

Cities familiarly sustainable: Indicators of household composition, income, and Decision-Making in City Delicias, Chihuahua

Ciudades familiarmente sostenibles: indicadores de composición del hogar, ingreso y toma de decisiones en cd. Delicias, Chihuahua

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Abstract

Social projects aimed at strengthening families require indicators that enable them to direct their efforts efficiently. For this reason, research was conducted with the aim of identifying the characteristics of families in Delicias. This research was mixed, applied, descriptive, non-experimental, bibliographic, and field-based. The research was carried out in the city of Delicias, Chihuahua, from March to June 2025. The population of interest was families in Delicias, Chihuahua. The sample frame consisted of families selected from 29 neighborhoods and subdivisions in the city of Delicias, Chihuahua. The sampling type was non-probabilistic. It was found that the families of Delicias are mostly composed of people under 30 years of age, which was the case in 259 instances. In more than 60% of the cases, the father was considered the head of the family, followed by the mother.

Resumen

Los proyectos sociales, dirigidos al fortalecimiento de las familias, requieren indicadores que les permitan dirigir sus esfuerzos eficientemente. Por ello se realizó una investigación con el objetivo de identificar las características de las familias deliciasenses. Esta investigación fue mixta, de tipo aplicada, descriptiva, no experimental, de modo bibliográfico y a la vez de campo. La Investigación se llevó a cabo en la ciudad de Delicias Chihuahua, durante los meses de marzo a junio del año 2025. La población de interés fueron las familias de Delicias, Chihuahua. El marco muestral fueron familias elegidas en 29 colonias y fraccionamientos de la ciudad de Delicias, Chihuahua. El tipo de muestreo fue no probabilístico. Encontrándose que Las familias deliciasenses se componen, en su mayoría por menores de 30 años, esto se dio en 259 casos. En más del 60% de los casos el padre de familia era considerado como jefe de la misma, seguido por la madre de familia.

Cities Familiarly Sustainable: Indicators of Household Composition, Income, and Decision-Making in City Delicias, Chihuahua		
Objectives	Methodology	Contribution
To characterize the composition and economic structure of households in Delicias.	Mixed approach: Applied, Non-experimental, Cross-sectional.	The results of the study showed that they are indeed nuclear families, although the income is mostly provided by a single person, and is allocated to household expenses.
To analyze how financial decisions are made in households in Delicias.	Documentary research and fieldwork.	Financial decisions regarding saving, taking out debt and loans, and making financial plans are made within the family unit.
To determine who participates in financial decision-making in households in Delicias.	Descriptive, experimental, correlational.	Recommendations to strengthen

Families, Family structure, Decision-making.

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Objetivos	Metodología	Contribución
Caracterizar la composición y la estructura económica de los hogares deliciasenses.	Enfoque mixto (aplicada, no experimental, transversal).	Los resultados del estudio mostraron que sí son familias nucleares, aunque los ingresos los aporta en su mayoría 1 sola persona, y se destinan al gasto del hogar.
Analizar la forma en que se toman las decisiones financieras en los hogares deliciasenses.	Investigación documental y trabajo de campo.	Las decisiones financieras de ahorro y contratación de deuda y préstamos y planes financieros se toman en el núcleo familiar
Determinar los participantes en la toma de las decisiones financieras en los hogares deliciasenses.	Descriptiva, no experimental y correlacional.	Recomendaciones teóricas para el fortalecimiento económico de las familias.

Familias, Estructura familiar, Toma de decisiones.

Area: Promotion of frontier research and basic science in all fields of knowledge

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Introduction

The Institute for Family Policy Analysis [IAPF] is a civil society organisation dedicated to creating better conditions for the well-being of Mexican families through four areas of action: designing, implementing, promoting, linking and training public and private policies aimed at generating better conditions for the well-being of families. Based in Mexico City, it has been dedicated to organising outreach events in different cities throughout Mexico. One of its programmes is called Family-Sustainable Cities [CFS] and is a comprehensive social intervention programme created with the aim of offering a concrete and solid path that leads cities to become family-sustainable, taking into account international recommendations and global best practices.

The IAPF proposes that a family-sustainable city is one that has set out to generate tools and capacities that allow the family perspective to be mainstreamed in all relevant government agencies through the actions of the Family Diagnostic Survey [EDIFAM], the Municipal Family Strengthening Programme, the Family Perspective Advisory Council and Family Perspective Training [PERFAM].

The CFS programme was presented as a firm and visionary commitment to Mexico's elected mayors, with the aim of placing the family at the heart of public policy. It hopes to offer the strategies necessary to ensure that families are protected and strengthened.

This organisation remains focused on achieving the sustainability of families in cities that decide to adopt this programme because they consider that the role of local governments is fundamental when it comes to the family, as they are the first point of contact and the closest cell to the social fabric, and are also the ones most likely to influence it.

The Declaration of the Organisation of American States [OAS] [1948] recognises that families are considered the basic and natural unit of societies and that it is the obligation of governments to care for and protect them. In December 1948, the United Nations issued the Universal Declaration of Human Rights, in which Article 16.3 recognised the family as the natural and fundamental element of society and established the obligation of society and the State to ensure its right to protection.

In Mexico, the Political Constitution of the United Mexican States [Constitution] establishes the legal obligation to protect the organisation and development of families.

The Population and Housing Census conducted in 2020 indicated that the state of Chihuahua had a population of 3,741,869 inhabitants, who were concentrated in the main cities, starting with Juárez with 40%, the city of Chihuahua with 25%, Cuauhtémoc with 5% and Delicias with 4%, representing a population of 150,506 inhabitants. In 2022, the state of Chihuahua ranked third among the federal entities with the highest growth in Gross Domestic Product [GDP], with 8.1%, advancing 12 places compared to 2021, when it ranked 15th. This percentage can also be interpreted to mean that the state's GDP represented 3.8 per cent of the national GDP during that year.

Ciudad Delicias is the youngest city in the state of Chihuahua, founded in 1933 following the construction of Irrigation District 05. Its location is considered strategic within the state due to its geographical position between the municipalities of Jiménez, Camargo, Saucillo, Chihuahua, and Juárez, thus forming an important commercial and industrial corridor.

According to the Municipal Development Plan [IMPLAN] for the period 2024 to 2027, the municipality of Delicias is divided into 325 localities, with 85% of the population concentrated in the municipal capital and the rest in the rural area of the municipality. The total ageing index is 51.3%, being higher among women [56.10%] than men [48.64%], and the dependency ratio is 37.49% for children and 12.92% for older adults. Forty-nine per cent of its inhabitants are men and 51% are women. The average age is 30 years and the dependency ratio is 50.4%, indicating that there are 50 people of dependency age per 100,000 inhabitants and a density of 281.89 inhabitants per square kilometre.

Theoretical framework

Types of families in Mexico

The classification of family composition mentioned by Rosario [2023] indicates that it has evolved over time. Although the traditional image of father, mother and children remains, the reality is that the family can be formed by a much wider diversity. Some types of families are as follows:

Nuclear family: Composed of father, mother and children.

Single-parent family: Headed by a single father or mother with their children.

Adoptive family: Composed of parents and children who have been legally adopted.

Blended family: Formed by an adult couple in which at least one of the spouses has a child from a previous relationship.

Same-sex family: A same-sex family is one in which a same-sex couple are parents to one or more children.

Extended family: Includes relatives beyond the nuclear unit, such as grandparents, uncles, aunts and cousins, all living together or in close proximity.

Childless families: These are families in which two couples cannot have children or do not wish to have them.

Grandparent family: A grandparent family is one in which one or more grandparents are raising their grandchild or grandchildren.

Decision-making

Information provided by INEGI on how Mexicans make decisions that impact families shows that, in 2023.

- in 10.4 million households where the woman was the head of the household, she was the one who made the decision about major expenses: 70.3% for groceries or food, 62.2% for furniture, appliances or electronics, and 58.4% for saving or investing money.
- in 22.6 million households in the country where a man is the head of the household. Most of the decisions were made by him. 51.7% decided to apply it to health expenses, 50.2% to buy or sell property or goods, and 50.1% to buy groceries or food.

INEGI's Self-Reported Well-Being Module [BIARE] aims to generate information on the subjective well-being of the population aged 12 and over in Mexico.

It has been considered a reliable source for understanding quality of life from the perspective of individuals. Its guidelines include the perception of subjective well-being, which includes satisfaction with life in general and satisfaction with specific areas, showing an average life satisfaction score of 8.6, with the average for men being 8.7 and for women 8.6.

Four out of ten people [42.5%] considered that they would have difficulties covering their expenses at the end of the month, 20.7% perceived great difficulty and 21.8% perceived little difficulty. 22.8% of people perceived that they would not be able to or did not know if they would be able to cover their usual household expenses next month.

UN Sustainable Development Goal 11: Make cities more inclusive, safe, resilient and sustainable

Among the Sustainable Development Goals, Goal 11: Make cities more inclusive, safe, resilient and sustainable highlights that many cities are not prepared for rapid growth, making it impossible for them to meet the demands for housing, infrastructure and services necessary to provide a decent life for their inhabitants, which leads to the growth of slums or similar conditions.

Uncontrolled urban growth, air pollution and a shortage of open public spaces persist in cities. The cost of promoting sustainable cities is high, but the benefits are great, which is why it proposes active participation in city administration and management.

Conceptual Framework

Family-friendly sustainable cities

In Mexico, the term is used by the IAPF, which defines it as a city that places the family at the centre of its decisions.

This is achieved by creating an environment that not only provides security and economic resources, but also fosters family cohesion and the emotional well-being of its inhabitants, allowing them to thrive in three dimensions: economically, socially and emotionally. They also recognise the value of the family as a public good in order to achieve sustainability and fulfil the Sustainable Development Goals of the 2030 Agenda.

Sustainability

In 1987, the UN Brundtland Commission defined sustainability as that which allows the needs of the present to be met without compromising the ability of future generations to meet their own needs.

Family

According to the World Health Organisation [WHO], the family is the group of people living under the same roof, organised into fixed roles such as father, mother and siblings, united by blood or affinity ties, who share a common economic and social existence and express affectionate feelings that bind them together.

Family structure

The invisible set of functional demands that organise the ways in which family members interact.

Methodology**Research approach**

The research approach was mixed, quantitative because it was possible to assign quantities to the requested variables through numerical values, and qualitative because their characteristics were analysed.

Form of research

Applied, because the questionnaire provided by the company was used, it was administered to the volunteers who agreed to participate, the results obtained were analysed, and the results and recommendations were presented and provided.

Type of research

Descriptive, non-experimental, because it was limited to describing the results obtained in the surveys; none of the variables were manipulated.

Research method

It was bibliographic and field-based because the results of research by different authors and experts in the field were consulted, and it was field-based because a survey was administered to 384 volunteers who answered more than 190 indicators in the questions.

Method

The method was analytical-synthetic.

Research techniques

The research techniques used bibliographic files, managed through Word, and a questionnaire was also administered to the volunteers. The information collected was processed in the SPSS 25 programme and the tables were generated in Excel.

Research design

Location. The research was carried out in the city of Delicias, Chihuahua, during the months of March to June 2025.

The population of interest was the families of Delicias, Chihuahua.

The sample frame was families chosen from 29 neighbourhoods and subdivisions in the city of Delicias, Chihuahua.

The sampling type was non-probabilistic; however, given people's reluctance to respond, the survey was administered to volunteers.

The sample size was 384 surveys. The sample was selected from volunteers, all of whom were adults who agreed to respond to the survey through the Google Forms application.

The sampling frame

was calculated based on the estimate of 39,093 from the Statistical Diagnosis of the Municipality of Delicias and the Secretariat of Human Development and Common Good [SDHyBC], which corresponds to the total number of inhabited dwellings for residential use in the municipality. It should be noted that this number differs from the 47,700 dwellings reported by INEGI, as these also include dwellings under construction or uninhabited dwellings.

Based on the 39,093 occupied dwellings, the statistically representative sample size was determined by assigning a confidence level of 95% and a margin of error of 5%, resulting in 381 dwellings; 384 surveys were administered to ensure coverage.

The unit of analysis will be all occupied dwellings in the Municipality of Delicias, Chihuahua. The sampling type was non-probabilistic. With volunteer subjects, because at the beginning of the questionnaire application, several people declined to answer the questions, some considering them to be personal information and others considering that they were investing too much time in answering. The sample size. It was determined by applying the following formula: Finite populations

$$n' = \frac{1}{\frac{1}{N} + \frac{1}{n}}$$

Where:

- n' = sample adjusted according to population
- N = population
- n = sample obtained from the infinite population

A 95% confidence level will be used, with a margin of error of 5%, and the p and q values will be the maximum for each one:

$$n = \frac{[1.96]^2 * [.5] [.5]}{[.05]^2} = 39,093$$

The sample is adjusted if the population is known [point 9]:

$$n' = \frac{1}{\frac{1}{80} + \frac{1}{39,093}} = 30$$

This means that 384 of the 39,093 dwellings that meet the characteristics mentioned in the unit of analysis will be included in the study. The sample was selected from among volunteers.

Delimitation of the research

This research was carried out in the city of Delicias, Chihuahua, during the months of March to July 2025.

Results

With regard to the ages of those who completed the instrument, 126 were under 20 years of age, 133 were between 21 and 30 years of age, 16 were between 31 and 40 years of age, 8 were between 41 and 50 years of age, and 17 were over 50 years of age. The percentages are shown in Figure 1.

Box 1

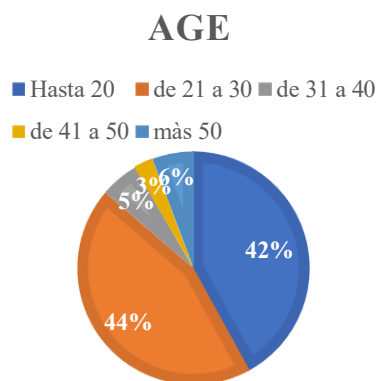


Figure 1

Age of respondents

Source Information obtained from questionnaires

With regard to family composition, it was found that in 101 households the head of the family was the father, in 88 it was the mother, and in 25 households the head of the family was someone else. 5.4% had not completed primary school and 5.9% had not completed secondary school. Article 6 of the Constitution establishes that basic education comprises preschool through secondary school and, together with high school, constitutes education. 9.5% had incomplete secondary education and 24.4% had completed secondary education.

Of those with a bachelor's degree, 5.8% had incomplete studies and 19% had completed their bachelor's degree. 4.07% had a postgraduate degree. This is shown in Table 1.

Box 2

Table 1

Level of education of head of household.

	Head of household	Dad	Mom	Other	No context	Total	
Head of household's education	Primary	incomplete	7	2	3	0	12
		complete	6	6	2	0	14
	Secondary school	incomplete	6	7	0	0	13
		complete	17	19	5	2	43
	High school	incomplete	9	11	0	1	21
		complete	24	22	6	2	54
	Bachelor's degree	incomplete	6	5	2	0	13
		complete	21	13	6	2	42
	Postgraduate		5	3	1	0	9
		Total	101	88	25	7	221

Source Information obtained from questionnaires

The most common occupation was employee, with 104 responses, representing 46.84%, followed by merchant with 29 responses [13.06%], other unidentified with 19 responses, followed by farmer with 15 responses and domestic worker with 14 responses. As shown in Table 2 below.

Box 3**Table 2**

Occupation of head of household

	Head of household	Dad	Mom	Other	No context	Total
Occupation of the head of household	Employee	40	52	9	3	104
	Merchant	18	8	3	0	29
	Other	12	3	3	1	19
	Farmer	11	1	2	1	15
	Domestic worker	1	10	2	1	14
	Retired	5	4	4	0	13
	Entrepreneur	8	1	0	1	10
	Teacher	2	5	1	1	9
	Labourer	4	3	0	0	7
	Craftsman	0	0	0	1	1
	Nurse	0	1	0	0	1
Total	101	88	24	9	222	

Source Information obtained from questionnaires

The number of inhabitants in 12 households was 1 person, in 35 households there were 2 people, in 81 households there were 3 inhabitants, in 96 households there were 4 people, in 55 households there were 5 people and in 25 households there were more than 6 people.

In the same number of households, questions were asked about whether any family members were under three years of age, between three and 17 years of age, or over 60 years of age. The responses are shown in Table 3. It is noteworthy that 93.1% had no children under the age of 3, 55.9% had no children between the ages of 3 and 17, and 81.9% had no persons over the age of 60.

Box 4**Table 3**

Family members in vulnerable age groups.

	Núm.	Frecuency	Percentage
Children under 3 years of age	0	283	93.1
	1	12	3.9
	2	6	2
	3	1	0.3
	4	1	0.3
Total	303	99.7	
Ages 3 to 17	0	170	55.9
	1	87	28.6
	2	35	11.5
	3	11	3.6
	Total	303	99.7
Over 60 years old	0	249	81.9
	1	37	12.2
	2	16	5.3
	3	1	0.3
	4	1	0.3
Total	304	100	

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He highlighted that in 55.93% of cases, children attended private school.

Continuing with the analysis of household composition, 264 respondents said they lived in single-family homes, representing 86.8%, and 25 in multi-family homes, representing 6.6%. In the case of multi-family households, they were asked whether everyone contributed to the maintenance of the house, to which 29 answered affirmatively, 64 answered no, and 211 refused to answer. Ten people responded that non-family members lived in the house, 11 responded that they had minor children living elsewhere, and 37 responded that one or both of their parents did not live in the same household. This can be seen in Table 4 below:

Box 5**Table 4**

Various characteristics of families

	Yes	No	No context	Total
Contribute to expenses	29	64	211	304
Live with non-family members	10	152	142	304
Minors live in another household	11	142	151	304
Parents live in another household	37	125	138	300

Source Information obtained from questionnaires

Regarding the services available to households, 303 responded that they had drinking water, 302 had electricity, 295 had internet service, and 284 had mobile phones. This is shown in Table 5.

Box 6**Table 5**

Basic services in households.

Services	Yes	No	No context	Total
Drinking water available	303	1	0	304
Electricity available	302	0	2	304
Internet available	295	8	1	304
Mobile phone available	284	20	0	304

Source Information obtained from questionnaires

All households had a bathroom inside the house, of which 207 had 1 bathroom, 80 had 2 bathrooms, and 16 had 3 bathrooms. The number of cars owned by families varied from 119 households with one car, 96 with two, 64 with three, and 25 without a car. The number of bedrooms was 17 households with one bedroom, 91 with two bedrooms, and 196 with three bedrooms. As shown in Table 6.

Box 7**Table 6**

Number of bathrooms, bedrooms and cars

	0	1	2	3	Total
Number of bathrooms	0	207	80	16	303
Number of cars	25	119	96	64	304
Number of bedrooms		17	91	196	304

Source Information obtained from questionnaires

Some family decisions are related to financial management, so the following questions were proposed to ascertain respondents' perceptions of their financial situation, all of which addressed the issue of debt and savings. The results are shown in Table 7. Of the 297 responses, 84 did not answer the questions, leaving a base of 213 responses. With debts out of control, 4.23%; with debts under control, 45.07%; without debts, but with a shortage of resources at the end of the month, 6.1%; without debts, but without savings, 12.68%; and with savings, 19.25%.

Box 8**Table 7**

State of family finances.

State of family finances	Head of household				Total context
	Dad	Mon	Other	No	
With debts out of control	0	8	1	1	10
With debts under control	41	44	11	37	133
I have no debts, but I run out of money at the end of the month	8	4	1	3	16
I have no debts, but no savings either	13	10	4	11	38
I have savings, insurance and/or assets	19	16	6	16	57
Total	101	87	25	84	297

Source: Information obtained from questionnaires.

Regarding whether the head of the household has a financial plan, 84 people did not answer, and of the remaining 211, 50.71% answered affirmatively. This can be analysed in Table 8.

Box 9**Table 8**

Existence of a family financial plan.

There is a financial plan.			
Head of household	Yes	No	Total
Father	61	40	101
Mother	37	49	86
Other	9	15	24
No response	45	39	84
Total	152	143	295

Source Information obtained from questionnaires

Conclusions

Most Delicias families are composed of individuals under the age of 30, which was the case in 259 instances. In over 60% of cases, the father was considered the head of the family, followed by the mother. 24.4% of the population had completed compulsory education and 9.5% had not completed it.

Of those with a bachelor's degree, 5.8% had not completed their studies and 19% had completed their degree. The most common professions were employees with 104 responses, representing 46.84%, followed by merchants with 29 responses.

It was found that 12 households had 1 person living in them, 35 households had 2 people living in them, and 81 households had 3 people living in them. In these households, 93.1% had no children under the age of 3, 55.9% had no children between the ages of 3 and 17, and 81.9% had no persons over the age of 60 living in them. Of the children under 16 years of age, 55.93% attended private school. In 264 cases, the households were single-family, representing 86.8%, and 25 were multi-family households, representing 6.6%.

Ten households had non-family members living in them, 11 responded that they had minor children living elsewhere, and 37 responded that one or both of their parents did not live in the same household.

The physical characteristics of the homes were as follows: 303 reported having drinking water, 302 had electricity, 295 had internet service, and 284 had mobile phones. In 207 homes, there was one bathroom, 80 had two bathrooms, and 16 had three bathrooms.

The number of cars owned by families varied from 119 households with one car, 96 with two, 64 with three, and 25 without a car. The number of bedrooms was 17 households with one bedroom, 91 with two bedrooms, and 196 with three bedrooms. These are single-family households, with a father as head of the family and, in his absence, the mother takes his place. They have completed basic education, are employed or self-employed, and have no children under the age of 17 or adults over the age of 60. In cases of households with children, they attended private schools.

The composition of families in Delicias is nuclear, single-parent, with parents and children living in the same household. It is worth noting the level of satisfaction of Delicias families regarding their ability to meet their needs. Regarding food expenses, 17% felt somewhat satisfied and 70.33% felt satisfied or very satisfied. Regarding medication expenses, 21.52% felt somewhat satisfied and 65.89% felt satisfied or very satisfied. Finally, the percentages of satisfaction with the ability to cover education expenses were 18.12% somewhat satisfied and 73.52% satisfied or very satisfied. On 293 occasions, they responded that they were financially able to purchase healthy food, which was 96.38%. The number of meals consumed daily was 214 who consumed 3 meals a day, 60 who consumed more than 3 meals a day, and 29 who consumed 2 meals a day. In relation to medical services, 252 respondents said they were affiliated with a medical service, 27 were not, and 21 did not know. Regarding the habit of going to the doctor for preventive care, 223 respondents said they did not, and 77 said they did.

The monthly family income ranged from less than the minimum wage of \$7,468.00 to more than \$37,341.00. The results obtained are shown in Figure 3. Forty-eight families received an income below the minimum wage, 101 families, or 34.12%. Owners of their own homes in 263 cases. Fifty-seven families did not spend on medicines, 94 spent less than \$500.00, 74 spent less than \$1,000.00, and 37 spent less than \$2,000.00.

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Table 7: Satisfaction with the ability to pay expenses shows a high degree of satisfaction among heads of households with their ability to pay for food, health, and education expenses for their families.

The level of satisfaction of Delicias families regarding their ability to meet their needs is satisfactory at an average level.

Recognise the decision-making processes in Delicias households, according to the parameters established in the CFS survey.

Regarding the person who makes decisions in the family, the response was that when the head of the household is the father, on 9 occasions he answered that one person imposes their will, on 4 occasions one person decides, on 67 occasions decisions are made among adults, and on 22 occasions the opinion of all members involved is sought.

When the mother is the head of the household, 13 respondents said that one family member imposes their will, 53 said that decisions are made among adults, and 18 said that everyone's opinion is sought. Of these, 70.7% responded that they consulted with other members of the household, 15.35% consulted with other family members, and 10.7% did not ask anyone for advice.

Regarding their perception of their financial situation in terms of debt and savings, 4.23% had uncontrolled debt, 45.07% had controlled debt, 6.1% had no debt but lacked resources at the end of the month, 12.68% had no debt but no savings, and 19.25% had savings. However, 211 of them considered that they had a financial plan.

Concern about the family's financial situation and its relationship with the head of the family: 19.52% of them felt no concern, 35.02% felt a little concern. Decisions are made within the family unit, led by the head of the family, and expert advice or government entities are rarely consulted. According to the parameters established in the CFS survey, decision-making in Delicias households is done by a single person, who may be the head of the family. The survey results show that the head of the household makes decisions involving other family members.

According to the parameters established in the CFS survey, decision-making in Delicias households is carried out by a single person, who may be the head of the household.

Declarations

Conflict of interest

The authors declare that they have no conflict of interest. They have no known competing financial interests or personal relationships that could have appeared to influence the article reported in this article.

Contribution of the authors

Palafox-Bolivar, Marisol Priscila: Contributed to the conception of the project, the methodological design, the writing of the manuscript, and the overall coordination of the research. Participated in the critical review of the content and the final integration of the article.

Molina-Lara, Elia Angélica: Collaborated in the application of the data collection instrument, the statistical processing of the information, and the preparation of tables and figures of results.

Valles-Alarcón, Isela Adriana: Participated in the theoretical foundation and writing of the conceptual framework and background sections, as well as in the discussion of the results obtained.

Varela-Faudoa, Omar Elier: Contributed to the literature review, the systematisation of qualitative data, and the drafting of conclusions and recommendations aimed at strengthening the research.

Availability of data and materials

The data used and generated during the course of this research are available upon reasonable request to the corresponding author. The primary information comes from questionnaires administered to households in the municipality of Delicias, Chihuahua, as well as from field observations and records systematised in spreadsheets and SPSS. All materials were safeguarded for academic purposes and are archived in digital format, ensuring the confidentiality of participants and exclusive use for scientific and educational purposes.

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Abbreviations

BIARE	The Self-Reported Well-Being Module
CFS	Family-Sustainable Cities
CIDH	Inter-American Commission on Human Rights
EDIFAM	Family Diagnostic Survey
IAPF	Institute for Family Policy Analysis
INEGI	National Institute of Statistics and Geography
IMPLAN	Municipal Planning Institute of Delicias
OEA	Organisation of American States
ONU	United Nations
PIB	Gross Domestic Product
SDHyBC	Secretariat for Human Development and Common Good

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