P41 (continued)

Objective: To analyze the need for a food and nutrition management control program in order to promote health and nutritional dietary life of the aged.

Target Audience: The target audience was dietary supporters at the elderly welfare centers in Korea.

Theory, Prior Research, Rationale: In Korea, the number of elderly welfare facilities is being quantitatively increased and, for the health of the aged, it is necessary to control the nutrition at these facilities. However, the food and nutrition control management system is not satisfactory. The program is based on the behavior change theory.

Description: A nutrition education program for 42 dietary supporters at the elderly welfare centers in order to encourage healthy behaviors of the elderly including choosing and cooking healthy food. The satisfaction and opinions was measured by interviewing after application of the program.

Evaluation: Eighty-eight point one percent of the total subjects replied 'very satisfied', in terms of interest of the education program. In the program needs, 'normal dietary therapy for health' and 'dietary therapy depending on each disease' (including obesity) were represented to be high. Regarding education methods, it was represented in the order of 'lecture (47.6%)', 'practice (45.2%)', 'class demonstration (19%)', and 'play and game (7.1%)'. In the types of food and nutrition management control programs, health and nutrition education (4.04) showed the highest.

Conclusions and Implications: We expect that when the role of the elderly welfare facility has been established as a health and nutrition promotion system for the aged and linked with the national welfare project, its synergy effect would be more significant.

Funding: Korea Health Promotion Foundation (2013)

P42 Investigation of Food and Nutrition Management Program and its Needs for the Aged Using the Elderly Welfare Facility

Youngmee Lee, PhD, leeym@gachon.ac.kr, Department of Food & Nutrition, Gachon University, 1342 Seongnam-Daro, Sujung-gu, Seongnam-shi, Gyunggi-Do, 461-701, South Africa; J. Kim, PhD, Paichai University; M. Lee, PhD, Yonsei University; O. Park, PhD, College of Yeosu; H. Yoo, MS, RD, Eulji University Hospital

Objective: The aim of this study is to investigate the current status of food and nutrition management for the aged in the elderly welfare facilities and need for the program.

Target Audience: The target audience was the elderly in community.

Theory, Prior Research, Rationale: As supporting senior citizens has become a social issue, number of welfare facilities for the aged to enhance their quality of life has been rapidly increased in Korea. This trend implies that

social security system based approach through welfare facilities would be effective to reduce social cost including health care expenditures.

Description of Program Intervention: We visited public health centers and community halls for the aged and interviewed 399 senior citizens about nutritional assessment, dietary/nutrition management and needs for the dietary/nutrition management program.

Evaluation: Eighty percent of the total subjects were taking one or more prescribed drugs due to their diseases, and 70.6 % of them had cardiovascular diseases. By using Mini Nutritional Assessment (MNA) as a tool of nutritional screening for the aged, ratio of malnutrition risk group was 37.8 %. Chewing difficulty (20.6 %) and indigestion (13.8 %) were most common two complaining problems related with taking a meal, and major dietary problem was excessive salt intake (15.8 %). When the elderly select food, 'taste' (45.9 %) was of prime consideration, however welfare center considered 'nutrition' (39.0 %) as the most important determinant when preparing meals ($p < 0.001$). The subjects wanted dietician (62.1 %) most for their nutrition and dietary education and contents of the education which they wanted were diet therapy for their diseases (37.9 %), regular diet for healthy life (34.7 %), and information for health functional foods (21.5 %).

Conclusions and Implications: For health of the elderly in community, a management-based approach is preferred to treatment-based one. Therefore, measures to promote elderly health in the welfare facilities are required, and it should be promoted by further research for more expanding areas.

Funding: Korea Health Promotion Foundation (2013)

P43 Indigenous Workforce Training by the Children's Healthy Living Program (CHL) to Prevent Childhood Obesity in the Pacific

Marie Fialkowski, PhD, RD, mariekf@hawaii.edu, University of Hawaii at Manoa, Department of Human Nutrition, Food & Animal Sciences, 1955 East-West Road, AgSci 216, Honolulu, HI 96822; M. Dunn, PhD; T. Delormier, PhD, PDt; M. Hattori-Uchima, PhD, University of Guam; J. H. Leslie, MPH, RD, DrPH, University of Hawaii at Manoa; J. L. Deenik, PhD; J. Greenberg, PhD, University of Alaska at Fairbanks

Objective: To train an indigenous childhood obesity prevention workforce through existing degree programs in the US Affiliated Pacific Region (USAPR) which includes Alaska, Hawaii, and the US Affiliated Pacific Islands.

Target Audience: Twenty-two trainees (undergraduate or graduate) from the USAPR who are prepared to earn academic degrees related to childhood obesity prevention and return to work in their home jurisdiction.

Theory, Prior Research, Rationale: The USAPR is an underserved region with high rates of obesity-related,

Continued on page S123

P43 (continued)

non-communicable diseases and a low proportion of trained obesity prevention professionals, especially indigenous professionals. Specific training is needed to prepare students from the USAPR to develop a cadre of professionals focused on preventing childhood obesity in their home jurisdiction and across the Pacific.

Description: A scholarship program was developed for indigenous trainees. In addition to degree requirements, trainees take a basic nutrition course, and collectively participate in a real-time, online, obesity prevention series of courses throughout their academic program. Trainees also work with advisors to develop and implement a project related to childhood obesity prevention in their home jurisdiction. Various support services (tutoring, skill workshops) are also provided by CHL for the Trainees.

Evaluation: Trainee projects are approved by a CHL project committee. All trainees are evaluated by a CHL evaluation committee at the end of each semester to assess degree program and project progress, identify needed support systems, and address trainee responsibilities.

Conclusions and Implications: Building a local workforce network and capacity throughout the USAPR is vital to establishing sustainable childhood obesity prevention and health promotion programs to serve the Pacific's remote, indigenous populations.

Funding: NIFA

Additional Funding: 2011-68001-30335

P44 Collecting Highlights From Leaders About a Cooking and Physical Activity Program for Family Dyads: iCook 4-H

Jade White, BS, jwhite@mix.wvu.edu, West Virginia University, P.O. Box 6108, Morgantown, WV 26506-6108; A. Wells, S. Colby, PhD, RD, University of Tennessee-Knoxville; A. Donaldson, BS; L. Franzen-Castle, MS, RD, PhD, University of Nebraska-Lincoln; A. Miller, BS; K. Kattelman, PhD, RD, South Dakota State University; C. Merfeld, BS; D. Mathews, MS, RD, University of Maine; A. White, PhD, RD; M. Olfert, DrPH, MS, RD, West Virginia University

Objective: To collect highlights from program leaders about what parents and children said during iCook 4-H, a cooking and physical activity program for family dyads made up of a 9-10 year old child and their primary adult meal preparer.

Study Design, Setting, Participants, and Intervention: Qualitative study with survey and focus groups.

Outcome, Measures and Analysis: A survey (n=6 questions) was developed with the program themes of family togetherness in cooking, eating and being physically active. For each theme, questions were asked to elicit feedback about what leaders heard from parents and children

during the program sessions, as well as their own impressions. The survey was administered in an online format or focus group setting across the 5 states.

Results: Leaders from all states reported similar highlights stating that parents were impressed with the cooking skills that their children were capable of and they tried many of the healthy recipes at home. Family mealtime posed challenges to most dyads and parents faced competition for family time from "technology." They reported that both parents and children enjoyed the physical activities and talked about trying the activities at home.

Conclusions and Implications: Findings from this qualitative study add evidence that iCook activities were being transferred to the home environment. There is also evidence that confronting barriers to family mealtime may need to be addressed in the program as it is refined for dissemination.

Funding: USDA

Additional Funding: Funding provided by Agriculture and Food Research Initiative Grant no. 2012-68001-19605 from the USDA National Institute of Food and Agriculture, Childhood Obesity Prevention: Integrated Research, Education, and Extension to Prevent Childhood Obesity, A21

P45 Assessing Blood Pressure and Quality of Life in 9- to 10-Year-Old Children: iCook 4-H Pilot Study

Erin Smith, BS, esmith13@mix.wvu.edu, West Virginia University, P.O. Box 6108, Morgantown, WV, 26506-6108; A. Root, PhD; S. Flanagan, MS; S. Colby, PhD, RD, University of Tennessee; R. Meade, BS; L. Franzen-Castle, MS, RD, PhD, University of Nebraska-Lincoln; T. Aguirre, BS; K. Kattelman, PhD, RDN, LN, South Dakota State University; C. Kabala, BS; A. White, PhD, RD, University of Maine; D. Mathews, MS, RD; M. Olfert, DrPH, MS, RD, LD

Objective: To determine if blood pressure (BP) changes and perception of quality of life (QoL) in 9-10 y/o children after a 4 month pilot of a culinary skills, family mealtime and physical activity intervention.

Study Design, Setting, Participants, and Intervention: Pilot study of pre-post physical and survey assessments.

Outcome, Measures and Analysis: Pre-post treatment only in pilot study with assessments at 0 and 4 months for child/adult dyads (n=48 dyads). Five states (ME, NE, SD, TN, WV) recruited and delivered 6 sessions every two weeks that focused on cooking skills, family mealtime, and increasing physical activity. During BP assessments, each child had an initial rest of 5 min with 2 min rest between measurements using a digital Omron BP machine with averages recorded. The Peds-QL tool assessed perceived QoL in children related to their functioning physically, emotionally, and socially.

Results: At baseline, 93% (n=45) of participants had normal BP and 6% (n=3) were pre-hypertensive. At

Continued on page S124