the fitness and parenting behaviors of parents/caregivers.

Although the sharing of genetic and behavioral elements between mother, father and teens consequences in a comparable propensity for weight problems status, the affiliation of dad or mum and infant BMI has been proven to fluctuate by means of child's intercourse and age [1-5]. Both son's and daughter's BMI has been stated to be extensively associated to father's BMI, whilst daughter's BMI was once appreciably associated to mother's BMI only [5-10]. Two separate researches validated that children's PA was once affected through shared environmental elements for dad and mom and younger children, however no longer for mother and father and adolescents. This can be defined through a reducing effect of dad and mom on children's behaviors as teenagers mature and grow to be greater impartial from their dad and mom. Moreover, older children's behaviors and weight problems repute may additionally be affected through faculty application peer behaviors. Given the influences of faculties and friends on children's fitness behaviors and for this reason their BMI, we anticipate that the affiliation of parental BMI on their child's behaviors and BMI would be predicted to fluctuate as a feature of child's age. Thus, baby age may additionally average the affiliation between parental BMI and child's fitness behaviors and BMI.

This learn about investigated 1) the extent to which parental BMI

was once related with the child's fitness behaviors and BMI, 2) the extent to which child's fitness behaviors as mediators between parental BMI and child's BMI, and 3) the extent to which public fitness interventions throughout eight communities in three states in the U.S. to enhance baby and household fitness behaviors and to forestall and minimize childhood weight problems amongst households eligible for advantages underneath Titles XIX (Medicaid) and XXI (Children's Health Insurance Plan (CHIP)) of the Social Security Act, which are applications supposed to serve households with low family income.

Anthropometric Measure

Anthropometric measures have been accumulated the use of the strategies described in the National Health and Nutrition Examination Survey Anthropometry Procedures Manual. Parent and child's top and weight have been recorded in centimetres (cm) to the nearest 0.1 cm and kilogram (kg) to the nearest 0.1 kg, respectively. Parental BMI used

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