

# RURAL LATINO MOTHERS' PARENTING STYLE, DEPRESSION, SUGAR-SWEETENED BEVERAGE, FRUIT, AND VEGETABLE INTAKE

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**Learning Outcomes: Participants will learn whether rural Latino mothers mental well-being is linked to their parenting style, depressive symptoms, stress, and their children's eating patterns.**

## BACKGROUND

- Parents strongly influence their children's diets, with characteristics such as parenting style and maternal mental well-being linked to children's eating patterns.
- Little is known about relationships between parenting style and maternal mental well-being in rural Latino populations.
- This study examines associations between rural Latino mothers' controlling parenting style, depressive symptoms and stress and their children's Sugar-Sweetened Beverage (SSB) and fruit and vegetable intake.

## METHODS

- Participants: 112 Latinx parent ( $M_{age}=37.2$ , 73.6% completed high school) and child ( $M_{age}=XX$ , XX% female) from the Healthy Rural Texas Study.
- 42.9% live at or below the poverty level and 46.7% have high or marginal food insecurity.
- Parents self-reported depressive symptoms (CESD-10) and stress (Cohen's PSS-10). Controlling parenting style was assessed with modified Parenting Strategies for Eating and Activity Scale (PEAS). Items were summed to calculate depressive symptoms, stress and controlling style scales.

### Controlling Parenting Style = Agree more with these statements:

- I offer sweets to my child as a reward for good behavior
- My child should always eat all the food on his/her plate
- I have to be especially careful to make sure that my child eats enough.
- If my child says, 'I'm not hungry' I try to get h/her to eat anyway.
- If I don't regulate or guide my child's eating, he/she would eat much less than he/she should

## RESULTS

- Hierarchical linear regressions were conducted controlling for maternal age and education and child age, sex and food insecurity.
- Controlling parenting style was positively associated with child SSB intake ( $p=.016$ ) and SSB intake ( $p=.041$ ). Maternal depression was negatively associated with child fruit and vegetable intake and child SSB intake positively associated with child's SSB intake.

### Associations between mother's parenting style, depression, stress, SSB intake, and interactions on child's eating patterns

Variables	Child Fruit and Vegetable Intake
	Step 1
Age (M)	-.09
Education (M)	-.36**
Age (C)	-.25
Sex (C)	-.05
Waist circumference (C)	<.07
Controlling parenting style (M)	
Depression (M)	
Stress (M)	
Fruit or SSB intake (M)	
Controlling parenting style X depression	
Controlling parenting style X stress	
F change	1.74

M=Mother, C=Child; \*  $p \leq .05$ , \*\*  $p \leq .01$ , +  $p \leq .10$

# STRESS, DEPRESSION, AND PARENTING STYLES AFFECT CHILDREN'S SUGAR SWEETENED BEVERAGE AND FRUIT CONSUMPTION

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Parenting and parenting styles affect their children's sugary sweetened beverage consumption.

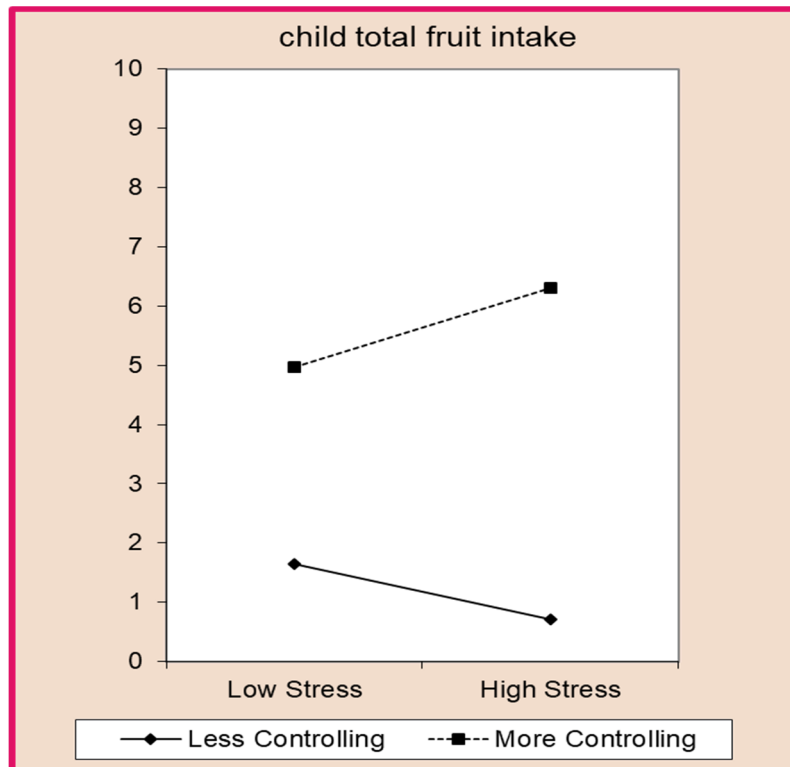
## RESULTS

Analysis was conducted, controlling for parent age and child waist circumference. Maternal depressive symptoms were negatively associated with child fruit intake (p=.05). Maternal stress was associated with child SSB intake (p=.037).

Table 1: Parenting style, depression, stress, fruit and SSB intake

Fruit Intake		Child SSB Intake		
Step 2	Step 3	Step 1	Step 2	Step 3
-.05	-.05	.09	.16	.15
-.24 <sup>+</sup>	-.27 <sup>+</sup>	.13	.17	.17
-.19	-.27 <sup>+</sup>	-.01	.03	.02
.08	.04	-.26 <sup>+</sup>	-.22 <sup>+</sup>	-.23 <sup>+</sup>
.14	.19	.03	.16	.18
<b>.34<sup>*</sup></b>	-.23		<b>.30<sup>*</sup></b>	.55
-.32 <sup>*</sup>	.37		-.17	.15
.23	-.78		<b>.33<sup>*</sup></b>	.20
<b>.39<sup>**</sup></b>	<b>.36<sup>*</sup></b>		.06	.06
	-.95			-.51
	<b>1.72<sup>*</sup></b>			.20
<b>3.94<sup>**</sup></b>	2.37 <sup>+</sup>	1.07	<b>2.73<sup>*</sup></b>	.33

1.10



## CONCLUSIONS

- Maternal mental well-being and parenting styles negatively associated with child's diet, consistent with previous research with other populations.
- To develop effective nutrition interventions for rural Latino children, it may be crucial to address maternal mental well-being and parenting styles.
- Future research should examine mechanisms that mediate or moderate relationships between parenting style, mental well-being, and child diet.

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