NHANES Open Space
September 11-12, 2003

Session Title: Physical activity monitoring in children < 2 yrs

Session Headlines:

- MD WIC looking at obesity prevention issues.

- NHANES includes 6+ years for activity monitoring.

- Interest in foods consumed by young children—FPQ begins at 2 yrs. though

- NCS may be able to track patterns of food use, complimentary feeding.

- Upcoming FDA maternal and infant feeding study will look at infant feeding practices—2004 start (?); series of questionnaires to be completed by a consumer panel—not nationally representative sample—more for consumer education purposes

- Mathematica Inc. doing study on infant feeding practices for Gerber

- NHANES surveillance tools useful to look at patterns and cross-sectional trends. Longitudinal follow-up would be very useful.

- Studies of children with inactive parents may develop pattern of inactivity early. Direct observation in daycare setting used in these studies often—cumbersome devices sometimes if an accelerometer is used, videotape, etc.

- Mark Tremblay's research looked at kids' skills and fitness—powerful relationship that showed kids with motor skills were more fit and active. Looked at health measures at 10, 15 yr. later showed relationship between motor skills and fitness levels. Kids behind in physical skills also at risk.

- Parental activity levels & patterns probably play a big role in development of activity patterns

- Physical activity levels related to many environmental and community issues—safety, sidewalks, parks, parental work roles, etc. Change will require action en masse to "take back" communities, streets, etc.

- What would be useful to include in NHANES?

- Thorough analysis of NHANES weight gain and growth patterns in breast fed and formula-fed infants in NHANES dataset.

- Survey Addition: Collect perceived community safety issues from NHANES participants to be able to look at community issues that may impact on children's activity levels.

- MD has a new IS system to be part of PedNSS—nothing on complimentary feeding included.

- Mothers may not be the best judge of activity patterns of children.

Next Steps/Action Items:

- Community factors that impact on activity levels should be assessed—crime, parks, safety
- Longitudinal follow-up of NHANES participants

- Better activity monitors (discussed post-meeting) Technology has improved and we should be able to use better monitors in studies such as NHANES
- Thorough analysis of the NHANES dataset to look at infant feeding and growth patterns
- Data parental activity patterns would be useful to capture