NP5 (continued)

Conclusions and Implications: This Strengthening project is planting the seeds for a multi-year, integrated USDA AFRI project that will significantly impact the food and nutrition needs of children living in rural, low-resourced, American Indian communities.

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NP6 HomeStyles: Shaping Home Environments and Lifestyle Practices to Prevent Childhood Obesity: A Randomized Controlled Trial

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Objective: To create an effective, sustainable, population-level obesity-prevention intervention that enables and motivates parents of preschoolers to shape their home environment and lifestyle behavioral practices to prevent excessive weight gain in their children and compare its effectiveness to control condition participants.

Description: Intervention development and implementation was guided by Social Cognitive and Adult Learning Theories, community-based participatory research, and motivational interviewing. The randomized controlled intervention trial is delivered by in-home visitors or online to English and Spanish parents of preschoolers. Focus groups with parents guided development of intervention materials. Cognitive testing with parents was used to refine intervention materials.

Evaluation: Cognitive testing of intervention materials indicated high audience acceptance and satisfaction. Training of home visitation staff delivering the intervention in-home was rated highly satisfactory by staff. Instruments for benchmarking participants and assessing intervention outcomes are valid and reliable. ANCOVA indicated that, compared to control group parents, experimental group parents experienced significant improvements in physical activity behaviors, family mealtime behaviors, self-efficacy for childhood obesity-protective behaviors, and value placed on engaging in childhood obesity-protective behaviors. The vast majority of experimental group parents felt HomeStyles was interesting, useful, easy to use, attractive, and helpful to their families.

Conclusions and Implications: Activities of the final year focused on retaining participants and analyzing data. Parent cognitions and behaviors along with home environments and family lifestyle behaviors that promote healthy child growth and development have the potential to prevent excessive weight gain in preschoolers.

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NP7 Development and Formative Evaluation of the MENTOR Program for Preventing Childhood Obesity in School-Age Children

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Objective: This abstract describes the development and formative evaluation of a school-based nutrition and physical activity intervention program. The aim of the Mentoring, Education, and Nutrition Knowledge for Teachers to Reduce Obesity Risk in Children (MENTOR) program is to determine if a student-teacher focused intervention can enhance classroom nutrition and physical activity content, teacher modeling of positive health behaviors and enrich the health content in the classroom environment.

Description: Program development followed community-based participatory approaches and included three phases: a community needs assessment with in-service (SCTs) and pre-service teachers (PCTs), initial program development and community stakeholder interviews.

Evaluation: Based on feedback from the needs assessment, a multi-modality program was developed: one in-person training session, a project website www.mentorprojectfiu.com to host program curriculum and a social media extension. Community stakeholders (n=4) were asked to review the MENTOR project program content, design and format via in-depth interviews. Overall PCTs and SCTs felt the program was needed, liked the level of detail in the materials and were positive about the format.

Conclusion and Implications: Areas for improvement included the amount of materials needed for teachers to implement some of the lessons in the curriculum along with the amount of time required to implement lessons. This program is currently being evaluated using a pre-post intervention design model. Future directions include the extension of program curriculum and the development of a parent component.

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NP8 A Social Marketing and Environmental Change Intervention: Get Fruved Years 01-03

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