UP32 (continued)

Objective: Comprehensive program for capacity-building and catalyzing change to prevent young child obesity.

Description: US-Affiliated Pacific Land Grant Colleges and local partners used community-based processes and settings to conduct a randomized, controlled environmental intervention and childhood obesity prevalence survey, implement degree-providing scholarship and training, and disseminate and integrate findings into regional infrastructures.

Evaluation: Data systems monitor and evaluate intervention, survey and training activities, and provide data for outreach and policy development.

Conclusions and Implications: Multi-level, multi-sectorial alignment of CHL program actions with local community programs, resources, and attributes is vital for sustainable childhood obesity prevention.

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UP33 Choose to Change: The West Virginia Early Childhood Obesity Prevention Project

Susan Partington, PhD, RD, susan.partington@mail.wvu.edu, Regional Research Institute, West Virginia University, P.O. Box 6825, Morgantown, WV 26506-6825; E. Murphy, PhD, West Virginia University Extension Service; E. Bowen, EdD; D. Lacombe, PhD, Regional Research Institute, West Virginia University; G. Piras, PhD, Choosy Kids, LLC; L. Cottrell, PhD, West Virginia University School of Medicine, Department of Pediatrics; T. Menzies, PhD, West Virginia University, Lane Department of Computer Science and Electrical Engineering

Objective: Choose to Change is a five year study designed to assess contributors to early childhood and design, implement and evaluate home-school- and community-level obesity prevention initiatives.

Description: Components: multi-level assessment of behavioral and environmental contributors to childhood obesity, implementation of community-, school-, and home-level interventions, and assessment of intervention efficacy. Study population: 286 children in HeadStart/pre-kindergarten in two West Virginia counties.

Evaluation: Change in physical activity and eating behavior in children and families from pre- to post intervention.

Conclusions and Implications: Characteristics of home and neighborhood environments may be important influences on eating and physical activity behaviors in families of very young children.

Funding: USDA Grant #2011-68001-30049

UP34 Mobilizing Rural Low-Income Communities to Assess and Improve the Ecological Environment to Prevent Childhood Obesity

Paula Peters, PhD, ppeters@ksu.edu, Kansas State University, 340 Justin Hall, Manhattan, KS 66503; A. R. Mobley, PhD, RD, Purdue University; S. Procter, PhD,

RD, Kansas State University; D. Contreras, PhD, Michigan State University; A. L. Gold, PhD, North Dakota State University; C. Smathers, PhD, The Ohio State University; R. Oscarson, PhD, South Dakota State University; A. Keim, PhD, University of Wisconsin

Objective: Enhance capacity of rural, low-income communities to prevent childhood obesity.

Description: Seven intervention and seven comparative communities (with their community coalitions) completed Child Ecological Model assessments and selected nutrition and physical activity interventions from a developed “menu” of approaches to prevent childhood obesity. Community Coaches in the intervention communities support community capacity building.

Evaluation: Compare effectiveness of coached communities to change environments and policies to prevent childhood obesity.

Conclusions and Implications: Community capacity building with socio-ecological basis and coaching will result in greatest changes in nutrition and physical activity behaviors among those caring for 4-year-olds.

Funding: USDA Grant #2011-68001-30100

UP35 Using In-Home Behavioral Economic Strategies And Enhanced Food Preparation Skills To Increase Vegetable Intake And Variety Among Children

Marla Reicks, PhD, RD, mreicks@umn.edu, University of Minnesota, 1334 Eckles Avenue, St. Paul, MN 55108; T. Leak, MS; A. Swenson, MS; Z. Vickers

Objective: To test the effectiveness of in-home behavioral economics strategies to improve vegetable intake, variety and liking in low-income children (9-12 years).

Description: A randomized controlled trial with intervention group families (n=4 incorporating a different strategy each week for 6 weeks during dinner meals. Control group families (n=20) are not assigned strategies.

Evaluation: Food records (3 days/week) used to assess change in child dinner vegetable consumption by strategy. Differences in overall change in intake, liking and variety of vegetables consumed determined between intervention and control groups.

Conclusions and Implications: The most effective strategies will be implemented in a randomized-controlled intervention in Cooking Matters for Families programs.

Funding: USDA Grant #2012-68001-19631

UP36 Efficacy of School-based Physical Activity Curriculum in Intervention and Comparison Schools

Linda Whent, PhD, lswhent@ucdavis.edu, Center for Transnational Health, University of California at Davis, One Shields Avenue, Davis, CA 95616; R. Gomez-Comacho, MS; D. Mercado-Rodas; A. de la Torre, PhD

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UP36 (continued)

Objective: Discuss differences in time, intensity, and categories of formal classroom physical activities between treatment and comparison groups in pre-K through 3rd grade classrooms.

Description: Treatment teachers integrated SPARK curriculum activities into their curriculum and recorded physical activity. Comparison teachers recorded existing classroom physical activities over the same time period.

Evaluation: Teachers completed a demographic survey and weekly surveys recording minutes of formal physical activity per week, intensity levels, and category of physical activity.

Conclusions and Implications: Analyses found differences in intensity of activities and teacher characteristics, indicating set curriculum increases quality of physical activity instruction.

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UP37 Efficacy of Obesity Risk Assessment Tools Integrated With Parental Guided Goal Setting to Maintain Healthy Weight Among Preschool Children

Marilyn Townsend, PhD, RD, mstownsend@ucdavis.edu, University of California, Davis, Nutrition Department, One Shields Avenue, Davis, CA 95616-5270; L. Ontai, PhD; M. K. Shilts, PhD, California State University, Sacramento; L. Allen, PhD, RD, Western Human Nutrition Research Center; D. Styne, MD, UC Davis Medical Center; C. Lamp, MS, MPH, RD, University of California Cooperative Extension; C. Schneider, PhD, RD; M. Johns, MPA, RD

Objective: Produce two valid pediatric obesity risk assessment tools for low-literacy clients.

Description: Longitudinal data collection includes diet, PA, TV and sleep logs, blood samples, anthropometrics, and meal time observation.

Evaluation: Parent-child pairs have completed phases 1, 2, 3 (n=10) and the final phase is currently underway. To date 1,118 diet recalls have been analyzed.

Conclusions and Implications: The percent of children with a BMI $\geq$ 85th percentile increased from 25% phase 1 (n=14) to 35.2% partial phase 4 (n=5). Twenty blood-based biomarkers have been analyzed which may serve as potential indicators of obesity risk. Analyses reveal correlations between parenting practices reported on MCMT and behaviors observed in videotaped mealtimes.

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UP38 Food Volume to Weight Conversion: A Comparative Study

Roger M. Echon, rechon@sahrc.org, Social and Health Research Center, 1302 South Saint Mary's Street, San Antonio, TX 78210

Objective: To determine the level of agreement or differences among various types of data collection procedures

used in converting food volume to weight for Nutrient Analysis.

Description: Procedures for Food Frequency Questionnaire (FFQ), Nutritional Data System for Research (NDS-R) and Digital Food Image Analysis (DFIA) are compared to referential food weights (FW). Selection boxes, interviews (Memory Recalls), and photographs are the conversion procedures for FFQ, NSD-R, and DFIA, respectively.

Evaluation: Correlations, Bland-Altman Level of Agreement, and Linear Mixed Model.

Conclusions and Implications: The level of correlation between DFIA and FW is very high ($R^2=0.9$; whereas, for FFQ and NDSR these comparisons are relatively low.

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UP39 Participatory Action Research and the Child Health Incubator Research Project: Emerging Consensus and Collaborative Solutions

Kerry E. Vachta, PhD (PI/PD), vachta@oakland.edu, Oakland University – CHIRP, 7733 E. Jefferson, 2nd Floor, Detroit, MI 48214; M. Kweli, MPA; L. Campbell-Stewart, MPH, Building Movement Project; D. Applebaum, BA, Catherine Ferguson Academy for Young Women; P. Davis-Williams, MA, Creative Community Pathways; M. Yakini, BS, Detroit Black Community Food Security Network; H. Adjuman, BA; L. V. Spady, BFA, East Michigan Environmental Action Council; M. Thompson-Curtis, Freedom Freedom Growers; A. Newsom, People's Kitchen Detroit; T. Petty, Oakland University – CHIRP; R. Moore; J. Kautz, MA

Objective: Creating a learning community to develop evidence-based food justice programming to reduce barriers to child health and well-being in Detroit.

Description: Reports on the partners' emerging understanding of food and health justice and increasingly collaborative programming addressing the diversity of challenges.

Evaluation: We continually evaluate the partnership development process and outcomes using PAR principles and methods including interviews, critical self-reflection and formative evaluation.

Conclusions and Implications: Building on last year's increased cooperation, partners are now developing collaborative programming to more holistically address the challenges CHIRP families face in providing healthy diets and lifestyles for their children in Detroit.

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UP40 Smarter Lunchrooms - Does Changing Environments Really Give More Nutritional Bang for the Buck?

Brian Wansink, PhD, wansink@cornell.edu, Cornell University, Applied Economics and Management, 112 Warren Hall, Ithaca, NY 14853; D. Just, PhD; J. Dollahite, PhD; L. Latimer, PhD; L. Thomas, PhD; T. Hill, MPH; A. Brumberg

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