USDA NIFA Poster Abstracts

The posters that accompany these abstracts will be available as supplemental items on the JNEB Web site (www.jneb.org). To view the posters, locate the relevant abstract and click on “Supplemental Materials.”

NP1 Out-of-School Culinary and Physical Activity Program for Youth and Their Main Food Preparer: iCook 4-H Year 3

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Objective: Identify 0,4,12 month assessment outcomes.

Description: Lifestyle approach to obesity prevention using a 14 week, 6-session, 2-hour program with continuing at-home activities for cooking, eating and playing together.

Evaluation: Physical assessments and surveys, including program evaluation, were conducted using R v3.1.1.

Conclusions and Implications: Throughout the study, over 30% of youth and 60% of adults were overweight/obese (n=220 dyads; youth mean age=9.8±0.6 years). Treatment youth increased program evaluation scores from baseline to 4 months (P=0.001), maintained at 12 months (P=0.001) and differed from controls at 4 months (p=0.003).

Funding: USDA Grant #2012-68001-19605, State Experiment Stations.

NP2 Growing Healthy Kids: A 3-Year Update

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Objective: To provide a 3-year summary of the Growing Healthy Kids School Enrichment Kit (GHK-SEK) program for K-2 grade students.

Description: The five lesson GHK-SEK program has been implemented for 3 years in 18 elementary schools (n=4185 in year 3). The 2nd grade students have been exposed to all 3 years of the program.

Evaluation: For the 2nd graders, 63.9% of students correctly answered all post-test questions following 1 exposure to the intervention, compared to 81.4% for 2 exposures and 83.3% for 3 exposures to the GHK-SEK curriculum.

Conclusions and Implications: Increased exposure to the GHK-SEK Curriculum has resulted in increased knowledge and retention.

Funding: USDA Grant #2011-670001-30011.

NP3 Development of Culturally-Relevant Community-Based Workshops for a Mexican-Origin Rural, Low-Income Comparison Group

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Objective: To document the process of developing community-based psychoeducational workshops to engage community members and increase acceptability of the research team within a comparison site.

Description: The development and adaptation of the workshops followed established methods of cultural adaptation and ecological validity.

Evaluation: Likert scale instruments were used to assess participant satisfaction.

Conclusions and Implications: Findings support for the idea that culturally responsive approaches can aid in the engagement of community members and in the acceptability of researchers.

Funding: USDA Grant #2011-68001-30167.

NP4 Preliminary Results From the First Year of Intervention for the Niños Sanos, Familia Sana (NSFS) Study

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Objective: To present preliminary findings on the BMI growth of children participating in the NSFS study.

Description: We measured anthropometric measures (BMI, skinfold thicknesses, and abdominal circumferences) every six months from the baseline until the end of second year of study.

Evaluation: Analyses were conducted to examine the difference in changes in anthropometric measures before and after the intervention.

Conclusions and Implications: Preliminary results help the team increase the intensity of the intervention for targeted subgroups.

Funding: USDA Grant #2011-68001-30167.

NP5 Nashville Children Eating Well (CHEW) for Health: Education Component

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