

CHFLS students say:

"Well generally I would like to eat more healthier food" ID 296

"I love Degl'rjassi (TV Show) I love Instagram I like fast food" ID691



CHFLS mothers say:

"I love my culture and my family life I just need to eat healthier!" ID 559

"I don't have any cable...I watch local programs mostly...it keeps us inform [ed] about our culture and shows lots of health tips" ID 797

Prepared by:

Christy Clarke, BS
Cagla Giray, BA

Dr. Gail M. Ferguson, PhD

Copyright © 2015 Culture and Family Life Lab. All rights reserved. This brochure can be freely copied and distributed but may not be altered.

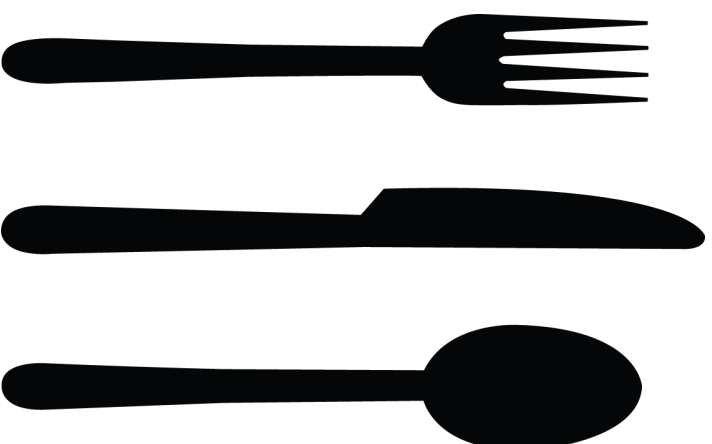
* Additional CHFLS co-investigators include Dr. Henna Muzaffar & Dr. Maria Iuricide

Dr. Gail M. Ferguson, University of Illinois at Urbana-Champaign

Culture and Family Life Lab
904 W. Nevada Street, Room 2015
Doris Christopher Hall, MC-081
Urbana, IL 61820, USA
Phone: (217) 300-0365
Email: cultureandfamilylife@gmail.com
<https://publish.illinois.edu/cultureandfamilylifelab>
Google "Culture and Family Life Lab"

Dr. Julie Meeks-Gardner, UWI

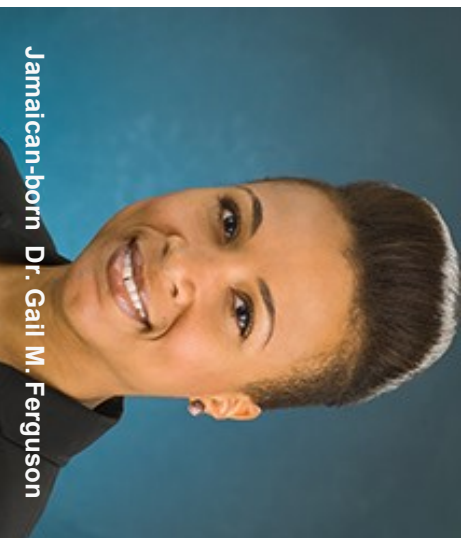
Caribbean Child Development Center
1 Port of Spain Way
Kingston 7, Jamaica
Phone: (876) 927-1618



**CULTURE,
HEALTH, AND
FAMILY LIFE
STUDY**

October, 2015
Nutrition Results





Jamaican-born Dr. Gail M. Ferguson

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. The CHFLS was funded by the University of Illinois at Urbana-Champaign.

This project is spearheaded by Dr. Gail M. Ferguson from the Culture and Family Life Lab at the University of Illinois at Urbana-Champaign, in collaboration with Dr. Julie Meeks Gardner from the University of West Indies, and other scholars*.

Why now?

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

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. 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)

What Did We Find?

For Girls

Mothers wanted to eat healthy and provide healthy meals for their families, but time and expense were a challenge. 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 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 curricula focused on health should help students analyze the impact of US cable on their eating choices. Administrator support for student clubs focused on health can help to promote fun alternative hobbies to watching US cable TV.

For Future CHFLS Research

- US Cable impact on physical activity & fitness
- US Cable, family mealtimes & emotional health
- Families who don't have enough food at home
- Internet use, social networking, and health