NP13 (continued)

Description: This program is a Promotora-led, family-based obesity prevention program that integrates research, education, and extension to target food and beverage consumption, physical activity, and screen-time by changing individual and family behaviors and the home environment in a coordinated manner.

Evaluation: The primary objectives are to: use a mixed methods approach to develop, pilot test and refine a culturally- and linguistically-grounded Promotora (a type of community health worker) led SPUSF curriculum to improve targeted knowledge, attitudes, skills, self-efficacy, and behaviors; evaluate the efficacy of SPUSF curriculum in a cluster randomized controlled trial of 624 Mexican-heritage parent-child (ages 7-11 y) dyads; use experiential learning and innovative teaching methods to increase the competency of faculty and students; and develop, deliver, and evaluate informal education, certificate programs, in-service training, and community discussions. The evaluation will include comprehensive measures of process and impact.

Conclusions and Implications: It is widely recognized that the family and home environment significantly influence children's diet and physical activity behaviors. Thus, a multilevel framework that includes family and ecological systems changes recognizes that positive behavior changes in children are not sustainable if family system and home environment remains unchanged.

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NP14 Pilot Testing of a Media Literacy-Based Curriculum to Enhance Youth and Parent Media Skills and Food Behaviors: Year 3 of 5

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Objective: To execute a pilot curriculum to improve family management of media influence to improve healthy food behaviors.

Description: Fifty-nine parent/youth dyads across five Washington State counties received a 6-session program, FoodMania: Kids and Food in a Media-Driven World.

Evaluation: Pretest/posttest surveys, focus groups, and process evaluation logs are being used to refine the curriculum for field testing.

Conclusions and Implications: Parents and youth (9-14) liked the program. Preliminary results suggest some changes in outcomes of interest and provide guidance for strengthening curriculum and assessment design.

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NP15 Lessons Learned From the Niños Sanos, Familia Sana Multiple-Digital Data Collection System

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Objective: Illustrate the implementation and development of a data collection system in remote rural sites.

Description: Software was developed to improve the data collection process. Results show an increased capacity for large and diverse datasets as well as a manageable system for the organization of data into a medium suitable for analysis.

Evaluation: Internal validity analysis was used to monitor data quality.

Conclusions and Implications: Further development and utilization of technology is critical for efficient and reliable data collection in rural sites.

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NP16 Reducing Childhood Obesity: An Innovative Curriculum With Wellness Policy Support

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Objective: Describe key results and lessons learned from the Food, Health & Choices (FHC) study.

Description: Fifth grade intervention involving a theory-based, 23-lesson science curriculum and classroom wellness policy that targets energy balance related behaviors (EBRBs).

Evaluation: Measures are: BMI, percent body fat, EBRBs, theory-based mediators, process measurements, and student interviews.

Conclusions and Implications: The intervention reduced obesity prevalence in boys and was deemed cost effective. Implementation process and student reception were significantly associated with positive behavior change, and photo solicitation student interviews added social and environmental context. Disseminating FHC broadly, particularly to urban high-needs schools, might contribute to obesity prevention and developing lifelong healthy habits.

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