We've offered the Raleigh community space-saving solutions for the past 10 years. We recommend Northwind Traders to anyone who will listen to us. They helped us reclaim over 700 square feet of our house!

Annie D. Baltimore

Culture, Health, and Family Life Study

October, 2015

Nutrition Results

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CHFLS students say:

"Well generally I would like to eat healthier." ID 296

"I just need to eat healthier." ID 279

"I love my culture and my family life!" ID 559

CHFLS mothers say:

"I don't have any cable... I watch local programs mostly. It keeps us informed." ID 559

"I love Deggasi (TV Show) I love Instagram. I like fast food." ID 691

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What Does This Mean?

For Mothers

We know you want to eat healthy and have a healthy family! We also know that this is a challenge given your busy lives. Did you realize that your US cable watching impacts what you and your daughter are eating? Try to find other ways to unwind besides TV such as bonding with your children and preparing simple healthy meals together. Remember, one of the best things you can do for your daughter is to model healthy eating.

For Students

We know you want to eat healthy—go for it! Offer to help your mother to prepare healthy meals at home. Remember that watching more US Cable is linked to eating more unhealthy foods—talk with your parents about this and try to do another fun activity with your family instead.

For Staff

We know you want healthy and successful students—keep working at it! Promote healthy eating choices in your cafeteria. Classroom curriculum focused on health should help students analyze the impact of US Cable on their eating choices. Direct your staff to help students make healthy choices—keep working at it! Promote healthy eating at your workplace.

For Future CHFLS Research

- US Cable impact on physical activity & fitness
- US Cable, family mealtimes & emotional health
- Families with enough food at home
- Internet use, social networking, and health

What Did We Do?

In October 2014, we gave questionnaires to randomly selected students and their mothers/mother figures at several high schools in Kingston, Jamaica (all girls, all boys, and co-ed; 7-11th grade). We also collected height and weight information. Mothers were selected because they generally play the central role in meal preparation and decision-making about what to eat at home. Some of the survey questions focused on:

- Unhealthy eating (fast food, pastries, sweet drinks/sodas, fried meats)
- Watching US Cable (hours per day)
- Culture (I feel Jamaican, I feel American)
- Sweet drinks/sodas, fried meats, pastries
- Unhealthy eating (fast food, pastries)

What Did We Find?

For Girls

Mothers wanted to eat healthily and provide healthy meals for their families, but time and expense were challenges. Mothers who watched more US Cable ate more unhealthy food and had daughters who also ate more unhealthy food. In other words, mothers' US Cable watching impacted their own unhealthy eating and their daughters' unhealthy eating. Mothers who watched more US Cable also felt more 'American'.

For Boys

Boys who watched more US Cable ate more unhealthy food and also felt more 'American'. Mothers' cable watching did not impact boys' unhealthy eating.

What is the Culture, Health, and Family Life Study (CHFLS)?

The CHFLS is a multidisciplinary research project exploring the links between culture, health habits (i.e., nutrition and physical activity) and family life among high school students and mothers in Kingston, Jamaica. This project was funded by the University of Illinois at Urbana-Champaign and is spearheaded by Dr. Gail M. Ferguson, in collaboration with Dr. Julie Meeks Gardner from the University of West Indies, Jamaica, and other scholars from the Culture and Family Life Lab at the University of Illinois at Urbana-Champaign.

Why now?

US cable TV and US-style fast food are now much more available in Jamaica due to 21st Century globalization. We need to better understand these implications for the health and well-being of students and their families. Healthy lifestyles contribute to successful and well-rounded students and strong families.