NP21 Innovation and Collaboration: Creating a Transdisciplinary Childhood Obesity Prevention Graduate Certificate Program. A Focus on Sustainability and Expansion

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Objective: Transition components of an ongoing graduate certificate program in transdisciplinary obesity prevention (TOP) to sustainable practices and explore the feasibility of program expansion.

Description: South Dakota State University (SDSU) and the University of Nebraska-Lincoln (UNL) have collaborated to build a TOP certificate program that engages graduate students in transdisciplinary coursework, experiential learning, and research. Curriculum components have undergone revision to ensure sustainability. Feasibility of expansion via online and hybrid delivery has been explored.

Evaluation: Process evaluation is used to assess and improve the program.

Conclusions and Implications: Measures have been taken to ensure the TOP certificate program will be sustained at SDSU and UNL after grant funding has expired. Program expansion efforts will focus on developing a stronger on-site recruitment process before expanding to offsite students.

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NP22 Texas GROW! EAT! GO! Preliminary Findings of Garden, Nutrition and Physical Activity Interventions on Child Behaviors and Obesity

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Objective: The goal of the Texas GROW! EAT! GO! project is to assess the efficacy of a Coordinated School Health Program (CSH) enhanced with theory-based, family-focused, experiential garden, nutrition and physical activity programs on the prevalence of child obesity in third grade students.

Description: 1,405 students, 1,200 parents, 128 teachers and 53 volunteers enrolled in Cohorts 1 & 2 of the study at five sites in Texas involving 80 classes of 3rd grade students. Title 1 schools at each site were randomly assigned to receive CHS alone or with Walk Across Texas (WAT), Junior Master Gardener (JMG) or both WAT and JMG over a one year period.

Evaluation: Evaluation included Child BMI and student surveys (four times over 2 years), parent surveys (3 times over 2 years), teacher and volunteer surveys (2 times over 1 year). Process evaluation included teacher records of implementation, school champion interviews, and weekly reports by on-site leaders.

Conclusions and Implications: Data from student and parent surveys (not matched) indicated increased self-efficacy to consume healthy beverages, reduced consumption of sugar sweetened beverages, increased healthy family meal practices and increased knowledge about nutrition and plant science. Combined treatment effects indicated significant increases in vegetable exposure and preference, decreased screen time, increased moderate to vigorous physical activity and selection of fruit juice over soda. Mixed effects were found related to obesity and overweight change.

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NP23 Enhancing Self Regulation as a Strategy for Obesity Prevention in Head Start Preschoolers

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Objective: To test the effect of 3 interventions: a nutrition education/obesity prevention program (Parents of Preschoolers Series [POPS]); an intervention to improve children's emotional and behavioral self-regulation combined with POPS (POPS + Incredible Years Series [IYS]); and usual Head Start exposure on preventing obesity in Head Start children.

Description: A total of 748 children have been randomized.

Evaluation: Adiposity, dietary intake by 24-hour dietary recall, and children's self-regulation capacity is measured pre- and post-intervention.

Conclusions and Implications: The study will test the hypothesis that POPS+IYS will be most effective in preventing obesity in low-income children. The trial will conclude in Spring 2015.

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