NP20 (continued)

little change for canned and frozen FV. Secondary analyses revealed even greater increases in weekly FV spending among SNAP-eligible participants compared to non-SNAP-eligible participants (45% increase; \$2.37, 95% CI=\$-0.04-4.78) compared to (11% increase; \$1.57, 95% CI=\$-0.36-3.50), and increased fresh FV spending among SNAP-eligible participants (53% increase; \$2.55, 95% CI=\$0.23-4.87) compared to non-SNAP eligible participants (13% increase; \$1.68, 95% CI=\$-0.15-3.52).

Conclusions and Implications: A double-dollar pricing incentive increased FV supermarket purchases in a low-income community. SNAP-eligible customers had the greatest improvements. These results suggest that financial incentives could be an effective strategy for the SNAP program to improve healthy food choices.

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NP21 Latino Fathers Promoting Healthy Youth Behaviors

Ghaffar Ali Hurtado, PhD, University of Maryland; Youjie Zhang, MS, University of Minnesota; Patty Arellano-Brazys, BS; Alejandro Reyes-Peralta, BS, RD; Marla Reicks, PhD, RD, mreicks@umn.edu, 1334 Eckles Avenue, Saint Paul, MN 55108

Objective: Padres Preparados, Ovenes Saludables is an eight-session intervention program for Latino parents, especially fathers, and youth (10-14 years) to improve parenting practices and youth energy balance-related behaviors. University of Minnesota researchers and Latino-serving organizations are collaborating to develop, implement and evaluate the effectiveness of the program in Minneapolis/St. Paul and rural Minnesota over five years.

Description: An existing parenting skills program is being revised with community partners based on focus group interview results with parents and children (n=60). Parenting skills addressed by the program include parenting styles, communication, discipline/control, supervision, and connection. Focus groups explored parenting practices and youth perspectives on parental supports and cultural traditions. Transcripts were coded and sorted using NVivo software and read for common themes. Findings identified: specific youth and parent behaviors and parenting practices to address (role modeling healthy behaviors, setting healthful expectations, creating a supportive environment), barriers and facilitators for behaviors and parenting practices, and primary considerations for effective community-based programs. Discussions among a father advisory board (n=6 fathers) were held in four 90 minute sessions regarding program priorities and characteristics to increase relevance among fathers.

Evaluation: A randomized-controlled trial (n=240 youth, 240 mothers, 240 fathers) is planned for years 2-4 with assessments pre-, immediate post-, and 3 months post-course. Outcomes include youth fruit and vegetable, sugar sweetened beverage, snacks, sweets, fast food and family meal intake, physical activity and screen time.

Conclusions and Implications: Formative findings are being used to develop and pilot-test the intervention format, materials, and activities to design a culturally-relevant, effective intervention.

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NP22 Cooking Matters for Families Revised to Improve Family Vegetable Outcomes

Francine Overcash, MPH, University of Minnesota; Allison Ritter, MS; Zata Vickers, PhD; Marla Reicks, PhD, RD, mreicks@umn.edu, 1334 Eckles Avenue, Saint Paul, MN 55108

Objective: A controlled-trial is being conducted to determine the effectiveness of Cooking Matters for Families™, revised to focus on vegetable preparation and parent behavioral strategies, on child vegetable intake, liking, and variety with outcomes measured at baseline, immediate post-, 6-, and 12 months post-course. Other dietary, environmental, and psychosocial outcomes based on the cooking intervention were also evaluated.

Description: A series of six weekly Cooking Matters for Families lessons focused on vegetable procurement and preparation was implemented for low-income parents (96% women, 60% high school education, 16% white) and youth (9-12 years, 62% girls, 12% white, 50% overweight/obese) between 2014-2016 in community-based settings. Lessons lasting about two hours were delivered by a chef and extension nutrition educator.

Evaluation: Interim analyses are underway to compare baseline and immediate post-course outcomes for a combined group of intervention and control families (n = 89). Results will be reported for parent and child vegetable intake, parent and child liking and home availability for 18 vegetables used in the cooking course and 19 others, parent confidence in preparing vegetables and in using 10 vegetable cooking methods, overall parent and child cooking confidence, parent healthy food preparation and food resource management practices, and child interest in cooking. When twelve month post-course data are available from all families, final analysis will also be completed to compare all outcomes between the intervention and control groups.

Conclusions and Implications: The results will be used to inform further dissemination of the Cooking Matters for Families program revised to focus on vegetable preparation and parent behavioral strategies for selected outcomes.

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NP23 Barriers to Healthy Eating and Physical Activity for the Development of Nutrition Materials for Puerto Rican Children

Maria Rodriguez, PhD, mariadc.rodriguez@upr.edu, University of Puerto Rico-Mayagüez, 259 Alfonso Valdés Cobián Ave., Mayagüez, Puerto Rico 681; Nancy Correa, PhD, LDN, RDN, University of Puerto Rico-Río Piedras; Robinson Rodriguez, PhD, University of Puerto Rico-Mayaguez

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