

FLASHE

Family Life, Activity, Sun,
Health, and Eating Study

What is FLASHE?

The National Cancer Institute's FLASHE Study is a pilot survey that seeks to examine psychosocial, generational (parent-adolescent) and environmental correlates of cancer preventive behaviors. FLASHE will examine correlates of cancer preventive, lifestyle behaviors, mainly diet, physical activity (PA) and sedentary behaviors (as well as sleep, sun-safety and tobacco use).

FLASHE Facts

- Data will be collected from adolescents and their parents.
- FLASHE consists of a diet-related survey and a PA-related survey.
- Surveys will be administered in 2014.
- Data collected will ultimately be a public use dataset and resource.

FLASHE Methods

- FLASHE will be a cross-sectional internet-based survey.
- The FLASHE sample will be drawn from a panel and will mirror the US general population on sex, education, income, age, household size, and region.
- Non-Hispanic Blacks will be oversampled.
- In order to achieve statistical power of at least 80%, a sample of 2,500 dyads will be collected.
- A subsample of 900 adolescents will receive motion-sensing devices.

FLASHE Constructs

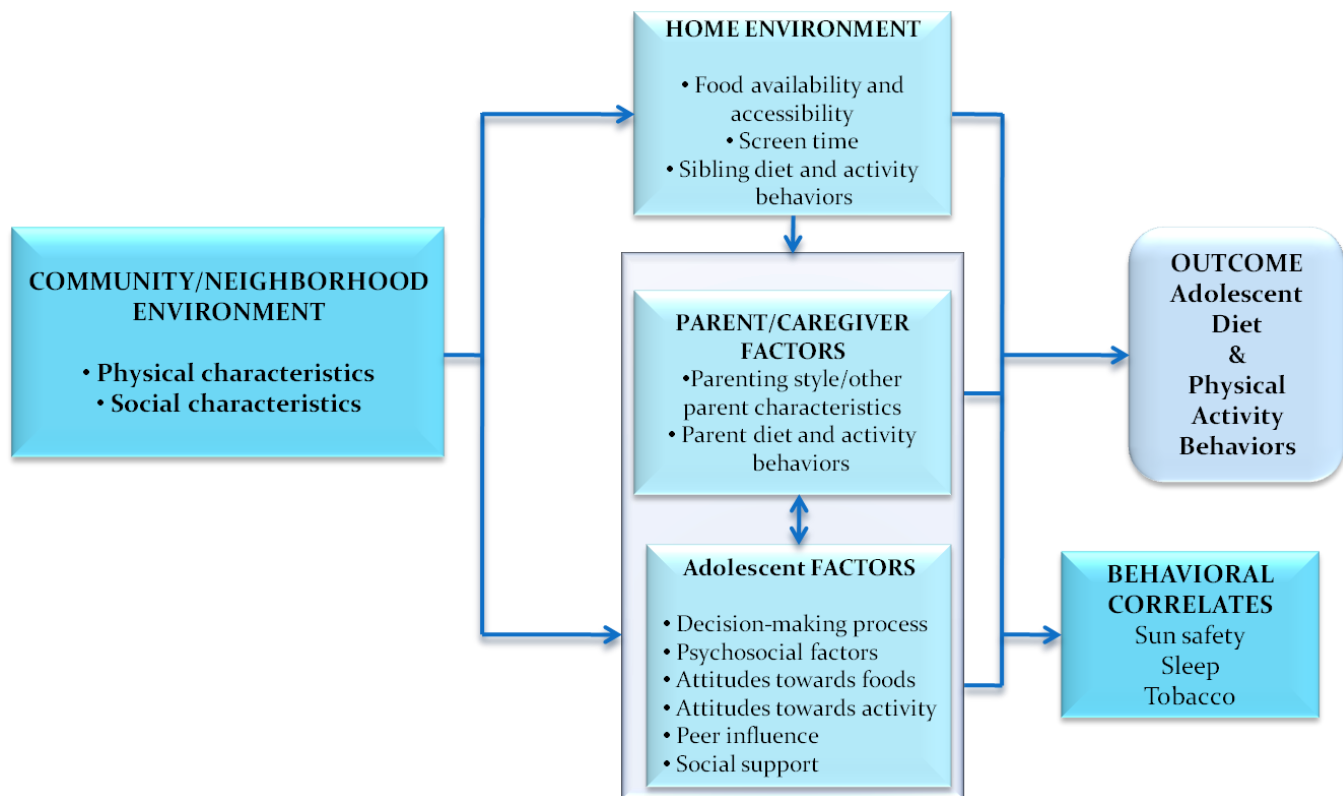
Diet	Physical Activity
Fruit and vegetable (FV) related items, such as knowledge of recommendations, self-efficacy, motivation and, barriers; Limiting junk food/sugary drinks related items such as self-efficacy and motivation; emotion regulation; eating in the absence of hunger; advertising & media perceptions; eating away from home and in the home; food security; context of family meals; barriers to cooking; parenting style & practices for FV & junk food intake, food environment.	Physical Activity related items such as barriers; attitudes;; motivation; availability of PA equipment in the home; barriers to walking/biking to school; Limiting use of electronic devices such as self-efficacy, motivation, barriers, and availability in the home;; sun safety; tobacco use; sleep; depression; parenting style & practices toward PA and limiting use of electronic devices; built environment.

Examples of FLASHE Research Questions

- Do psychosocial behavioral correlates (e.g. barriers to consuming fruits and vegetables and barriers to physical activity) mediate or are mediated by the home environment and ultimately what is their impact on diet and physical activity behaviors?
- What is the relationship between neighborhood and community context and parenting styles supportive of diet and physical activity behaviors?
- What are the joint and independent effects of both parent and adolescent attitudes and towards intake of more healthful foods such as fruit and vegetables on adolescent dietary intake?

The FLASHE Conceptual Model

The FLASHE conceptual model is guided by ecologic and behavioral psychosocial frameworks and theories.



Contact FLASHE:

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