UP55 (continued)

agents, supplemented by family activities, to prevent childhood obesity.

Description: Intervention goals include: increasing skills and motivation for healthy eating and physical activity, asking parents to have healthy foods at home and provide opportunities for physical activity; involving parents in making home behavioral and environmental changes; and promoting school and community policy changes.

Evaluation: Children will be followed from 3rd to 5th grade (n=700 children; 10 schools). Outcome measures are BMI and waist circumference.

Conclusions and Implications: Intervention components will be integrated into county Extension programs to foster dissemination and sustainability.

Funding: 2012-68001-19625.

UP56 Development of a Randomized Trial Guided by the Process of PRECEDE-PROCEED for the Prevention of Excessive Weight Gain in Communities of Young Adults

Kendra K. Kattelman, PhD, RD, LN, Kendra.kattelman@sdstat.edu, South Dakota State University, Box 2203, SWG 443, HNS Department, Brookings, SD 57006;

A. White, PhD, RD, University of Maine; G. Greene, PhD, RD, University of Rhode Island; C. Byrd-Bredbenner, PhD, RD, University of New Jersey-Rutgers; S. Nitzke, PhD, RD, University of Wisconsin; T. Horacek, PhD, RD, Syracuse University; S. Hoerr, PhD, RD, Michigan State University; T. Kidd, PhD, RD, Kansas State University; B. Phillips, PhD, RD, Tuskegee University; S. Colby, PhD, RD, University of Tennessee; O. Brown, PhD, RD, Purdue University; K. Shelnett, PhD, RD, University of Florida; M. Olfert, DrPH, RD, West Virginia University; J. Stabile Morrell, MS, University of New Hampshire

Objective: The PRECEDE-PROCEED process of community-based participatory research was used to develop and test an intervention for prevention of excessive weight gain in young adults.

Description: Factors influencing weight gain were incorporated into the 10-week, theory-based, stage-tailored, web-delivered Young adults Eating and Active for Health (YEAH) intervention. Project YEAH consisted of 19 interactive-modules, weekly stage-tailored “nudge” messages, and goal setting focusing on stress management, eating behaviors, and physical activity. Participants (n=1639) from 14 universities were randomized into intervention or non-intervention control.

Evaluation: Anthropometric, dietary, physical activity, and stress management staging and behaviors were measured at baseline, 3, and 15 months.

Conclusions and Implications: Project YEAH has the potential to improve enabling and reinforcing behaviors associated with obesity prevention.

Funding: National Research Initiative of the USDA National Institute of Food and Agriculture, grant #2009-55215-05460.

UP57 Choose to Change: The West Virginia Early Childhood Obesity Prevention Project

Susan Partington, PhD, RD, susan.partington@mail.wvu.edu, West Virginia University, Regional Research Institute, P.O. Box 6825, Morgantown, WV 26506-6825; E. Murphy, PhD, West Virginia University Extension Service; E. Bowen, EdD; D. Lacombe, PhD, Regional Research Institute, West Virginia University; G. Piras, PhD; L. Carson, PhD, Choosy Kids, LLC; L. Cottrell, PhD, West Virginia University School of Medicine, Department of Pediatrics; T. Menzies, PhD, West Virginia University

Objective: Develop and disseminate effective, sustainable, multi-level pediatric obesity prevention strategies.

Description: Project Components: 1) multi-level assessment of behavioral and environmental contributors to early childhood obesity, 2) implementation of a community-, school-, and home-level intervention, and 4) assessment of intervention efficacy. Cohort one study population: 151 families with children in HeadStart/pre-kindergarten in two West Virginia counties.

Evaluation: Outcomes will be assessed as change in physical activity and eating behavior in children and families from the pre- to post intervention. Pre-intervention assessment indicated 37% of study children were overweight or obese.

Conclusions and Implications: To be determined based on post-intervention analyses.

Funding: USDA NIFA, grant #2011-68001-30049.

UP58 Innovation and Collaboration: Creating a Transdisciplinary Childhood Obesity Prevention Graduate Certificate Program

Jessica R. Meendering, PhD, ATC, HFS, Jessica.meendering@sdstate.edu, South Dakota State University, SIM 116 Box 2203, Brookings, SD 57007; W. Koszewski, PhD, RD, University of Nebraska at Lincoln; B. Jensen, MS, RD, LN, South Dakota State University; S. Stluka, MS, RD, LN; K. Kattelman, PhD, RD, LN; T. Kemmer, PhD, RD; H. Wey, PhD; E. Droke, PhD, RD, LN; T. Carr, PhD, University of Nebraska at Lincoln; J. A. Fischer, MS, RD; M. D. Guzman, PhD; M. Anderson-Knott, MS; S. Takahashi, PhD; M. Bowne, EdD, South Dakota State University

Objective: Implement a graduate certificate program in transdisciplinary childhood obesity prevention.

Description: South Dakota State University (SDSU) and the University of Nebraska-Lincoln (UNL) work collaboratively to create a program for students of all disciplines to learn about the transdisciplinary nature of childhood obesity prevention. The program includes innovative, multi-site coursework; experiential learning experiences facilitated via Cooperative Extension; and transdisciplinary student and faculty research projects.

Evaluation: Process evaluation methods are used to evaluate and continually improve the program.

Continued on page S93