P11 (continued)

Objective: Toddlers and preschool children depend on caregivers to determine the timing of food intake and to make healthy choices on their behalf. Little is known about caregiver experiences, attitudes and perceptions towards the consumption of foods and beverages in-between meals by toddlers and preschool children (1-5 years) and how experiences, attitudes and perceptions may differ according to cultural practices.

Design, Setting, and Participants: In-depth, in-home interviews (n=17) were conducted with caregivers (14 = female, 3 = male, ages = 20-46y, low to high income) in Switzerland. The model, "Food Choice Process over the Life Course", was used as a theoretical framework. The interviews explored experiences, attitudes and perceptions about the provision of foods and beverages to children (1-5y).

Analysis: Interview transcripts underwent a thematic analysis and key themes were developed from the data.

Results: A key theme identified described the rules and routines about the consumption of calories from foods and/or beverages in-between meals. Toddlers and preschoolers were systematically fed at 10 a.m. and 4p.m. by all participants. However, when questioned specifically about snacking behavior, participants reported they did not engage in snacking.

Conclusions and Implications: The routine feeding of toddlers and preschoolers at 10 a.m. and 4 p.m., by this group of caregivers, was not perceived as snacking. Snacking was described by participants to involve the consumption of specific food items such as candy, salty snacks and foods perceived as warranting restriction. Findings may have implications for collection of dietary intake data and for education of caregivers about the selection of healthy foods and beverages for consumption in-between meals.

Funding: Nestec S.A.

P12 Creating Family Resilience Through Family Supper Club

Diane Smith, RD, MA, diane.smith@wsu.edu, Washington State University Extension, 11768 Westar Lane, Suite A, Burlington, WA 98233; D. L. Betz, MS; M. K. Deen, PhD; S. G. Brown; S. Smith, PhD

Objective: Because of the importance of family meals to the health of families and the learning of healthy eating habits for children, the Washington State University (WSU) Family Supper Club was created. The "Family Supper Club" component was built into the "Eat Together Eat Better" program to introduce strategies to promote family meals and provide guidance and practice for families in establishing routine meal time patterns to support family health and resiliency.

Design, Setting, Participants, and Intervention: Started in Spring 2013, the Family Supper Club was established with community programs, faith-based groups and in college settings. A six lesson series presented WSU Eat Together Eat Better curriculum followed by sessions which

allowed parents and their children to take the lead in each of the lesson topics – Cook, Conversation and Celebration. Families were supported in each lesson by nutrition educators who modeled best practice.

Outcome Measures and Analysis: Retrospective surveys were completed by participants following the six week program.

Results: Participants reported that they learned about healthy eating through recipe preparation. Cooking with their children and conversation were valued activities. An increase was reported in eating meals together from 85% prior to the classes to 100% following the six week series. A campus Supper Club at WSU Vancouver contributed to student retention rates by using "family" meals to help students feel connected to the campus community and to a variety of students across diverse majors.

Conclusions and Implications: When children eat with their parents, they generally have more healthful diets and parents report feeling more connected to their children's lives. Nutrition educators can guide families in eating together resulting in consumption of healthy meals.

Funding: None

P13 Key Elements in Elementary School-Based Nutrition Interventions to Reduce Obesity in Mexico and the United States: A Systematic Review

Jeanette Andrade, PhD, RD, LDN, jmevans@eiu.edu, Eastern Illinois University, 600 Lincoln Avenue, 2020 Klehm Hall, Charleston, IL 61920; A. Mitchell-Sodipe, BS, University of Illinois- Champaign, Urbana; J. Andrade, PhD

Objective: To identify and compare elements in school-based nutrition intervention programs that improved dietary habits and anthropometrics in populations of Hispanic children in the United States and Mexico.

Design, Setting, Participants, and Intervention: Articles, between 01-2005 and 12-2015, were extracted from PubMed, PsycINFO, and Web of Science using key words: school-based interventions, diet/nutrition, overweight/obesity, 6-12 year old children, Hispanic, Latino/a, and United States/Mexico. A 9- and 7-point inclusion and exclusion criteria, respectively, were established. Two researchers independently extracted articles, applied exclusion/inclusion criteria to titles and abstracts, and assessed the quality of included articles using the Academy of Nutrition and Dietetics Evidence Analysis Manual.

Outcome, Measures, Analysis: Diet quality improvement included increased consumption of whole grains and fruits/vegetables, and reduction of total fats, added sugars, and salt. Anthropometric measurements included BMI, waist circumference and skin fold.

Results: A total of 149 articles were found, of which 40 articles were examined after exclusion/inclusion criteria. Ten articles (Mexico= 6; US=4) were included in the study based on quality assessment. Seven studies reported improvements in children's anthropometric measurements.

Continued on page S14