



From Biology to Policy: Revealing strategies to prevent overweight among children of Mexican descent

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Program Competencies

I will be working to develop each of the eight program competencies over the course of the postdoctoral fellowship. In the **first year**, I will prioritize developing the following three competencies:

1. Complete journal articles and conducting presentations that inform health policy decisions that address health disparities
2. Write grants that express the importance of health disparities policy research
3. Understand the health policy process at the local, state and national levels

Mentors

Paula Braveman, MD MPH, UCSF (primary mentor)

Patricia Crawford, PhD RD, UC Berkeley

Robert Lustig, MD, UCSF

Brenda Eskenazi, PhD, UC Berkeley

Lia Fernald, PhD MPH MBA, UC Berkeley

Sylvia Guendelman, ScD, UC Berkeley

Barbara Abrams, DrPH RD, UC Berkeley

Research Projects (partial list)

Overweight, generation and socioeconomic status (SES) among immigrants in California

Using data from California Health Interview Survey (2005), we investigated the association of generational status on overweight and possible effect modification by SES among Hispanic and Asian immigrant children (5-11 years) and adolescents (12-17 years). We observed a significant interaction between generational status and parental education on overweight among Hispanic children.

Qualitative investigation of potential policy interventions to prevent childhood overweight among Mexican immigrants

To address the gap in research on successful programs and policies aimed at reducing overweight among children of Mexican descent, we are conducting a qualitative study to identify potential opportunities for future interventions and policy research. The ultimate goal of this research is to refine future research questions as well as inform the design and evaluation of obesity prevention interventions among children of Mexican descent.

Early life risk factors for childhood overweight in a Mexican immigrant cohort

The objective is to determine the effect of *in utero* exposures such as maternal dietary intake and gestational weight gain on overweight and metabolic syndrome in Mexican-American children.

Informing Latino Childhood Obesity Prevention: The role of Physical Education (PE) Policies in California

Capitalizing on FITNESSGRAM data with its large sample of Latino children, we propose to investigate whether compliance with State physical education requirements influences physical fitness and weight among Latino children in California.

Policy Implications

The policy implications will vary for each research project conducted during the postdoctoral fellowship. For example, the analysis of generational status, socioeconomic status and childhood overweight has the potential to inform childhood obesity prevention programs at the community level. I will design a dissemination plan for each project with the goal of influencing the policy process at the local, state or national level. Most of these efforts will include work with the media, developing policy briefs and meetings with key stakeholders.