P17 Motivating Me: Healthy Minds, Healthy Bodies-A Dyad Model for Behavior Change

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Objective: Assess child physical measurements, child/parent motivation to change behavior, and nutrition counselor's support of autonomy in making choices.

Study Design, Setting, Participants, and Intervention: A clinical intervention informed by Self Determination Theory (SDT) conducted at primary care clinics for overweight/obese children and their parents. Autonomy, competence, and relatedness are the theoretical constructs. The intervention included six-biweekly, hour-long individual sessions over a 12-week period for dyads (n=32). The nutrition counselor (researcher) telephoned dyads on non-session weeks to provide encouragement and problem-solving assistance. Parents participated in three, 90-minute group sessions.

Outcome, Measures and Analysis: Anthropometrics were evaluated pre- and post-test. Survey assessments included Treatment Self-Regulation Questionnaire for motivation; Perceived Competence Questionnaire for competence; and Basic Need Satisfaction in Relationships for autonomy, competence, and relatedness. Score ranges for all instruments were 7=very true to 1=not at all true (parent); 5=very true to 1=not at all true (child). Nutrition counselor's support of autonomy was assessed using the Health Care Climate Questionnaire (5=very true to 1=not at all true). General descriptive statistics were run for the pilot and inferential statistics will be included for intervention outcomes using SPSS.

Results: Based on the pilot, children (n=3; mean age=10) were at the 97th percentile for BMI. For the child changes from pre to post were for autonomous motivation 4.00 ± 0.66 to 4.27 ± 0.69 , for controlled motivation 3.33 ± 1.09 to 2.55 ± 1.98 , and for perceived competence 4.25 ± 0.90 to 4.91 ± 0.14 . Adult changes were similar. Dyads responded "very true" that autonomy was supported. Intervention is in progress.

Conclusions and Implications: Testing motivation, competence and autonomy contribute to understanding behavior change. Nutrition counselors may be interested in SDT training.

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P18 Mobile Food Drops: Moving Nutrition Education Through Maryland

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Objective: To improve food security by distributing produce and pantry staples at mobile food drops. To promote consumption of fruits and vegetables through nutrition education and food demonstrations.

Target Audience: All Maryland residents are eligible; however service organizations host food drops to reach rural and urban low-income neighborhoods.

Theory, Prior Research, Rationale: Low-income individuals are less likely to eat fruits and vegetables due to lack of access and affordability. Selection, storage and incorporation of produce into low-cost recipes are needed skills. Pairing Maryland Food Bank (MFB) resources with nutrition education helps people to not only use the food, but use it well.

Description: Many partners – one goal. Mobile food drops are a concert of involvement. SNAP-Ed, MFB, and community agencies partner to implement mobile food drops year-round. MFB offers fresh produce during the growing season and other fruits, vegetables and pantry staples during winter. Additional family service organizations offer resources to participants at food drop sites. Market to Mealtime, a Maryland SNAP-Ed program, offers nutrition education, food demonstrations, and tastings. This program may improve self-efficacy to prepare, eat, and serve fruits and vegetables.

Evaluation: Over 10,000 recipe cards were distributed at 68 events in 2013. Postcard evaluations (n=110) were collected to evaluate the program. Participants liked recipes they tasted (85%), planned to use recipes with items they received (78%), and planned to involve children in preparation (76%).

Conclusions and Implications: Mobile food drop partnerships have the potential to improve fruit and vegetable access for low-income individuals and increase consumption through produce distribution, nutrition education, and food demonstrations.

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P19 Experiential Cooking Classes for Underserved Audiences Empowers Families With Skills to Make Healthy and Affordable Meals

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Objective: The objective of University of Missouri Extension's experiential cooking classes is to improve the diet quality of low-income underserved audiences through increased consumption of home-prepared meals with culinary skill based nutrition education providing instruction and basic skill building for preparing low-cost healthy meals.

Target Audience: The target audience for the program was limited resource adults and families, who experience a disproportionate burden of preventable disease.

Theory, Prior Research, Rationale: The theoretical framework for this program is based upon the Social Cognitive/Social Learning Theory which is rooted in the belief that people learn from observation, goal setting, task breakdown, and skill development. The curriculum

Continued on page S114