UP35 (continued)

a teacher/parent role-modeling curriculum) or (2) Control Arm (N=16).

Evaluation: Food behavior scale (factor) scores showed a significant change among intervention teachers (mean $\pm$ SE: 0.32 ± 0.15 , $p=0.05$) versus control-arm teachers (mean $\pm$ SE: 0.08 ± 0.14 , $p=0.56$) over one school year. At 18-month follow-up, there was a significant association between teacher change scores and student body mass index change scores for boys ($\beta \pm$ SE: 0.34 ± 0.15 , $p=0.02$).

Conclusions and Implications: Teacher role-modeling can influence healthy nutrition intake and normal weight gain during early childhood.

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UP36 Interventions for Obesity Prevention Targeting Young Children in At-risk Environments: An Integrated Approach

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Objective: To improve the diets of young children, reinforce healthy diet and exercise behaviors, and improve understanding of the causes of childhood obesity.

Description: We are assessing (1) factors that place children at risk for obesity; (2) social marketing messages; and (3) feasibility of a farm-to-school network. Programming is being developed for Head Start and early elementary classrooms and also for students in higher education.

Evaluation: Evaluations addressed linkages between obesity outcomes and the built and home environment and also early phases of the educational, farm-to-school, and social marketing interventions.

Conclusions and Implications: Findings will guide development of programming and policies to combat childhood obesity.

Funding: USDA Grant #2011-68001-30014.

UP37 Basic Culinary and Cooking Skills: Pilot Testing of a Hands-on Intervention

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Objective: To evaluate a nutrition education intervention on culinary skills using formative, process and outcome measurements.

Description: Two 2-hour hands-on education lessons, developed for 11- to 14-year-olds, were pilot tested with 8 females. Lessons taught participants how to perform basic knife and cooking skills for preparing fruits and vegetables.

Evaluation: Focus groups were conducted after each lesson, and process measures were evaluated as well as outcome assessments.

Conclusions and Implications: Participants were highly satisfied with both culinary lessons. In a group of 11- to 14-year-old females, self-reported knowledge and self-efficacy for cutting and cooking fruits and vegetables increased as did self-reported preference for fruits and vegetables.

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UP38 Family Menu Planning: Pilot Testing of an Interactive Nutrition Education Intervention

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Objective: To evaluate a nutrition education intervention on family menu planning, using formative, process and outcome measurements.

Description: A 2-hour interactive educational session, created for 11-14 year-olds, was pilot tested with 8 females. The lesson focused on four elements: 1) planning nutritious meals, using principles of *Dietary Guidelines for Americans, 2010*; 2) creating family menu schedules; 3) preparing for away-from-home meals, and 4) building cost-efficient grocery shopping lists.

Evaluation: Focus groups with participants were conducted and process measures were evaluated along with outcome assessments.

Conclusions and Implications: A group of young adolescent females were highly satisfied with the intervention and increased self-efficacy for family menu planning.

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UP39 Mobilizing Rural Low-Income Communities to Assess and Improve the Ecological Environment

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Objective: Enhance capacity of rural, low-income communities to prevent childhood obesity.

Continued on page S88