

**[4474.49] Factors Associated with Overweight Status in Low SES Children: Role of Parent Health Literacy**

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**BACKGROUND:** Low health literacy (HL) has been linked to poor health knowledge, poor health status, and increased costs. There has been limited focus on the relationship between low parent HL and childhood obesity, including the role of HL in parental misperception of child weight status.

**OBJECTIVE:** To assess the relationship between parent HL, child overweight status and parent perception of child weight.

**DESIGN/METHODS:** Caregivers of children(<18y) presenting to an urban public hospital pediatric clinic were enrolled. Based on BMI ( $\geq 2y$ ) or weight for stature (<2y) %tile (CDC Epi Info), children were categorized as: underweight (<5th %tile), normal weight (5th to <85th %tile), or overweight ( $\geq 85th$  %tile, including CDC at risk of overweight, and overweight categories). Parents were asked if they believed their child was “underweight,” “about the right weight,” or “overweight”(NHANES). Multivariate logistic regression analyses were performed to determine whether low parent HL was independently associated with child overweight status and inaccurate perception of weight.

**RESULTS:** 282 caregivers enrolled; 94.7% mothers, 83.3% Hispanic, 85.5% non-US born, 85.0% low SES(Hollingshead 4 or 5), 50.0% non-HS grads, 22.0% with inadequate HL(S-TOFHLA). Mean(SD) child age was 4.7(4.4)y. 34.5% of the children were overweight. 73.7% of parents of overweight children were inaccurate in their perception of their child 's weight( $p<0.001$ ). In unadjusted and adjusted analyses, inadequate parent HL was associated with child overweight status and inaccurate weight perception(see Table).

		Health Literacy				
		Inadequate	Adequate/Marginal	p*	AOR**	95%CI
<b>Child Weight Category</b>	<b>Overweight</b>	49.1%	31.4%	0.04	2.0 †	1.05,3.83
	<b>Normal Weight</b>	45.6%	63.8%			
	<b>Underweight</b>	5.3%	4.8%			
<b>Weight Perception</b>	<b>Inaccurate</b>	49.1%	32.4%	0.03	2.1 ‡	1.02,4.28
	<b>Accurate</b>	50.9%	67.6%			

\*Chi-square; \*\*Adjusted OR, inadequate vs. adequate/marginal HL;

†AOR for child overweight, controlling for caregiver relationship, ethnicity, language, immigrant status, SES, education, and child age, gender;

‡AOR for inaccurate wt perception, controlling for above confounders and child wt

category

CONCLUSIONS: Parent HL level, and associated issues such as parent misperception of child weight status, are potentially important factors to consider in the development of interventions to target childhood obesity in low SES populations.

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