

# PhenX Pediatric Development Working Group **Child Lifestyle**

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# 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