P115 (continued)

Conclusions and Implications: Across the 5-states, the iCook intervention was delivered as planned. Testing fidelity is critical in a multistate intervention with numerous session leaders to document how closely the actual implementation is to the intended. Fidelity evaluation helps to correct problems for intervention effectiveness and to explain study findings.

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P116 Does Future Time Perspective in Life Relate to Health Behaviors Among Japanese Workers?

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Objective: Although relationships between future time perspectives and health behaviors have been reported in adolescents, there are few reports on adults. The objective in this study is to examine whether future time perspective relates to the health behaviors of Japanese workers.

Study Design, Setting, Participants, and Intervention: A cross-sectional questionnaire administered to 4,462 Japanese workers.

Outcome, Measures and Analysis: The subjects were divided into two groups using the median total future time perspective score (Shirai, 1994; five items, five-point Likert scale). The demographic characteristics and health behaviors of the groups were compared using the chi-square test. The relationships between future time perspective and health behaviors were assessed using multivariate logistic regression analysis adjusted for the demographic characteristics. All analyses were conducted by gender.

Results: The study analyzed 2,995 participants (67.1% response rate; 1,182 men, 1,773 women). The high-score group contained more participants who lived with families (men $P<.001$; women $P=.002$) and were married (both men and women $P<.001$); the low-score group contained more individuals aged 40–49 years (men $P=.003$; women $P<.001$). In the high-score group, more men ate breakfast daily ($P=.018$) and exercised regularly ($P<.001$). Nevertheless, only regular physical activity (odds ratio (95% confidence interval) = 1.98 (1.49–2.64) in men was related to future time perspective, adjusted for the demographic characteristics.

Conclusions and Implications: The relationships between future time perspective and health behaviors differed by gender, and regular physical activity was related to future time perspective only in men.

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P117 A Pilot Study to Explore the Correlation Between Parental Nutrition Literacy, BMI, and Child Healthy Eating Index-2010

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Objective: Improving diet quality and weight status of children and parents is important for promoting future health. The purpose of this study was to investigate parental nutrition literacy (PNL) in relation to child Healthy Eating Index-2010 (HEI) and parental body mass index (BMI).

Study Design, Setting, Participants, and Intervention: Forty-six parents of children aged 4–6 years consented to this cross sectional study. PNL was assessed using the Nutrition Literacy Assessment Instrument for Parents (NLAI-P) that contains 42 questions relating to 5 domains of nutrition literacy. Child HEI was determined from the average of two 24-hour dietary recalls. BMI was calculated with standing height and weight.

Outcome, Measures and Analysis: Parental NLAI-P was scored as a combined percent correct. The relationship among parental BMI, parental NLAI-P score, child BMI percentile for age and child HEI were measured by Spearman correlations and linear regression.

Results: Average NLAI-P score was 83.6% (range=64.2–97.6; SD=8.7). Average child HEI was 53.5 (range=31–86; SD=14.1). Child HEI was related to parental NLAI-P score ($r=0.324$, $p=0.03$). Parental BMI, not child BMI percentile for age, had a significant inverse relationship with parental NLAI-P score ($r=-0.456$, $p=0.001$). There was a linear relationship between parental BMI and NLAI-P score ($R^2=0.157$; $p=0.004$). For every 1% increase in parental NLAI-P score, BMI decreased by 0.26.

Conclusions and Implications: This is the first investigation into measured PNL in relation to weight status and child diet quality. Results suggest that lower PNL may be a barrier for parents to build a healthful diet for their child. Larger population studies are needed to confirm this relationship.

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P118 Dietary Restraint Scores Associated With Attempting to Lose Weight

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Objective: To determine associations between self-reported eating behaviors and weight status in a large sample of adults.