



# Multilevel Influences on Sleep in Latino Children

2021-77040-34904

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## Background

Sleep plays an important role in the well-being of a child. From learning and academic performance to health function, sleep is vital to the development of a child (Agostini and Centofanti, 2021).

Children who receive less than eight hours of sleep daily have an increase of mental health, physical, and emotional health concerns (Agostini and Centofanti, 2021).

Although poor sleep leads to several consequences, less is known about what affects sleep in Latino/Hispanic children.

## Methods

## Conclusion

The long-term goal of the research is to reduce childhood obesity among ethnic minority children by addressing sleep as part of the etiology of obesity.

Expected outcomes of the MIMIS project:  
To identify what influences sleep.  
We expect factors at multiple levels of influence will affect sleep duration, timing and quality. Levels of influence measured includes; community (neighborhood safety), psychological/interpersonal (perceived stress and parental conflict), and behavioral (24-hour diet recall and activity levels).

## Acknowledgements

## Objective / Hypothesis

## Results



## References

