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acid, but findings suggest that novel delivery methods are needed to enhance client interest. Future steps will discern the impact of Everyone Needs Folic Acid on educator practices as a critical consideration for developing and delivering effective and sustainable programs.

Funding: Supplemental Nutrition Assistance Program - Education.

P86 “It’s Celebration Time!” Encouraging Healthy Holidays in Childcare: Providers’ Motivators, Facilitators and Barriers

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Objective: Foods high in calories, fat, sugar and sodium are often characteristic of the foods served to children during holidays and celebrations in childcare. The objective of this study was to determine childcare providers’ motivators, facilitators and barriers when encouraging healthy items for holidays and celebrations in Head Start (HS), Child and Adult Care Food Program (CACFP) funded, and non-CACFP childcare centers.

Design, Setting and Participants: Providers were selected using maximum variation purposive sampling. Semi-structured interviews were conducted until saturation was reached.

Outcome Measures and Analysis: Using NVivo, thematic analysis was used to develop codes and themes regarding provider perceptions.

Results: Childcare providers were motivated to encourage healthier alternatives for holidays and celebrations because they wanted to promote growth and development while limiting unhealthy foods from children’s diets. HS and CACFP providers reported it was easy to encourage healthy items because they had strict policies, and provided parents ideas for healthy alternatives including fruits, veggies, limiting portion size and non-food items (e.g., pencils, stickers). CACFP and non-CACFP providers reported trouble with encouraging healthy celebratory foods because parents were a barrier in doing so, they often got upset, may pull their child out of the school, were busy, felt there were too many limits on foods, and wanted to stick to traditional holiday foods. Suggestions to overcome the barriers were that change takes time and that the providers should regularly offer parents a list of healthier and convenient alternatives to high sugar/ high fat foods.

Conclusions and Implications: Promoting parent-provider interactions and policy changes could facilitate provider’s ability to encourage healthy foods during celebrations.

Funding: Administration for Children and Families Office of Planning and Evaluation Research and, the Illinois Transdisciplinary Obesity Prevention Program (I-TOPP).

P87 Obesity Prevention Practices in Childcare: Administrators’ Barriers to Healthy Eating Practices Across Childcare Contexts

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Objective: Childcare programs offer unique opportunities for childhood obesity prevention. Regulations among these programs (i.e., Head Start, Child and Adult Care Food Program (CACFP), or Non-CACFP) create unique “regulation-based contexts” that influence nutrition practices. This paper seeks to address the knowledge gap with regard to nutrition practices and perceived administrators’ barriers to promoting healthy eating across these contexts.

Design, Setting and Participants: Childcare directors (n=29) across different regulation-based contexts completed self-administered surveys regarding nutrition practices and barriers.

Outcome Measures and Analysis: Significant differences in practices were determined through Pearson’s chi-square test of homogeneity across program contexts.

Results: Significant differences in practices were found across childcare contexts with Head Start programs having an increased compliance to recommended practices as compared to CACFP-funded and non-CACFP programs. For example, Head Start programs were more likely to review children’s dietary history at intake ($p<0.05$), serve low-fat milk ($p<0.001$), not serve high-sugar foods during the week ($p<0.05$), serve 100% juice drinks ($p<0.05$), and require staff to consume the same food/beverages as children are served ($p<0.01$), as compared to other programs. Head Start programs identified the most significant barrier as a lack of parental support for providing healthier meals. However, CACFP and non-CACFP-funded programs identified insufficient funding to cover the cost of healthier food as the most significant barrier to provide healthier meals.

Conclusions and Implications: Regulation-based contexts not only impact practices, but also barriers to improving practices. Therefore strengthening regulations to facilitate practices, addressing barriers and developing nutrition education based on the context is imperative for successful implementation of obesity prevention practices in childcare.

Funding: Administration for Children and Families.

P88 Assessing Sodium Intakes: Are Reduced Sodium Food Choices Being Made?

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Objective: To evaluate reduced sodium food choices and behaviors using a newly developed surveillance tool - the Short Sodium Screener.

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