



Associations of Socioeconomic Factors and Sedentary Behaviors in Preschool Children

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INTRODUCTION

- Notable sedentary behavior (SB) in young children can contribute to childhood obesity and adverse health outcomes (1).
- SB can consist of different contexts and modalities (2).
- Although some forms of SB may be beneficial for cognitive development (e.g., reading), SB often displaces physical activity in children and adolescents (1).
- Many preschool children spend the majority of their waking hours in SB (3).
- Similar to older children (4), socioeconomic factors may contribute to variations in preschool children's SB levels (5,6).

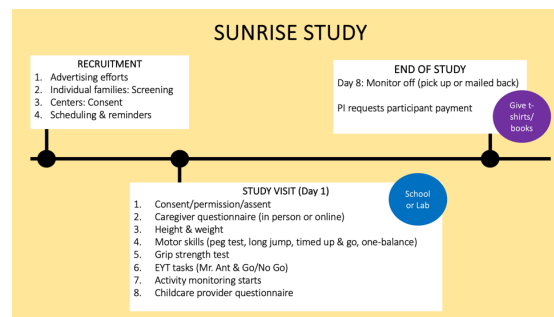
PURPOSE

To study the association of socioeconomic status on overall SB level and types of SBs in preschool children of Western Massachusetts.

METHODS

Approach

- Cross-sectional study of preschool children in Western, MA (3 to 5 years)



Measures

Activity Monitoring

- 7 days for 24-hours
- ActiGraph 3TX (anterior right hip) &/or GENEActiv (non-dominant wrist)
- Variables = Wake time, SB, & physical activity (PA) (min)



Parent/Caregiver Survey

- Online via REDCap
- Socioeconomic factors = household income, parental education, employment, & housing type
- SBs: Types & settings

PLANNED ANALYSIS

Associations of SES & SB Time

Multiple Linear Regression Model



Associations of SES & Types of SB

Series of Multiple Linear Regression Models



CONCLUSIONS

- We have recently started data collection for this project.
- We anticipate that lower socioeconomic factors will be associated with greater sedentary behavior overall.
- This information may support the need to consider components of SBs in future observational work, rather than combining it into one time-based metric.

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