NP17 The Relationship Between Dietary Quality and Food Insecurity for a Sample of Low-Income Mothers

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Objective: To determine if there were differences in dietary quality between food insecure and food secure mothers enrolled in a prospective study.

Description: Low-income mothers completed surveys and >2 dietary recalls, as well as semi-structured interviews, at baseline (n=101).

Evaluation: Dietary quality was evaluated using the HEI-2010 component and total scores.

Conclusions and Implications: There were no significant differences in HEI-2010 component or total scores between food insecure and food secure participants. Our results suggest the salience of other factors, including race/ethnicity, household income, and access to federal food assistance, which complicate the relationship between food insecurity and dietary quality.

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NP18 HomeStyles: Shaping Home Environments and Lifestyle Practices to Prevent Childhood Obesity: A Randomized Controlled Trial

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Objective: To create an effective, sustainable, population-level obesity-prevention intervention that enables and motivates parents of preschoolers to shape their home environment and lifestyle behavioral practices to prevent excessive weight gain in their children and compare its effectiveness to control condition participants.

Description: Intervention development and implementation guided by Social Cognitive and Adult Learning Theories, community-based participatory research, and motivational interviewing; delivered by in-home visitors or online.

Evaluation: Primary outcomes: BMI and audits of Home Environment Characteristics/Lifestyle Practices related to diet, physical activity, sleep, and childcare.

Conclusions and Implications: Year 4 activities will be summarized. Home environments and lifestyle behaviors that promote healthy development and prevent excessive weight gain in preschoolers.

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NP19 Increasing Breakfast Consumption and Decreasing Childhood Obesity in Low-Income, Ethnically Diverse Youth

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Objective: To evaluate the impact the School Breakfast Policy Initiative (SBPI) has on students' breakfast consumption and weight.

Description: The SBPI intervention components include classroom feeding, nutrition education, social marketing, and parent outreach.

Evaluation: Participants include 4th-6th grade students from sixteen public schools (8 intervention and 8 control). Outcomes including child height/weight, breakfast patterns, and school meal participation will be assessed at baseline, Year 2, and Year 3.

Conclusions and Implications: Baseline data were collected on 1403 children and the 2.5 year intervention is half-way complete. This research will provide the first empirical evidence of effects on child intake and weight from a large controlled trial.

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NP20 Reducing Solid Fat and Added Sugar Intakes in Low-Income Preschoolers Through Environmental and Behavioral Portion Size Strategies

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Objective: To evaluate the efficacy of a child feeding intervention for mothers of preschoolers using a randomized control trial (RCT) and to adapt it for the VA Supplemental Nutrition Assistance Program Education Program.

Description: Feeding, Families, and Fun (FFF) is a 12 session child feeding intervention focused on reducing children's intake of solid fats and added sugars (SOFAS).

Evaluation: Child SoFAS intakes (3, 24-hr recalls) and secondary outcomes were assessed at baseline, 12 wk, and 6 mo.

Conclusions and Implications: To date, 104 mothers have been seen in the RCT. FFF has been adapted to 6 sessions to be used with 200 mothers in VA SNAP-Ed.

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