P74 Individual Differences in Associations Between Parenting Practices and BMI: The Role of Inhibitory Control

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Objective: Parental feeding practices are key to children's developing dietary habits and risk for childhood obesity, but the role of child characteristics in this association is less clear. Recently, children's inhibitory control has been related to eating habits and weight. The objective of the current study was to examine associations between parent feeding practices, inhibitory control, and BMI percentile.

Study Design, Setting, Participants, and Intervention: In a sample of 176 fourth grade students and parents drawn from a larger nutrition intervention project, it was hypothesized that inhibitory control would moderate associations between parent feeding practices and BMI.

Outcome, Measures and Analysis: Parent feeding practices were collected with the Child Feeding Questionnaire (Birch et al., 2001) (Restriction, Pressure to Eat, and Monitoring). Inhibitory control was collected with the Children's Behavior Questionnaire (Rothbart et al., 2001). BMI percentile was calculated from height and weight, adjusted for age and gender.

Results: OLS multiple regression results suggest a significant interaction between the parenting practice of Pressure to Eat and inhibitory control as predictors of BMI percentile ($\beta = 5.25$, $p < .05$). Simple slopes analyses indicate Pressure to Eat is related to lower BMI percentile only for children low in inhibitory control.

Conclusions and Implications: Findings suggest that using pressure to influence a child's eating habits may be beneficial if the child's low inhibitory control interferes with their own ability to regulate their diet but is not beneficial for children with increased regulatory skills. Overall, these results suggest individual child characteristics should be taken into account when considering the role of parenting practices in shaping child health outcomes.

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P75 Family-based Behavioral Nutrition Intervention Improves Nutrition Knowledge, Food Choices, and BMI in Latino Children

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Objective: The objective of this intervention is to assess the effects of a family centered approach in the prevention

of childhood overweight and obesity using a series of nutrition education lessons, which includes strategies for healthy grocery shopping, food demonstrations and physical activity.

Target Audience: Limited resource Latino children and their families referred to EFNEP by pediatric providers in safety-net clinics.

Theory, Prior Research, Rationale: Effective evidence-based strategies and programs are required to address childhood obesity in minority communities. This intervention program therefore focused on self-efficacy, a component of Bandura's social cognitive theory where uninsured Latino families were provided an opportunity to increase self-efficacy in making healthy nutrition choices through interactive learning.

Description: Maryland Expanded Food and Nutrition Education Program (EFNEP) collaborated with clinics using a family-centered approach to provide healthy life style education to Latino children and their families. Clinics identified and referred at-risk children to EFNEP. The intervention consisted of twelve hours of interactive education including nutrition education, cooking, grocery store visits and physical activity. A follow-up at 1 month and 4 months during which a refresher course is provided with greater emphasis on areas that needs improvement.

Evaluation: Evaluation was based on intervention pre/post-behavior surveys completed by children. Qualitative assessments included participation rates, retention and feedback from families. BMI data was provided by pediatricians after intervention.

Conclusions and Implications: Data shows that the program was successful in decreasing BMI and increasing physical activity, fruit and vegetable consumption related knowledge and behavior. Feedback from families and pediatric providers indicates high level of satisfaction with the program.

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P76 The Granny's Health Bag – Developing Nutrition Education Program in Romania

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Objective: "The Healthy Traditions for Healthy Children" is a community-based program that aims childhood obesity prevention in Northeastern Romania.

Target Audience: We began in 2012 a participatory community research to understand and address eating behavior and socioeconomic determinants of elementary school children health in our region. The data revealed that the proportion of elementary school children who were overweight and obese reached alarming rates (17 % and 7%, respectively) in Northeastern Romania.

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