

## *Evelyn Cortes*

**Title.** *El Comer Bien*. An assessment of health perceptions of immigrant Latino caregivers in Chicago that impact the eating habits of their U.S. born children

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Latinos are now the fastest growing minority in the United States, and children are the ones that constitute most of this population. The United States Census Bureau has predicted that by the year 2030, one in three children will be Latino. Furthermore, in 2105, The State of Obesity reported that the prevalence of obesity among children in the United States between the ages of 2–19 years was greater in Hispanic youth (21.9%) than that of non-Hispanic Asian youth (8.6%), non-Hispanic white (14.7%), and non-Hispanic black (19.5%), (Ogden, 2015). The purpose of this study is to analyze and highlight the importance of a caregiver's background as a Latino immigrant and how that impacts the lifestyle and dietary habits of their U.S. born children. Another aim is to be able to find correlations between a caregiver's demographics, educational level, English proficiency, level of acculturation, and disciplinary values in order to find patterns in the influences that contribute to the obesity epidemic in the United States.

This secondary analysis from a qualitative study aims to understand how the parent's background is correlated with their disciplinary approaches and how that affects the way their children eat and act. As well as to explore why and how these disciplinary values, parent's background and resources directly and indirectly affect their child's eating habits and can lead to obesity. To prepare for

the rising population size of Latino youth in the United States, we must take action to begin preventing obesity and finding solutions that cater to the Latino experience. There is already a known lack of health equity in the United States and in order to repair the damage it is fundamental that health care professionals understand the cultural implications that contribute to obesity of their young Latino patients.