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INTRODUCTION

1. Latino youth, particularly boys have higher risk of obesity than Latino girls.
2. Different psychological factors may impact BMI.
3. Understanding factors associated with BMI is critical to reduce obesity.

METHODS

1. Participants: 232 Latino adolescents (Girls: Mean age = 10.3 ($\pm$ 1.4) years; Boys: Mean age = 10.36 ($\pm$ 1.57) years).
2. Measures: Demographics, acculturation, anxiety (Multidimensional Anxiety Scale for Children 2nd Edition), Sleep quality (Pittsburgh Sleep Quality Index); Body discrepancy (Figure Rating scale); BMI
3. Analysis: Hierarchical regression, controlling for age.

RESULTS

1. For boys, body size discrepancy and sleep quality significantly predicted BMI.
2. For girls, only body size discrepancy was significant predictor.
3. Social anxiety was not significant predictor of BMI for either boys and girls.

DISCUSSION

1. Most participants were overweight/obese and highly acculturated.
2. Gender differences in body size discrepancy and sleep quality, were associated with higher BMI highlighting the need for targeted gender specific interventions for reducing the risk of obesity among Latino youth.

Girls: Body size discrepancy is associated with higher BMI.

Boys: Both body size discrepancy and poor sleep quality are associated with an increase in BMI.

Figure 1
Path diagrams showing standardized regression coefficients (β) for predictors of BMI

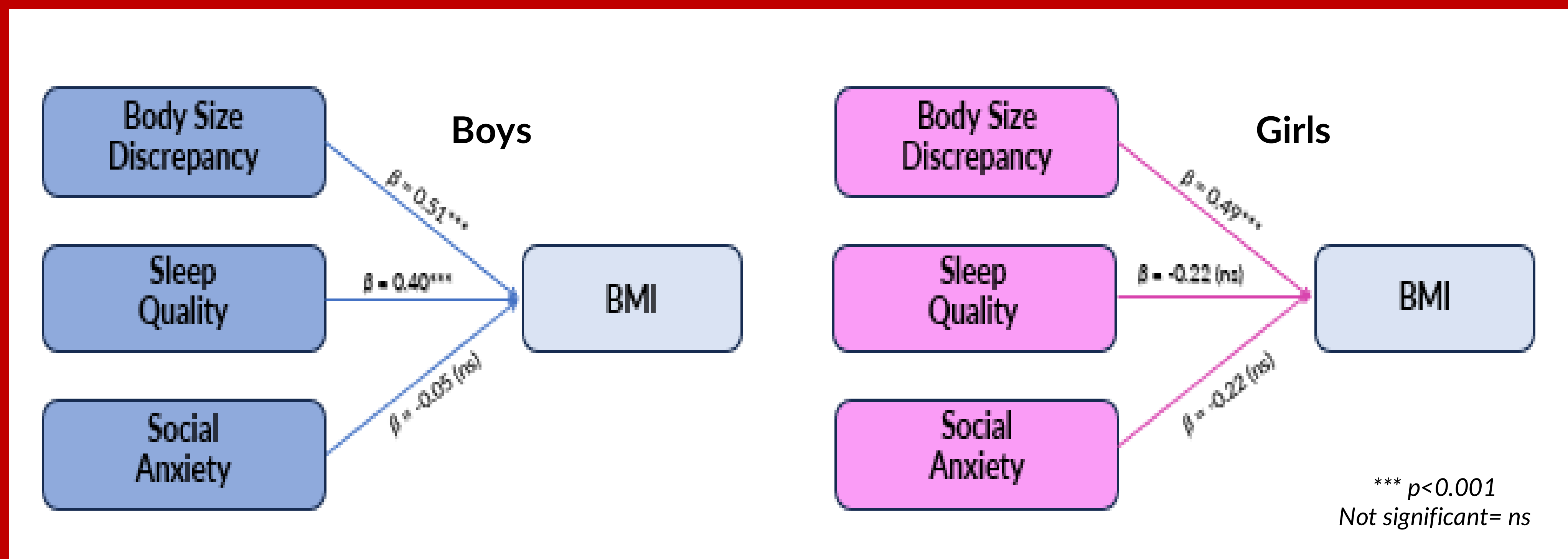


Table 1
Descriptive Characteristics by Gender

Characteristics	Girls (n = 124)	Boys (n = 108)
Age (years)		
8-9	40 (32%)	42 (39%)
10-12	75 (61%)	53 (49%)
13-14	9 (7%)	13 (12%)
Missing	0	0
Place of Birth		
USA	104 (84%)	94 (87%)
Mexico	5 (4%)	4 (4%)
Central America	2 (2%)	2 (2%)
Other	4 (3%)	0
Missing	9 (7%)	8 (7%)
Acculturation		
Low	20 (16%)	18 (17%)
High	88 (71%)	75 (69%)
Missing	16 (13%)	15 (14%)
Weight Status		
Underweight	3 (2%)	3 (3%)
Healthy weight	35 (28%)	22 (20%)
Overweight	24 (19%)	18 (17%)
Obese	61 (49%)	61 (56%)
Missing	1 (2%)	4 (4%)

Figure 2
Pie Chart for Variance Explained (R^2) by Gender

