

# FLASHE

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

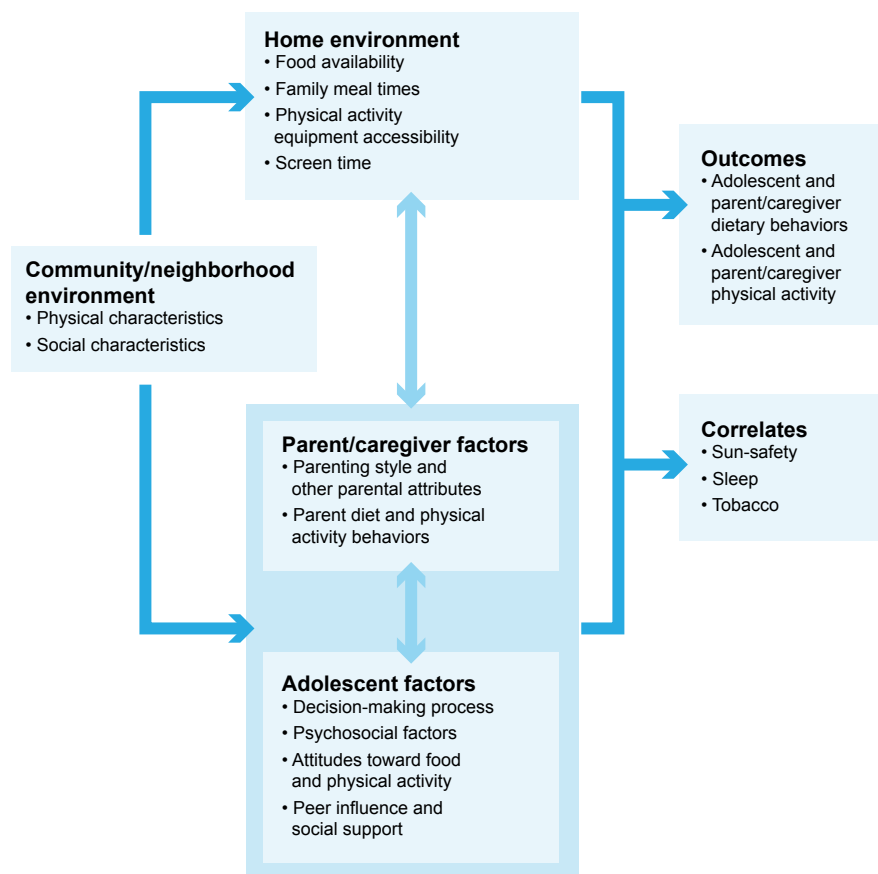
## About FLASHE

The Family Life, Activity, Sun, Health, and Eating (FLASHE) study is a National Cancer Institute survey that examines psychosocial, generational (parent-teen), and environmental correlates of cancer-related behaviors. Behavioral measures focus on diet and physical activity as they relate to cancer risk.

Other behaviors assessed include sun-safety, sleep, and tobacco use. The sample was drawn from a Consumer Opinion Panel representative of the U.S. general population on sex, education, income, age, household size, and region. A subsample of adolescents received motion-sensing devices to objectively measure their physical activity.

## FLASHE Conceptual Model

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



## Study Highlights

- Researchers collected data from dyads of caregivers and their adolescent children (ages 12–17) between April–October 2014.
- The FLASHE study included two surveys for each respondent: one on diet-related behaviors and one on physical activity-related behaviors.
- A module attached to the first survey included questions on general parenting style and demographics.
- In a random subsample of dyads, adolescents also wore an accelerometer for seven days and completed an activity log.

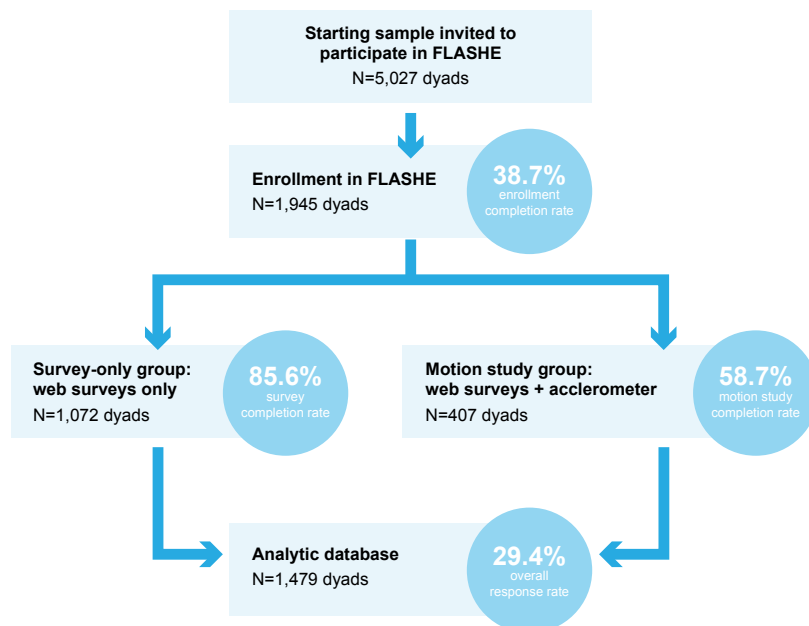
## Example Constructs in FLASHE

The FLASHE study assessed multiple constructs relevant to dietary and physical activity behaviors, including the following examples:

- **Community/Neighborhood Environment:** Neighborhood accessibility; social capital; traffic
- **Home Environment:** Home availability of foods and physical activity equipment; context of family meals
- **Adolescent Factors:** Barriers; motivations; perceptions of advertising and media
- **Parent/Caregiver Factors:** Parenting practices; parenting style; parent-reported behavioral correlates
- **Other Health Behaviors:** Sun-safety and tanning; sleep time and quality; tobacco use

## FLASHE Enrollment and Design

This figure shows the number of dyads who enrolled in FLASHE and completed study procedures.



- Parent-adolescent dyads were randomly assigned to one of two study arms. A total of 1,479 dyads completed all of the study procedures to which they were assigned.
- Of dyads in the survey-only group, 1,072 completed all surveys: parent-diet, parent-physical activity, adolescent-diet, and adolescent-physical activity.
- An additional 407 dyads assigned to the motion study group completed all surveys and returned the accelerometer.
- Individual FLASHE data sets (parent only or adolescent only) have higher sample sizes.

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## Connect with FLASHE

Please go to the FLASHE webpage at:  
[cancercontrol.cancer.gov/flashe](https://cancercontrol.cancer.gov/flashe)  
to access data sets, surveys, analysis resources, and other information.



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