NP28 Lessons Learned: Implementing a Multifaceted CBPR Intervention to Combat Childhood Obesity

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Objective: To provide an assessment of the strengths and limitations of using a Community-Based Participatory Research (CBPR) approach for engagement.

Description: Overview of the multifaceted intervention and the CBPR strategies utilized to recruit and engage participants.

Evaluation: Post assessment of participant yield by activity from completed data collection instruments and events.

Conclusions and Implications: CBPR may require modifications based on regional and cultural differences of targeted participants and community members. Given limited incentives, modifying and refining recruitment and retention tools is needed to maintain engagement of participants.

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NP29 Serum Biomarkers Validate a Pictorial Vegetable Behavior Tool

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Objective: Validate a pictorial vegetable behaviors assessment for low-income parents of young children.

Description: 8-item tool was completed by Head Start and WIC parents (n=128). Their children donated blood specimens.

Evaluation: Stepwise regression identified a significant negative association between select vegetable items and C-reactive protein, retinol binding protein-4 and leptin, and a positive marginal association with β -carotene. Children with higher frequency of vegetable eating behaviors had lower levels of inflammation and higher intake of carotenoids.

Conclusions and Implications: The resulting screening tool with a low response burden is a valid measure of vegetable behaviors for these low-income families.

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NP30 Biomarkers Validate a 3-Item Sweetened Beverage Tool

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Objective: Validate a sweetened beverage assessment tool for low-income families with young children.

Description: 3-item tool was completed by Head Start and WIC parents (n=127). Their children donated blood specimens.

Evaluation: Stepwise regression identified significant relationships, in the expected directions, between the beverage tool items, and retinol, IGFBP2, IL-10, cholesterol, HDL and cholesterol:HDL ratio. Children with more soda and other sweetened beverage behaviors had less healthful values for these blood indicators.

Conclusions and Implications: The resulting brief pictorial assessment tool, with a Readability Index of Grade2, is a valid measure of sweetened beverage behaviors for use by this audience.

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NP31 Efficacy of Obesity Risk Assessment Tools Integrated With Parental Guided Goal Setting to Maintain Healthy Weight Among Preschool Children: Year 5

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Objective: Produce two valid pediatric obesity risk assessment tools for low-literacy clients.

Description: Longitudinal data collection includes diet, PA, TV and sleep logs, blood samples, anthropometrics, and meal time observation.

Evaluation: Longitudinal data collection includes diet, PA, TV and sleep logs, blood samples, anthropometrics, and meal time observation.

Conclusions and Implications: Two obesity risk tools have been validated plus three additional tools (sugar sweetened beverages; energy density; and vegetables). An interactive website (<http://healthykids.ucdavis.edu/>) encourages professionals to customize tool photographs to client ethnicity and educators to generate guided goals for intervention.

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NP32 Using In-Home Behavioral Economic Strategies and Enhanced Food Preparation Skills to Increase Vegetable Intake and Variety Among Children

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Objective: To conduct a randomized, controlled-intervention to determine if behavioral economics strategies

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