Child Lifestyle

• Definition: Health habits and other lifestyle components that can affect physical, emotional, and cognitive development in myriad ways.
  – e.g. sleep, diet, physical activity

• Concepts
  – Measurement of individual behavioral domains (e.g. sleep habits) versus a composite assessment of health habits that cuts across domains or assessment of health attitudes.

• Considerations
  – Norms and relative importance of different lifestyle components vary across ages and developmental stages.
  – Sleep, diet, and physical activity are all broad subjects and may deserve their own protocols.
Existing measurement protocols in PhenX Toolkit

• Diet
  – Breastfeeding – 50101
    • Whether an infant was breastfed, the duration of breastfeeding, and the introduction of solid foods.
  – Dietary Intake – 231201 - Dietary Screener Questionnaire (DSQ)

• Physical Activity
  – Sitting-Sedentary Behavior – Adolescent - 150602
  – Total Physical Activity-Objective Measure - 150801
  – Physical Activity - Physical Activity Questionnaire (IPAQ) - 661901
  – Total Physical Activity - Comprehensive – Adolescent – 150701

• Media use
  – Media Use - 750701
Description of measurement protocols in PhenX Toolkit

• Somewhat limited coverage of dietary intake
• More robust coverage of physical activity
• Inadequate coverage of sleep and media
• Lack of any global health behaviors or health attitudes assessments
Missing elements

- Sleep
- Media use
- Global assessments
- Health attitudes
Filling in the gaps

- Possibilities
  - Sleep
    - PROMIS sleep disturbance
    - PROMIS sleep impairment
  - Composite health behaviors and attitudes
    - FLASHE (NCI) - teen report and parent report versions
      - Mostly diet and physical activity
  - Media
    - Pew Internet and American Life Project
    - Rosen Media and Technology Usage and Attitudes Scale
Recommendations to the WG

• In thinking about child lifestyle and current trends, media use is extremely important and increasingly so.
• The Pew Survey is the broadly used tool and has many questions that can be used or adapted.
  – Some difficulty in accessing the protocol but it is not proprietary
• An alternative is the Rosen Media and Technology Usage and Attitudes Scale although this is less well validated among children