

FLASHE

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

About FLASHE

The Family Life, Activity, Sun, Health, and Eating (FLASHE) study is a National Cancer Institute (NCI) survey that examines psychosocial, generational (parent-teen), and environmental correlates of cancer-preventive behaviors. FLASHE will examine lifestyle behaviors as they relate to cancer risk, mainly: diet and physical activity; as well as: sleep, sun-safety, and tobacco use.

FLASHE Facts

- Data will be collected from dyads of caregivers and their adolescent children (ages 12-17).
- Two surveys will be administered: one on diet-related behaviors and one on physical activity-related behaviors.
- Data will be collected in 2014 and will be made available for public use.

The FLASHE study will include a cross-sectional internet-based survey. The FLASHE sample of 2,500 dyads will be drawn from a Consumer Opinion Panel representative of the U.S. general population on sex, education, income, age, household size, and region; non-Hispanic Blacks will be oversampled. A subsample of 900 adolescents will receive motion sensing devices to objectively measure physical activity. The FLASHE collection methodology is aimed at achieving a statistical power of at least 80%.

Constructs Included in FLASHE Survey Instruments:

| Diet-Related Survey | Physical Activity-Related Survey |
|---|---|
| <p>Fruit and vegetable related items, such as knowledge of recommendations, self-efficacy, motivation, and barriers</p> <p>Items on limiting junk food/sugary drinks, such as self-efficacy and motivation; emotion regulation; eating in the absence of hunger; advertising and media perceptions; eating away from home; food security; context of family meals; barriers to cooking; parenting style and practices; and the food environment</p> | <p>Physical activity related items, such as barriers, attitudes, self-efficacy, motivation, and availability of physical activity equipment in the home</p> <p>Items on limiting use of electronic devices, such as self-efficacy, motivation, barriers, and availability; parenting style and practices toward physical activity and limiting use of electronic devices; and the built environment</p> |
| <i>In addition to survey items related to: sun safety, tobacco use, and sleep</i> | |

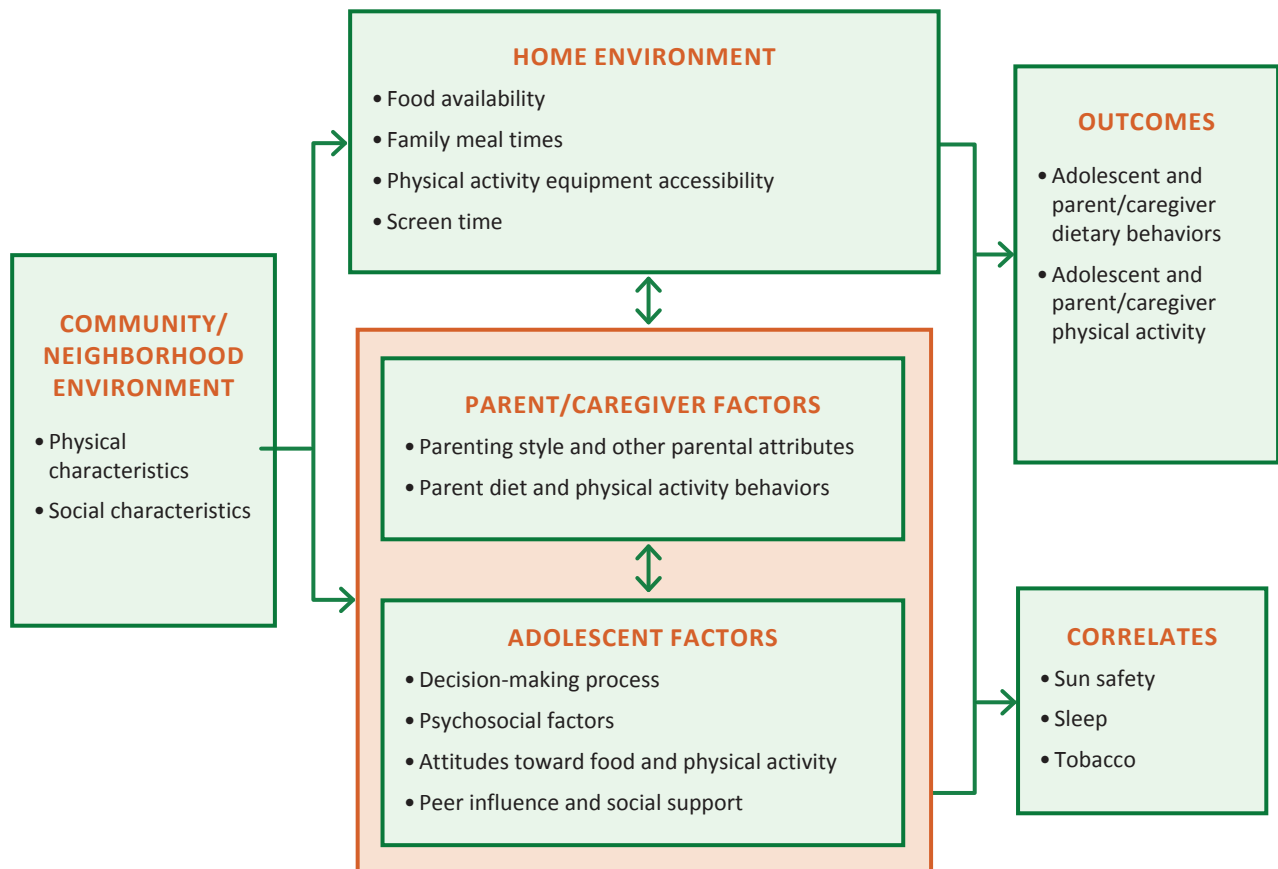
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Example FLASHE Research Questions

- Do psychosocial behavioral correlates (e.g., barriers to fruit and vegetable consumption and barriers to physical activity) mediate, or are they mediated by, the home environment? Ultimately what impact do they have on cancer preventive behaviors?
- What is the relationship between neighborhood and community contexts and parenting styles that may support diet and physical activity behaviors?
- What are the joint and independent effects of both parent and adolescent attitudes towards intake of healthful foods on adolescent dietary intake?

FLASHE Conceptual Model

This model is guided by ecological and behavioral psychosocial frameworks and theories.



For More Information, Visit:

<http://cancercontrol.cancer.gov/brp/hbrb/flashe.html>

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