NP5 (continued)

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Objective: Increase knowledge and skills about nutrition and childhood obesity prevention among Tennessee State University and Meharry students/trainees and practicing healthcare providers.

Description: A total of 870.25 trainee-hours of education were provided for 246 students/trainees and practicing physicians this year. Success of CHEW collaboration presented at the 142nd Annual American Public Health Association conference.

Evaluation: Improved knowledge of nutrition concepts related to chronic diseases achieved among third year medical students for topics related to dietary recommendations for diabetics ($p < 0.0001$), screening for hyperlipidemia ($p = 0.007$), indications for lifestyle modification ($p = 0.008$), and dietary recommendations for the implementation of lifestyle modifications ($p < 0.0001$).

Conclusions and Implications: Contributes to training next generation of professionals.

Funding: USDA Grant #2011-68001-30113.

NP6 Nashville Children Eating Well (CHEW) for Health: Extension Component

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Objective: Provide technical assistance to WIC-authorized vendors to expand the availability of healthy foods and educate low-income families to improve dietary practices.

Description: Provided technical assistance and in-store food tastings twice a year to the 18 participating WIC vendors. Trained 8 African American and Hispanic Community Health Promoters (CHPs) to educate peer low-income mothers with young children.

Evaluation: There were 2,393 community contacts including CHPs, grocery store food tastings and community outreach this year which increases the total number of community contacts for the project to 3,653 with a total of 208.2 contact hours.

Conclusions and Implications: Multi-level approach address food environment and individual education.

Funding: USDA Grant #2011-68001-30113.

NP7 Nashville Children Eating Well (CHEW) for Health: Smartphone Intervention for WIC-Participating Families With Preschool Children

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Objective: Evaluate a culturally-appropriate smartphone-based nutrition intervention for African American and Hispanic WIC participants with preschool children.

Description: The smartphone application (English and Spanish) has two components: a WIC shopping tool to assist mothers with maximizing WIC vouchers, and nutrition education focused on healthy snacks and beverages.

Evaluation: We are testing the application using a randomized two-group design, to assess feasibility, usability, and effects on dietary behaviors, availability of healthy food in the home, parent snack feeding practices, and WIC shopping experiences. Preliminary data will be presented.

Conclusions and Implications: The application can be adapted and disseminated to WIC programs across the U.S. in the future.

Funding: USDA Grant #2011-68001-30113.

NP8 Nashville Children Eating Well (CHEW) for Health: Website Effectiveness

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Objective: Long-term, CHEW aims to reduce childhood obesity.

Description: CHEW assists and educates USDA's Women, Infants & Children (WIC) program families with 2-4 year olds; WIC grocers serving this population; nutrition and medical students; health providers and other community members.

Evaluation: NashvilleCHEW.org website, online since June 2012, averaged over 6,000 views a month in 2014 with a peak of over 18,000 views in November. Website includes healthy snack recipes in English and Spanish; nutrition lectures, calendar of healthy food tastings, CHEW conferences presentations.

Conclusions and Implications: Community outreach through a website can be effective in focusing attention on culturally tailored nutrition education and obesity prevention efforts.

Funding: USDA Grant #2011-68001-30113.

NP9 Smarter Lunchrooms - Does Changing Environments Really Give More Nutritional Bang for the Buck?

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Objective: To test a combination of Smarter Lunchroom conditions using a randomized controlled design in order to determine their cumulative effect.

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