O3 (continued)

Validation of two items on meal/snack regularity was deferred to diet assessment findings.

Results: Children (13 girls) were 3.45 ± 0.95 years. Family structure and mealtime contexts varied. Videos ($n=20$) ranged from 35-120 minutes (median 77.5). Mean number of coding units/video was 10.5 (52.5 min). Each coder made 273 decisions to project fdSI responses for each parent/video; congruence among coder decisions was affirmed (overall ICC 0.81). Agreement between parent and coder-determined fdSI responses indicated construct validity for 11 items. Pressure to adhere to social norms was apparent for two items with inadequate parent-coder agreement: I try to make my child taste everything that is prepared for a meal and I try to make my child eat everything on her/his plate.

Conclusions and Implications: Video-capture supported construct validity of 11 fdSI items and rejected it for two. A valid measure of sDOR adherence will enhance program assessment and examination of intervention efficacy.

Funding: Supplemental Nutrition Assistance Program - Education, Wegmans School of Health and Nutrition

O4 Taste & See: Improving Willingness to Try Fruit and Vegetables Among Low-Income Preschool Children

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Objective: The objective of this study was to assess changes in knowledge of, willingness to try, and preferences for fruits and vegetables (FV) among preschool children participating in the Healthy Child Care Georgia (HCCG) Intervention.

Study Design, Setting, Participants, Intervention: The study design was a pretest-posttest design for Head Start and Pre-K children ($N=132$) aged 3-5 in Clarke County, Georgia. The HCCG intervention focused on improving the wellness environment and implementing a six-week nutrition education curriculum, Eat Healthy, Be Active.

Outcome Measures and Analysis: Children's ability to identify, willingness to try, and taste preferences of FV were assessed using the Taste and Rate instrument. McNemar's tests were performed to compare differences from baseline to post intervention.

Results: The proportion of children ($N=132$) who were able to identify, willing to try, and indicated "liking" selected FV significantly increased at the end of the 6-week intervention and at the 10-week follow-up compared to baseline. For example, 8% of Pre-K children identified squash at baseline, while 35% identified squash at 6 weeks ($p < 0.001$). In Head Start, 7% of children identified kiwi at baseline while 30% identified kiwi at 6 weeks ($p = 0.002$). A significantly higher proportion of both Pre-

K ($p = 0.039$) and Head Start ($p = 0.002$) children reported liking kiwi at 10 weeks post intervention compared to baseline results.

Conclusions and Implications: Results indicate that the intervention positively influenced preschool children's ability to identify, willingness to try, and preferences for FV. Future research is needed to influence young children's exposure to tasting a variety of FV early in life.

Funding: Supplemental Nutrition Assistance Program - Education

O5 Do Feeding Styles Moderate the Relationship Between Food Parenting Practices and Preschool Age Children's Food Preferences?

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Objective: The purpose of this study was to determine if parental feeding styles moderate the relationship between food parenting practices and children's preferences for fruits, vegetables, or high fat/sugar foods.

Study Design, Setting, Participants: Parents ($n=108$) of preschool age children completed the Comprehensive Feeding Practices Questionnaire (CFPQ), the Caregiving Feeding Style Questionnaire (CFSQ), and the Preschool Adapted Food Liking Scale (PALS). Linear regressions were used to assess the relationship between food parenting practices and children's food preferences as moderated by feeding style, with the authoritative feeding style serving as the reference. Parent race, ethnicity, and income were used as covariates.

Results: Although autonomy supporting and structure food parenting practices are generally considered beneficial, parental feeding styles altered some relationships between these practices and child food preferences. For example, children of authoritarian ($B = -30.17$, $p = .05$) and indulgent ($B = -48.94$, $p = .025$) parents who made healthy foods available in the home preferred vegetables significantly less than those children of authoritative parents. For other food parenting practices, however, the authoritative feeding style did not seem to be the most effective. Specifically, if parents had the authoritarian feeding style and modeled healthy eating ($B = -35.33$, $p = .028$), children preferred high fat/sugar foods less compared to the authoritative feeding style.

Conclusion and Implications: This study illustrates the importance of including both food parenting practices and feeding style in future studies on parent-child mealtime interactions. Additionally, for educational efforts, it may be advantageous to tailor interventions based upon the parent's feeding style.

Continued on page S3

O5 (continued)

Funding: Illinois State University College of Applied Science & Technology University Research Grant

O6 Association Between Healthful Eating Behaviors and Intentions to Feed Future Children Healthfully Among College Students

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Objective: The Theory of Planned Behavior proposes that the immediate antecedent to a behavior is the intention to perform that behavior. Hence, if parents plan (intend) to feed their children healthfully, they will be more likely to do so. Parents' child feeding intentions (CFI) may be associated with their own eating behaviors, as parents' eating behaviors have been correlated with children's eating behaviors. The purpose of this study was to examine the association between CFI and healthful eating behaviors among childless adults who plan to have children.

Study Design, Setting, Participants: Using a cross-sectional study design, we surveyed 421 undergraduate students enrolled in randomly-selected undergraduate courses. Complete, valid data for all variables were provided by 297 students who plan to have children.

Outcome Measures and Analysis: The outcome variable was an indicator of CFI derived from an instrument designed to assess intentions to use Satter's division of responsibility (sDOR-I) in child feeding (psychometric properties described elsewhere). Indicators of healthy eating were fruit and vegetable (FV) consumption and eating competence (EC). Multiple linear regression was used to analyze the association among students' CFI, FV intake, EC, gender and age.

Results: The model accounted for 18.4% of the variance in CFI [$F(4, 291) = 16.44, p < .000, R^2 = .184$]. Controlling for other variables in the model, FV intake, gender (female) and age were significantly and positively associated with CFI.

Conclusions and Implications: This study is a first step in beginning to understand CFI among people who do not yet have children. Having this understanding may be useful in improving child feeding behaviors.

Funding: None

O7 Investigating the Preliminary Effects of Little Foodies: A Health Promotion Program for Parents of Toddlers

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Objective: Obesogenic eating behaviors are seen in children as young as 3-5 years of age. Parent feeding practices prevent or promote obesogenic eating behaviors. The purpose of this study was to pilot test a parent focused intervention aimed at promoting healthy eating behaviors among toddlers (12-48 months).

Outcome Measures and Analysis: Parents were recruited from the community to participate in Little Foodies (LF), which consisted of six weekly classes with instruction, discussion, video feedback, goal setting, and refreshments. Measures of parent feeding practices and child eating behaviors were collected pre and post. A satisfaction survey and focus group were conducted post. Process variables were tracked. Paired sample t-tests were conducted on outcomes. Significance was set at $p < .10$ given the exploratory nature of this study.

Results: Twenty-two primarily Caucasian (55%) mothers (91%) from middle to upper socioeconomic conditions (63% college educated, 77% married, 77% earn $> \$50K$) participated. LF had preliminary effects on indulgent feeding ($p = .03; d = .47$), caregiver distress at meals ($p = .06; d = .43$), parent control ($p = .10, d = .52$), toddler picky eating ($p = .08, d = .29$), and toddler control ($p = .07; d = .40$); but no effects on responsive feeding, forceful feeding, restrictive feeding, uninvolved feeding, and child social behaviors at meals ($p > .10$). In focus groups participants reported that they learned from other parents, they felt less reactive at meals, and they had more confidence in responsive feeding. On satisfaction surveys, 87-93% of participants enjoyed and valued LF "very much" and learned "very much" from LF.

Conclusions and Implications: The preliminary evidence of LF suggests it is a promising, feasible health promotion program for parents of toddlers. Future research on a larger, more diverse sample with a control group is warranted.

Funding: University of Houston

O8 When Kids Learn to Cook: Findings from the Illinois Junior Chefs Effectiveness Trial

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Objective: Assess the effectiveness of the Illinois Junior Chefs (IJC) program in generating positive changes in participants' dietary attitudes and behaviors.

Target Audience: SNAP-Ed eligible youth ($n = 1161$) aged 8-14 (average age = 9.6).

Theory, Prior Research, Rationale: Recent evidence indicates that the majority of children in America do not meet federal nutrition guidelines. Research indicates that participation in cooking is associated with healthier dietary intake in children and adolescents, therefore experts advocate for increased hands-on culinary education for this age group.

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