

IN THE NEWS

Pediatrician and JSPH Student Passionate About Helping Families of Children with Obesity



Thao-Ly Phan, MD, a Pediatrician at Nemours Children's Health System and a student in the MPH program at JSPH, recently published "Disparities in parent confidence managing child weight-related behaviors" in *Patient Education and Counseling*. The article is based on a pilot study for her Capstone project that found that parents of young children with obesity report low self-efficacy managing their child's behaviors and that ethnic disparities in this construct exist.

Dr. Phan believes that parents play a large role in helping their children make healthy choices. Parents are responsible for ensuring a health environment for their child to grow and thrive in and most importantly they are responsible for managing their child's behaviors in a positive yet authoritative manner.

Dr. Phan explains, "working with families in the Nemours Weight Management Clinic, I hear about parents and their struggles managing behaviors like tantrums about food and sneaking food that are often not given light in public health discussions about obesity."

The study highlights the need to ensure that interventions address these behaviors and are culturally-sensitive in their approach so that disparities in obesity among children are effectively addressed.

Thao-Ly Phan, MD is expected to graduate from the Jefferson School of Population Health MPH program in May 2015.