NP37 (continued)

wellness policies; meaningful/coordinated partnerships, and sharing best/promising practices.

Conclusions and Implication: The success of the HKHF summit was identification of actionable next steps, enhancement of partnerships of organizations coalescing around the issue of childhood obesity prevention, and strengthening of the role of the ECE community in prevention efforts.

Funding: USDA Grant #2016-68001-24954

NP38 Healthy Caregivers-Healthy Children: A Train-the-Trainer (TTT) Implemented Childcare Center-Based Obesity Prevention Program

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Objective: The purpose of this project is to evaluate the effectiveness of the train-the-trainer (TTT)-implemented “Healthy Caregivers-Healthy Children” (HC2) obesity prevention toolkit on parent and teacher adoption of healthy lifestyle role modeling behaviors, and policy integration in childcare centers.

Description: A total of 24 Quality Rating and Improvement System (QRIS) childcare centers were randomized to HC2 or an attention control arm. Treatment centers (n=12) are currently receiving the HC2 program via a TTT model that includes menu modifications, a child-centered curriculum for healthy eating and physical activity, and a parent-and teacher-centered curriculum for healthy meal preparation, reinforced through an adult role-modeling curriculum. Control centers (N=12) are receiving an injury prevention (safety) intervention.

Evaluation: Over a quarter of the sample (27%) is overweight/obese. Mean BMI percentile is 60.1% and z score is 0.33. Analysis of the Health Environment Rating Scale showed that at baseline only 59% have water available to drink throughout the day, 13% served vegetables 1x/day (20% never), 40% always serve whole grain snacks, 38% spend at least 1.5 hours doing vigorous activity. Lower child BMI was significantly correlated with more daily vegetable servings ($R=-.55$, $p=0.04$).

Conclusions and Implications: Health Environment Rating Scale baseline center-level analysis showed that most centers are not meeting HC2 policy standards (water as beverage choice, fruits/vegetables served daily, at least 120 minutes of physical activity/day, and < ½ hour of screen time per week). center level nutrition behavior, and serving more vegetables in particular, has a positive impact on child healthy weight. implementing standardized nutrition and physical activity policies in childcare centers can have a significant impact on child healthy growth and development.

Funding: USDA Grant #2015-68001-23132

NP39 Impact of a Grocery Store Tour on Parental Perception of Their Adolescent Child’s Presence and Role

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Objective: To evaluate perceptions of parents regarding grocery shopping with their children, before and three months after attending a grocery store tour.

Description: Sixty-one parents and their 11- to 14-year-old children were randomly assigned to an adult-led (AL; n=21) or teen-led (TL; n=20) grocery store tour or to a no-intervention group (n=20). Families in AL and TL groups attended one, 90-minute tour. Adult and teen leaders of these tours received identical training on tour curriculum. Before and three months after the tour or no-intervention period, each parent reported their perceptions about grocery shopping with their child on an 8-item semi-quantitative investigator-designed questionnaire.

Evaluation: Parents were primarily Caucasian (77%), female (90%), and aged 43 ± 6.5 years (mean $\pm$ SD), while adolescents were primarily Caucasian (79%), female (55%), and aged 11.9 ± 1.1 years. At baseline, 62% of parents reported that shopping with their children was as desirable as shopping alone, and 78% of parents reported that their children were helpful with the process. Eight percent of parents perceived that shopping with their children was no different than shopping alone, and 6% noted that their purchases were no different. Eighty-three percent of parents indicated that their children requested sweets and snacks while shopping, and 41% reported that their children requested fruits and vegetables. These perceptions did not differ before or three months after the tours and did not differ between groups.

Conclusions and Implications: Peer- or adult-led grocery store tours did not impact parental perceptions regarding their child’s engagement in grocery shopping. Participation in a single grocery store tour may not be effective in altering parental perceptions of their child’s role in grocery shopping.

Funding: USDA Grant #2012-68001-22032

NP40 Year 5 of the Children’s Healthy Living (CHL) Program for Remote Underserved Minority Populations of the Pacific Region

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Objective: Prevent child obesity and promote health in the Pacific through capacity building in research, training and outreach.

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NP40 (continued)

Description: US-Affiliated Pacific Land Grant Colleges and local partners implemented a child obesity prevalence survey and a community randomized environmentally focused intervention trial that supported community agency actions and role models. Obesity prevention degree-providing scholarship and training program was developed and provided by distance to 21 recipients across the Pacific. Graduates and successful activities are being integrated into regional infrastructures. Curriculum is being developed into a sustainable summer institute which will support ongoing efforts to develop and support the Pacific workforce and health monitoring network. Community reports are being generated that provide a comprehensive compilation of all data collected, and findings are being reported in the scientific literature.

Evaluation: Prevalence of obesity was 14.0%, overweight 14.4%, healthy weight 68.9%, and underweight 2.6%, higher in males (16.3%) than females (11.6%), higher among 6-8 years old (yo) (16.3%) than 2-5 yo (12.9%), highest in American Samoa (21.7%) and absent in the Republic of the Marshall Islands. Obesity was highly associated with Acanthosis Nigricans (Odds Ratio = 9.25, 95% Confidence Interval = 6.69-12.80), with strongest relationships among Asians, followed by Native Hawaiians and Pacific Islanders (NHPI). Preliminary results of the CHL intervention suggest an effect of the policy, system and environmental change program on decreasing waist circumference of children. Pacific-wide data systems among partners monitor and evaluate program activities and health behaviors and outcomes, providing data for evidence, outreach and policy development.

Conclusion and Implications: Alignment of CHL program actions at multiple levels and sectors provided a foundation for sustainable childhood obesity prevention and child health.

Funding: USDA Grant #2011-68001-30335

NP41 Strengthening Youth Active and Media Savvy

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Objective: Identifying methods that have salient meaning to the communities we serve is critical to creating effective programs.

Description: This project is designed to strengthen and improve the Youth Active and Media Savvy (YAMS) program. The YAMS summer camp intervention uses positive cultural messages and hands-on activities to empower and motivate youth to improve their diet and lifestyle behaviors. The major goals of the project are to adapt YAMS into an after-school program; conduct train-the-trainer workshops; and develop a multi-institutional research project proposal to test the efficacy of the YAMS curricula.

Working with an anti-poverty non-profit organization that provides after-school and summer programming for disadvantaged children and their families, this summer we pilot the YAMS after-school curriculum as part of their after-noon programming during their June summer camp this summer. If successful, the organization agrees to use the YAMS curriculum for their fall 2016 after-school programming. In addition, four public schools in Davidson County are being recruited as testing sites for the after-school intervention.

Evaluation: Data analyses of pre/post questionnaires and follow-up telephone surveys assess study outcomes and differences among groups (after-school session cohorts).

Conclusions and Implications: Train-the-trainer programs for extension agents are based on the training developed for the YAMS Summer Camp facilitators. Recruitment of Historically Black Colleges and University (HBCU) partners for developing a multi-site research team is on-going.

Funding: USDA Grant #USDA 2015-69001-23275

NP42 Correspondence Between My Child at Mealtime Responses and Observed Parent Behaviors During Mealtime

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Objective: Assess the correspondence between mother reports of feeding behaviors on the My Child at Mealtime (MCMT) tool and observed behaviors during a family mealtime.

Description: Sixty mothers of preschool aged children completed MCMT and had a family mealtime videotaped in their home. All videotapes were continuously coded for parent behaviors and global ratings of parental warmth and hostility to the parents.

Evaluation: Correlations between observed parent behaviors revealed associations consistent with "parent centered" behaviors measured in MCMT (physical manipulation, assists with eating, feeding child, verbal directives/demands, and bargaining) and "child centered" behaviors (offering food, statements about food/other, modeling eating/drinking, verbal encouragement). These codes were combined and averaged to create an "Observed Parent Centered Behaviors" variable. Bivariate correlations between these combined variables and the MCMT scores for Child Centered and Parent Centered behaviors found significant positive associations between Observed Parent Centered Behaviors and MCMT Parent Centered scores, and between Observed Child Centered Behaviors and global ratings of warmth/sensitivity. A similar pattern emerges when assessing associations between individual Parent Centered MCMT items and individual Observed Parent Centered behaviors.

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