



Associations of Socioeconomic Factors and Sedentary Behaviors in Preschool Children

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INTRODUCTION

- Sedentary behavior (SB) has become increasingly common in preschool-aged children, raising concerns given its links to early patterns of poor health and reduced physical development (1).
- SB can consist of different contexts and modalities (2).
- Understanding why these behaviors occur requires examining not only individual and environmental influences but also broader social determinants of health.
- Socioeconomic status (SES) may play a critical role in shaping children's daily movement opportunities, access to safe play areas, and exposure to screen-based activities (3,4).
- Socioeconomic factors may contribute to variations in preschool children's SB levels (3,4)
- Exploring how SES relates to types of sedentary behavior in early childhood can help identify disparities and inform targeted strategies to promote healthy activity patterns.

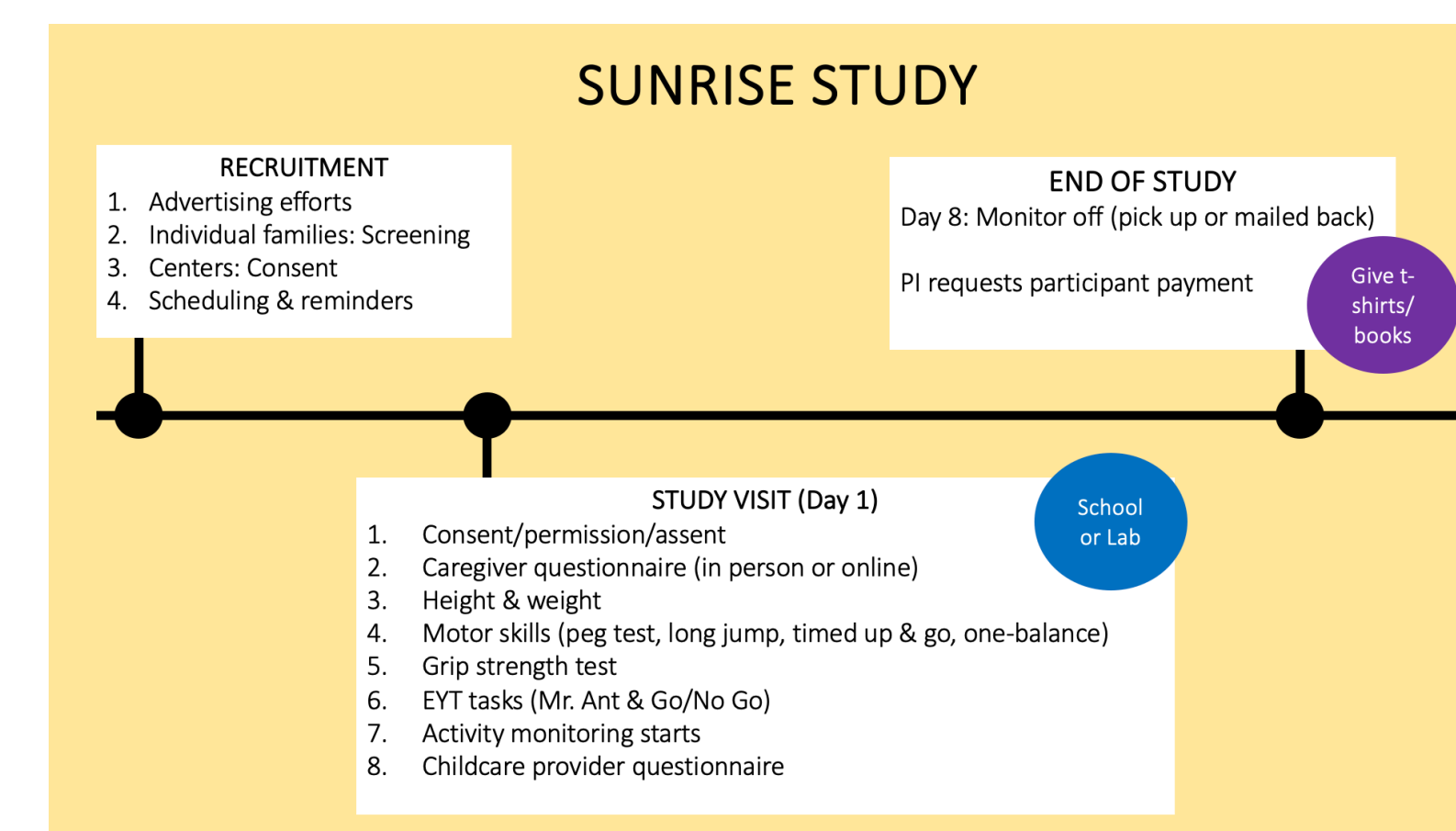
PURPOSE

To determine the associations between socioeconomic factors and types of SB in preschool children of Western Massachusetts.

METHODS

Approach

- Cross-sectional study design of preschool children (3 to 5 years)



Measures

Activity Monitoring

- 7 days for 24-hours: GENEActiv monitors on (non-dominant wrist)
- Variables = SB & physical activity (PA) (min)



Parent/Caregiver Survey

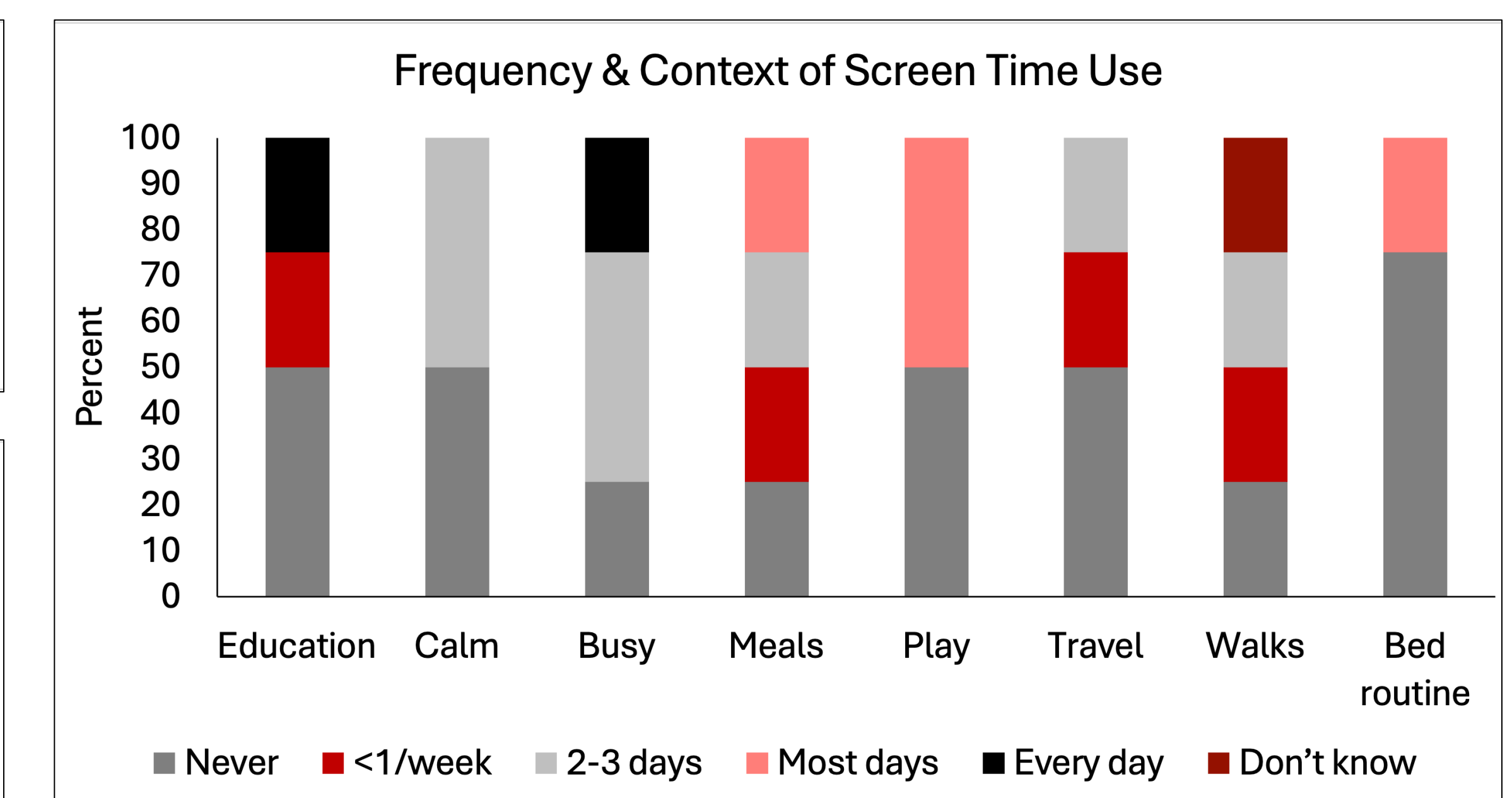
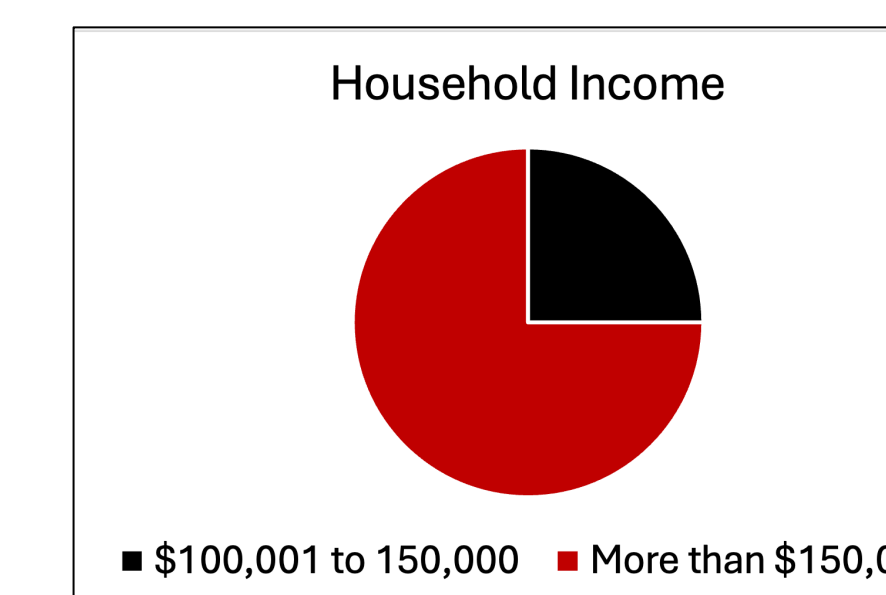
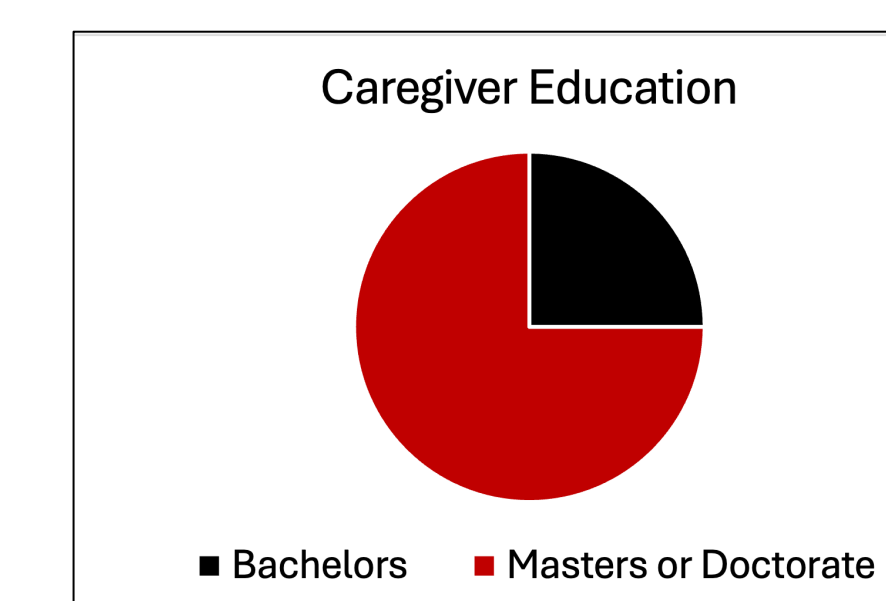
- Online via REDCap
- SES factors: parental education & income
- SBs: time spent in motor vehicle, total screen time, types of screen time, & bedtime screen use



PRELIMINARY RESULTS

Current Sample

- 5 children (4 with surveys), 57.2 $\pm$ 8.8 months, 40% female
- Total screen time = 102.5 $\pm$ 102.5 min (range = 20 to 240)



CONCLUSIONS

- Data is still being collected, but this study will help identify the relations between socioeconomic factors and sedentary behaviors in preschoolers in Western MA.
- Understanding these relations is essential to informing and developing equitable interventions that support activity patterns.

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