NP48 (continued)

assess changes in physical activity and any association with BMI of Mexican origin children in Central Valley.

Description: Niños Sanos, Familia Sana is a three-year community-based intervention that provided a monthly voucher to buy fruits and vegetables; an enhanced, school-based, physical activity program; and nutrition and physical activity education targeting Mexican-heritage families with children ages 3-8 years. A comparison community received educational programs (not nutrition-related). Accelerometer technology was used to assess child physical activity changes on a subset of children followed over the three intervention years.

Evaluation: These data evaluate NSFS impact on children's physical activity. Changes over three intervention years are evaluated for daily physical activity, including energy expenditure, steps, time in five intensity zones. Follow-up anthropometric measures were analyzed for BMI change and against physical activity change.

Conclusion and Implications: This study will yield insights to guide programs in promoting behavioral change and preventing obesity in similar high-risk populations.

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NP49 Innovative Community Supported Agriculture Cost-Offset Intervention to Prevent Childhood Obesity and Strengthen Local Agricultural Economies

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Objective: To develop and implement a community-based, randomized intervention focused on cost-offset community supported agriculture (CO-CSA) coupled with a tailored curriculum for low-income families. We will examine the intervention's effect on intake of fruits and vegetables as well as foods high in sugar and/or (solid) fat as a pathway to childhood obesity prevention.

Description: Formative, observational, and experimental methods are used to examine the impact of CO-CSA on diet and other health behaviors as well as the economic impacts on local economies.

Evaluation: Formative interviews were conducted with stakeholder groups: 24 farmers, 42 adults and 20 children from low-income households, 20 full-paying CSA members, and 20 cooperative extension educators. To date, three quarterly longitudinal surveys examining factors such as fruit and vegetable consumption among children were conducted with applicants to, and participants in, an established CO-CSA (n=50). Formative and longitudinal data as well as Adult Learning Theory informed the development of a skill-based curriculum to improve

knowledge, skills, and self-efficacy to support behavior change. Partnerships were established with 11 farms across four states that will implement the CO-CSA intervention; 7 nutrition educators will deliver the curriculum. Intervention recruitment began in March 2016.

Conclusions and Implications: This study examines whether increased financial access using the CO-CSA mechanism plus tailored education positively affects dietary behaviors and obesity prevention among low-income families. Preliminary findings will be available in 2017.

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NP50 Salud Para Usted y Su Familia [Health For You and Your Family]: Constructive Evaluation of the Program-Planning Stage

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Objective: To develop and deploy a plan to serve as the base for organizing and implementing a family-centered program to reduce overweight and obesity among Mexican-heritage (MH) children from limited-resource areas along the Arizona, New Mexico, and Texas borders with Mexico.

Description: We developed and implemented concepts, strategies, and activities to examine the context in which children (ages 7-11) and mothers experience food and physical activities. The team developed protocols, and 9 promotoras de salud [community health workers] received training on how to conduct ground-truthed neighborhood and community assessments of condition, food venues, and physical activity opportunities. Project teams conducted a panel series of three sequential pláticas [discussion group] separately with children and mothers.

Evaluation: Evaluation approaches included a needs and assets assessment and formative research. Teams conducted on-site training and booster sessions and reliability tests. In the 48 study areas in three states, we completed assessments of 2,294 street segments, 159 physical activity resources, and 317 food venues. There were 24 3-session panels (9 English and 15 Spanish) of children's pláticas and 15 panels (1 English and 14 Spanish) of mothers' pláticas, and included participant-driven visual activities which provided prompts for discussion. Researchers evaluated bilateral empowerment for team/promotora and promotora/participant mutual learning.

Conclusions and Implications: Program-planning activities broadened our understanding of needs and assets of target neighborhoods and communities, and the perceptions of children and mothers related to food and physical activities. The promotoras contributed significantly to formative aspects of design as research partners. Listening

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