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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