

FLASHE

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

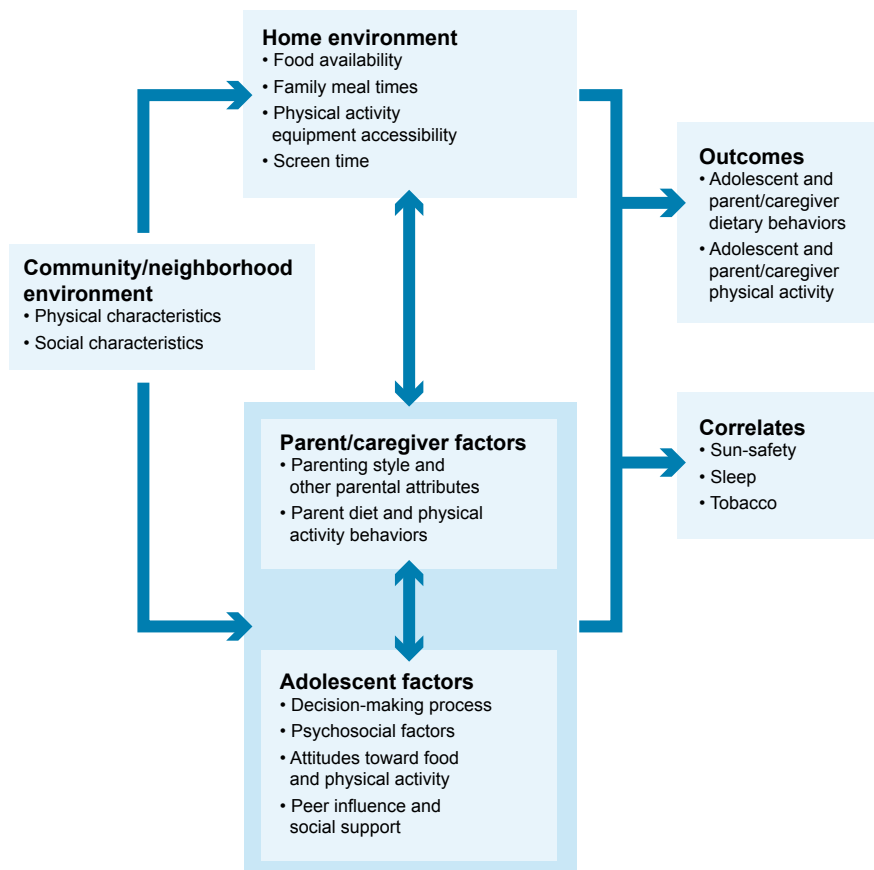
About FLASHE

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.

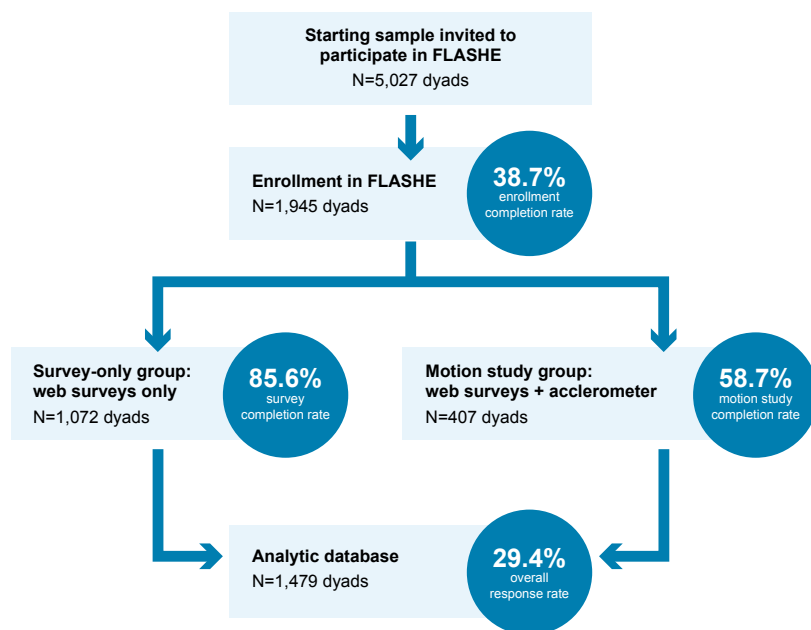
Example Constructs in FLASHE

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.

Contacts

Linda Nebeling, Ph.D., M.P.H., R.D.
linda.nebeling@nih.gov

Laura Dwyer, Ph.D.
laura.dwyer@nih.gov

April Oh, Ph.D., M.P.H.
april.oh@nih.gov

Connect with FLASHE

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



**NATIONAL
CANCER
INSTITUTE**