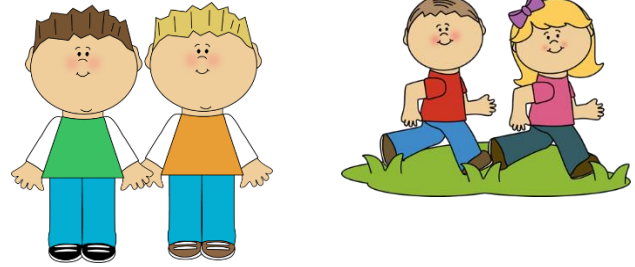


Sibling Age and Sex on Child Behavior and Growth

- Children with younger brothers (age 2.0-4.9 years old), and had a smaller age difference were more active compared to those with younger sisters and a large age difference.
- Brother-brother sibling compositions had the most physical activity compared to other sibling compositions, suggesting a synergistic relationship.



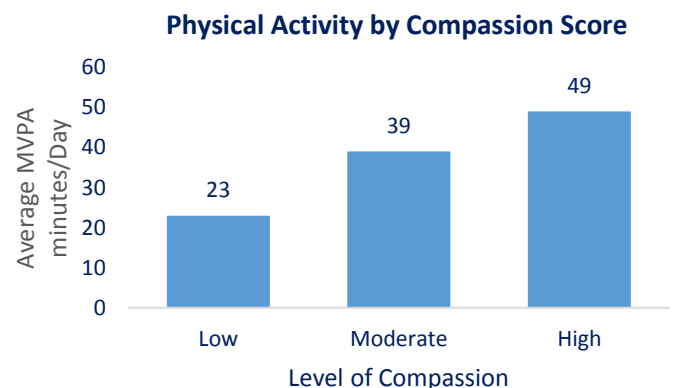
Time with Sibling on Child Behavior and Growth

- Time spent playing, and combined eating and play time was associated with healthier growth in the older siblings.
- Since time spent playing and combined eating and play time was not associated with child physical activity, this may suggest that this time may be contributing to lower intensity exercise or contributing to a preference for healthy behaviors.



Sibling Relationship on Child Behavior and Growth

- Siblings who had a compassionate and nurturing relationship had more MVPA minutes per day compared to those with a less compassionate relationship.
- A compassionate relationship may be exemplified by the older child getting ideas for things they can do together and having fun at home. Siblings who enjoy spending time together may be more likely to participate in MVPA level activities.⁷



Summary of Findings

Overall, children with younger brothers and had close in age siblings were more active compared to their counter parts. Siblings who had a compassionate relationship had more beneficial activity compared to those who had a less compassionate relationship. Time spent playing or eating with sibling was associated with healthier growth patterns. Many sibling factors contribute to positive behaviors and healthier growth outcomes of young children.

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This report was prepared by Dr. Chelsea Kracht on behalf of the Behavioral Nutrition and Physical Activity Laboratory directed by Dr. Susan Sisson. Data were collected as part of the Sibling Influence on Subsiding Behaviors Related to Obesity (SISBRO). If you have questions or comments, please contact us at nutritionandactivitylab@ouhsc.edu or 405.271.8001x41173