UP28 (continued)

Objective: Develop sustainable measures to support an ongoing graduate certificate program in transdisciplinary childhood obesity prevention.

Description: South Dakota State University and the University of Nebraska-Lincoln have collaborated to build a childhood obesity prevention certificate program that incorporates multiple disciplines, multi-state coursework, experiential learning and research. Sustainable options for online program delivery available across several states are being developed.

Evaluation: Process evaluation is used to evaluate and improve the program.

Conclusion and Implications: Online program delivery will expand the growing network of professionals who have the opportunity to earn a certificate in transdisciplinary childhood obesity prevention.

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UP29 Starting Early/Empezando Temprano: Randomized Control Trial (RCT) to Test the Effectiveness of an Early Obesity Prevention Program

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Objective: Determine the efficacy of Starting Early (SE), primary-care based, family-centered early childhood obesity prevention program.

Description: Year 3 of RCT comparing SE (prenatal counseling and family groups at every well child visit) to standard care. Hispanic pregnant women (n=500) being enrolled, mother-infant dyads followed for 3 years.

Evaluation: Baseline and 3 month assessments (n=357 women, n=275 infants) found that low-income Hispanic pregnant women experience multiple social stresses, have limited nutrition knowledge and unhealthy dietary and lifestyle practices: low physical activity, low fruit/vegetable consumption, high media exposure.

Conclusions and Implications: SE will reduce childhood obesity by providing support and improving maternal knowledge, diet and lifestyle practices.

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UP30 Interventions for Obesity Prevention Targeting Young Children in At-Risk Environments: An Integrated Approach

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Objective: To improve the diets of young children, reinforce healthy diet and exercise behaviors, and improve understanding of the causes of childhood obesity.

Description: We are assessing factors that place children at risk for obesity; social marketing messages; and feasibility of a farm-to-school network. Programming is being developed for Head Start and early elementary classrooms and also for students in higher education.

Evaluation: Evaluations addressed linkages between obesity outcomes and the built and home environment and also early phases of the educational, farm-to-school, and social marketing interventions.

Conclusions and Implications: Findings will guide development of programming and policies to combat childhood obesity.

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UP31 Peer Nutrition Education in Childhood and Adolescence: Evidence-based Guidance for Impactful Programs

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Objective: To summarize and integrate evidence regarding peer nutrition education (PNE) programs with youth to identify impactful practices.

Description: A systematic literature review was conducted with studies that were published between 1977 and 2013, related to PNE, included youth as educators and reported on nutrition- and obesity-related outcomes in youth.

Evaluation: Fifteen studies met inclusion criteria for full review. Two investigators used a standardized evidence analysis process to independently evaluate papers, extract data and rate studies.

Conclusions and Implications: Various methods were used to select, train and assign responsibilities to peer educators. Some positive-quality studies found that PNE improved attitudes, perceptions and self-efficacy for healthy eating.

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UP32 Children's Healthy Living Program (CHL) for Remote Underserved Minority Populations of the Pacific Region

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