P109 (continued)

Objective: Determine whether child body image (BI) is enhanced through a parent-centered childhood obesity prevention curriculum in which BI is addressed along with nutrition, physical activity, and parenting/family communication.

Theory, Prior Research, Rationale: Parent-only interventions report greater reductions in childhood overweight than family-based interventions, but have not assessed child BI. Taking a Social Cognitive approach, 4-Health provides parent skills training to promote child health.

Study Design, Setting, Participants, and Intervention: 4-H parent-child dyads assigned to either of two groups: 1) 4-Health, a parent-only 8-month, 10-session educational (experimental) program taught by Extension agents (N=76 dyads) or 2) Healthy Living Information (control) program providing similar information by mail (N=74 dyads).

Outcome, Measures and Analysis: Children only attended assessments where they completed the Child Body Image Scale (BD), Body Esteem Scale (BE), Socio-cultural Attitudes Towards Appearance Questionnaire, and self-described their current weight, weight change attempts, and fasting. Logistic regression identified three variables that differentiated between groups ($p < 0.20$). Separate between-group ANCOVAs for PrePost change in these three variables, with child age and gender as covariates.

Results: A significant group difference in BD with experimental group children decreasing and controls increasing BD ($p=0.015$). Mean BE increased PrePost among experimental children and decreased among controls, although this difference was not significant ($p=.097$). Experimental children described their weight as decreased PrePost, while Control children described their weight as increased ($p=.019$).

Conclusions and Implications: The 4-Health program yielded greater changes in selected child BI variables than the control program, suggesting BI can be enhanced by a parent-centered child obesity prevention.

Funding: USDA.

P110 Food Safety Knowledge of Native American Families with Young Children in Nebraska

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Objective: The purpose of this study was to determine the food safety knowledge (based on the FightBac!™ concepts) of the main food preparer in Native American families with young children.

Theory, Prior Research, Rationale: Very little research has been conducted on the food safety knowledge of the main food preparer in Native American families with young children.

Study Design, Setting, Participants, and Intervention: Participants (n=102, 81.4% females, mean age 38.3 + 13.9) were recruited on three Nebraska reservations; Winnebago, Omaha, Santee Sioux; and three Native American community centers in Lincoln, Omaha, South Sioux City. Participants were asked to complete a food safety questionnaire comprised of 10 demographic questions and 74 knowledge questions based on the FightBac!™ concepts and questions on risky foods and people at risk.

Outcome, Measures and Analysis: Data were analyzed using SPSS including a Levene's test for discrimination and Cronbach's Alpha for survey reliability.

Results: Fifty-eight percent of participants resided on a reservation while 42% of participants did not. The knowledge score for participants was 45.4+6.6 (61.4%). Mean scores for the individual concepts are: Clean, 5.9+1.9/11; Separate, 6.0+1.2/8; Cook, 4.2+1.6/8; Chill, 5.1+1.5/9; risky foods, 13+2.6/22; and groups at risk, 11.1+1.9/16. The Cronbach's Alpha for the knowledge survey was 0.669. The food safety knowledge score between reservation (45.0 + 6.1, 60.8%) and non-reservation (45.9 + 7.2, 62.0%) residents was not significant ($p = 0.511$).

Conclusions and Implications: Knowledge results indicated that the main food preparer in Native American families with children would benefit from food safety educational programs focusing on the FightBac!™ concepts.

Funding: None.

P111 Stage Stability and Test-Retest Reliability of the Green Eating Survey

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Objective: To evaluate test-retest reliability of the Green Eating (GE) survey including Stage of Change (SOC), Decisional Balance (DB), and Self-Efficacy (SE) towards pro-environmental eating behaviors.

Theory, Prior Research, Rationale: GE survey was developed and validated in Spring 2012 and a strong relationship was demonstrated between SOC and GE constructs.

Study Design, Setting, Participants, and Intervention: Eighty-five college students (age 18 to 24) completed the GE items as part of a larger survey at baseline and post-intervention. The 6-week whole grain/low-fat milk intervention was not expected to directly impact constructs in GE survey.

Outcome, Measures and Analysis: The sample was restricted to subjects who remained in the same stage from baseline to post (n=40). SOC was measured using a single-item. Coefficient alphas were calculated at both time

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points for GE-behavior (6-items), DB-Pro (5-items), DB-Con (5-items), and SE (5-items) scales. Chi-Square analyses assessed SOC and paired t-tests and correlations compared scales at baseline and post.

Results: Distribution of subjects in pre-action stages was similar to previous research. Precontemplation and maintenance were the most stable stages with 50 to 54% of subjects remaining in stage while other stages demonstrated greater stage movement ($\chi^2=47.50$, $p<0.05$). GE behavior (baseline: $\alpha=.89$; post: $\alpha=.93$), DB-Pro ($\alpha=.87$; $\alpha=.93$), DB-Con ($\alpha=.63$; $\alpha=.85$), and SE ($\alpha=.88$; $\alpha=.86$) with baseline/post scale scores correlated significantly ($r=.88$, $r=.63$, $r=.34$, $r=.65$, respectively; $p<0.05$). There were no differences between baseline and post mean scores.

Conclusions and Implications: Stage movement suggests there may have been an intervention effect. The consistently high coefficient alphas and test-retest reliability of the measures among stage-stable subjects provide validation of the GE survey as a measure to assess pro-environmental eating behaviors in the college population.

Funding: USDA.

P112 Assessing the Home Nutrition and Physical Activity Environment of Families with Young Children in Rural Communities

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Objective: To refine a home assessment tool which captures the food and physical activity environment of rural families and identifies factors that may impact child weight status.

Theory, Prior Research, Rationale: The home food and activity environment has been linked with dietary intake, physical activity and sedentary behaviors, making it an important target for research.

Study Design, Setting, Participants, and Intervention: A modified self-report questionnaire, the Home IDEA (Inventory Describing Eating and Activity) was completed by caregivers of preschool aged children ($n=83$). Items included 131 food and drinks, 16 physical activity devices, and 12 sedentary devices. Researchers, trained to reliability, conducted independent observations on 15 randomly selected homes.

Outcome, Measures and Analysis: Agreement statistics were conducted at the item level to determine reliability. Frequency counts were calculated to identify item availability.

Results: Kappa Statistics were high (0.67-1.00) among researchers but varied among the subsample of homes (-0.042-1.00) resulting in 85 of the 161 items meeting criterion validity. Frequency statistics of the items revealed high occurrence of unhealthy snack foods, high fat milk and low frequency of availability of fruits/vegetables and

low fat milk. Over 50% of the homes identified having a TV in their child's bedroom. Physical activity devices were commonly observed in the home.

Conclusions and Implications: The Home IDEA adequately characterizes the home food and activity environment of rural families. Further modifications and testing will be conducted to strengthen the psychometric properties of this assessment. Future use of this tool – by researchers, nutrition educators, and families – will provide a snapshot of the home food and activity environment and identify potential areas of change.

Funding: USDA.

P113 The Home Food and Activity Environment of Rural Families with Young Children: Qualitative Interviews

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Objective: To enhance the reliability and validity of a home food and activity environment assessment tool (Home IDEA (Inventory Describing Eating and Activity)), qualitative interviews were performed to understand the complexities, issues, and thought processes of parents with young children completing the assessment.

Theory, Prior Research, Rationale: Prior research with this population, through reliability and validity testing, identified the need for a more complete understanding of the issues related to instrument completion with this audience.

Study Design, Setting, Participants, and Intervention: Eleven face-to-face interviews were conducted with parents of preschool-aged children from 4 rural Head Starts. Participants completed a demographic survey and the Home IDEA (161 items) prior to the interview.

Outcome, Measures and Analysis: The interview (6 questions) took 45 to 60 minutes. All interviews were audiotaped and hand written notes were taken. Audiotapes were transcribed and underwent a triangulation analysis for emerging themes.

Results: Overall, families did not find the length overwhelming and felt that most of the sections were easy to complete. Parents were very confident about what items they had in their home and completed the assessment off of memory rather than conducting an inventory. The majority use nutrition labels regularly, mostly in the store, but did not use nutrition labels to complete the survey. Areas identified for improvement include clearer instructions, more detailed description of foods, and reorganization of items.

Conclusions and Implications: Results will guide modifications to the Home IDEA which will aid in the

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