NP50 Healthy Babies Through Infant-Centered Feeding

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Objective: Evaluate effectiveness of the Healthy Babies (HB) intervention compared to a control group on maternal responsiveness, feeding style, and feeding practices, and compare infant feeding self-regulation and growth pattern of infants.

Description: The HB Curriculum is a series of 6 in-home lessons and 3 follow-up telephone contacts, based on the Theory of Planned Behavior.

Evaluation: Over time, the intervention showed positive ($p < .05$) impacts on mothers' beliefs about introduction of cereal, and infant awareness of satiety.

Conclusions and Implications: Preventive feeding interventions are necessary during age-appropriate transition to solid foods.

Funding: USDA Grant #2009-55215-05220, Michigan State University (MSU), College of Nursing, MSU Families and Communities Together, MSUE EFNEP, and CSUE EFNEP.

NP51 Choose to Change - The West Virginia Early Childhood Obesity Prevention Project

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Objective: Choose to Change is a five year study designed to assess contributors to early childhood and design, implement and evaluate home-school- and community-level obesity prevention initiatives.

Description: Components included multi-level assessment of behavioral and environmental contributors to childhood obesity, implementation of community-, school-, and home-level interventions, and assessment of intervention efficacy. Study population: 485 children in HeadStart/pre-kindergarten in two West Virginia counties.

Evaluation: Change in physical activity and eating behavior in children and families from pre- to post-intervention.

Conclusions and Implications: Characteristics of home and neighborhood environments may be important influences on eating and physical activity behaviors in families of very young children.

Funding: USDA Grant #2011-68001-30049.

NP52 Connecticut Fitness and Nutrition Clubs In Motion (CT FANs IM): Fitness and Nutrition via 4-H STEM

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Objective: This 4-H STEM program incorporates technology to improve fitness and nutrition for youth.

Description: Family nights are conducted to introduce students and their families to the program. Activity stations include WiiFit, scooter basketball and circuit games, arts/crafts and a healthy dinner. Students were provided iPads during the family night to video document their experiences.

Evaluation: Evaluation includes iPads for surveys, fitness and observational data. The student video clips were compiled into a YouTube video.

Conclusions and Implications: Technology is an innovative tool for fitness and nutrition education for youth and their families.

Funding: USDA Grant #2012-68001-19956.

NP53 The Illinois Transdisciplinary Obesity Prevention Program (I-TOPP)

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Objective: Establish an innovative research-based joint degree program focused on child obesity prevention.

Description: Scholars complete the MPH degree and are pursuing doctoral degrees in six programs.

Evaluation: In addition to annual student reviews, barriers and facilitators of transdisciplinary education are evaluated through mixed methods.

Conclusions and Implications: Eleven scholars have produced 40 abstracts and 11 publications in the first 4 years. Two new transdisciplinary graduate courses, two symposia, two visiting faculty, and fourteen lecturers have been featured through I-TOPP. These interactions provided for rich dialogue and collaborations to address the complex problem of childhood obesity.

Funding: USDA Grant #2011-67001-30101, University of Illinois College of ACES, College of AHS and Vice Chancellor for Research matching funds for 3 fellows.

NP54 Starting the Spark: An Updated Protocol for the Community-Based Participatory Research Model in the Prevention of Adolescent Obesity

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Objective: To develop a community-based program that targets overweight and obesity prevention among adolescents in limited resource, minority communities.

Description: Five year, tri-state, quasi-experimental project. One control and one intervention community

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