

Joint Event

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## Correlation among concern for environmental pollution, health focused lifestyle and behaviors for exposure to endocrine disruptors in Korean mothers of infants

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**Background:** It is demanding responsibility of parents and society to raise healthy children. are fully dependent to their mothers for food, dresses, and toys, thus what mothers choose could be the source of benefits or threats of their children. Recent concerns for endocrine disruptors(EDCs) are more of an issue for children not only because those are not easily discharged and accumulated in the body but infants are exposed to EDCs more per body weight than adults.

**Purpose:** This study aimed to identify the relationship among concern for the environmental pollution, health focused lifestyle and behaviors for exposure to EDCs among Korean mothers of infants.

**Methods:** With a descriptive correlation design, a cross-sectional survey was done with a convenience sample of 200 mothers at infants' mother clubs in an urban area. Data were collected by a self-reported questionnaire.

**Result:** Mean scores were 12.92 (possible range of 5-20) for concern for the environmental pollution, 14.42(6-24) for health-focused lifestyle, and 49.84(26-104) for behaviors of exposing to EDCs. The mothers' mean score of all three variables was close to the 50-percentile mark, showing moderate level score. There was a significant positive correlation between concern for the environmental pollution and health-centered lifestyle ( $r=.42$ ,  $p<.001$ ), while behaviors for exposure to EDCs had reverse correlations with concern for environmental pollution ( $r=-.36$ ,  $p<.001$ ) and with health-focused lifestyle ( $r=-.26$ ,  $p<.001$ ).

**Conclusion:** Specific and practical information about EDCs related to child-rearing should be delivered to mothers so that they keep their children from exposing environmental diseases and secure future growth and development.

### Recent Publications

1. Cesario S K, Hughes LA (2007) Precocious puberty: a comprehensive review of literature. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*. 36(3):263-274.
2. Kim M R, Kim H J (2011) Analysis of adult behaviors to decrease exposure to EDCs in dietary life. *The Journal of East Asian Society Dietary Life*. 21(3):451-462.
3. Landrigan P J., Miodovnik A. (2011). Children's health and the environment: an overview. *Mount Sinai Journal of Medicine: A Journal of Translational and Personalized Medicine*, 78(1):1-10.
4. Schug T T, Janesick A, Blumberg B, Heindel, J J (2011) Endocrine disrupting chemicals and disease susceptibility. *The Journal of steroid Biochemistry and Molecular Biology*. 127(3-5):204-215.

### Biography

SoMi Park I am a professor in the Department of Nursing, Yonsei University, Wonju College of Medicine. I am also giving lectures on women's health in University. My expertise is in the development of interventions for prevention and early detection of cancer in women in the community. I am also concerned about environmental health and how it relates to women's health. This research will be used to develop a content for educational programs to protect against EDCs.

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