

Responsive parent intervention in infancy can reduce BMI z score

August 8 2018



(HealthDay)—A responsive parenting intervention initiated in early

infancy can reduce body mass index (BMI) z score; however, a 36-month multicomponent behavioral intervention does not change BMI trajectory, according to two studies published in the Aug. 7 issue of the *Journal of the American Medical Association*.

Ian M. Paul, M.D., from the Penn State College of Medicine in Hershey, and colleagues conducted a randomized trial comparing a responsive parenting [intervention](#) designed to prevent childhood obesity versus a home safety intervention among 279 primiparous mother-child dyads. Overall, 83.2 percent of dyads completed the trial. The researchers found that children in the responsive parenting group had a lower mean BMI z score at age 3 years (-0.13 in the responsive parenting group versus 0.15 in the [control](#) group; absolute difference, -0.28). Overall, 11.2 and 19.8 percent of the 116 children in the responsive parenting and control groups, respectively, were overweight; 2.6 and 7.8 percent were obese, respectively.

Shari L. Barkin, M.D., from the Vanderbilt University School of Medicine in Nashville, Tenn., and colleagues randomized 610 parent-child pairs from underserved communities in Nashville to a 36-month, family-based, community-centered intervention targeting health behaviors or a school-readiness control. The researchers found that the mean child BMI was 17.8 and 17.8 kg/m² in the intervention and control groups, respectively. The primary outcome of BMI trajectory over 36 months did not differ significantly between the groups.

"A 36-month multicomponent behavioral intervention did not change BMI trajectory among underserved preschool-age children in Nashville, Tennessee, compared with a control program," Barkin and colleagues write.

One author from the Paul study disclosed financial ties to the pharmaceutical industry.

More information: [Abstract/Full Text - Paul \(subscription or payment may be required\)](#)

[Abstract/Full Text - Barkin \(subscription or payment may be required\)](#)

[Editorial \(subscription or payment may be required\)](#)

Copyright © 2018 [HealthDay](#). All rights reserved.

Citation: Responsive parent intervention in infancy can reduce BMI z score (2018, August 8)
retrieved 18 July 2023 from <https://medicalxpress.com/news/2018-08-responsive-parent-intervention-infancy-bmi.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.