P174 Go NAP SACC: A Valuable and Sustainable Approach for Improving Breastfeeding and Infant Feeding Policies and Practices in Family Child Care Homes

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Objective: To assess the effectiveness of implementing the Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) evidence-based training process in achieving positive changes in breastfeeding and infant feeding environments, practices, and policies in Nebraska Family Child Care Homes (FCCH).

Study Design, Settings, Participants: FCCH in Nebraska funded by the Child and Adult Care Food Program (CACFP) (N = 198) participated in pre-post evaluations using the Go Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC). A total of 564 children ages 0-23 months received care from these FCCH.

Outcome Measures and Analysis: Paired sample t-tests were conducted using SAS statistical software to examine the extent to which Go NAP SACC scores differed significantly from pre-test to post-test.

Results: At baseline, all FCCH were somewhat meeting recommendations for following Breastfeeding and Infant Feeding Environmental Practices and Policies. At the six-month post-test, FCCH made significant improvements in most of the items, $p < .05$ (18 out of 22). Specifically, there were significant improvements with FCCH most of the time or all of the time meeting Go NAP SACC recommendations for providing supportive Breastfeeding and Infant Feeding Environmental Policies and Practices.

Conclusions and Implications: Go NAP SACC is a valuable and sustainable approach to implementing comprehensive health changes in child care facilities. This approach is effective for positively impacting FCCH provider's use of breastfeeding and infant feeding environmental policies and practices. Future research should explore how practices vary based on geographic location (rural vs. urban) and by CACFP participation.

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P175 Influence of a Short - Term Nutrition Education Program on the Nutritional Status of Children (6-24 months) in Shomolu Lagos, Nigeria.

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Objective: To examine the effect of nutrition education on mothers' feeding practices and their children's nutritional status.

Study Design, Setting, Participants: Descriptive and experimental design was adopted. Convenience sampling was used in selecting fifty mothers of infants between the ages of 6 to 24 months in a selected health center in Shomolu Local Government Area of Lagos state.

Interventions: Nutrition education was imparted to mothers at the health center using participatory learning method, group counseling, individual counseling and home visit over a period of two months.

Outcome Measures and Analysis: A structured questionnaire was used to collect data on nutritional knowledge, feeding practices and anthropometric measurements at pre and post- nutrition education. Data on socio-demographic characteristics was collected only at pre-nutrition education. Results of the study were analyzed using descriptive statistics and chi-square with the aid of Statistical Package for Social Sciences version 19.0 (SPSS).

Results: Revealed that majority (52.0%) of the children are males. Majority of the mothers (42.0%) are between the ages of 31 and 40. At post-nutrition education, mothers' nutritional knowledge increased with 47.6% having good nutritional knowledge and 95% gave complementary foods in addition to breastfeeding. Anthropometric result revealed that 2.4% of the children were severely wasted, 40% were stunted and 11.9% were underweight. There was a significant relationship ($p < 0.05$) between mother's feeding practices and children's nutritional status.

Conclusions and Implications: Mothers' feeding practices affect their children's nutritional status. Nutrition education helps facilitate mothers' understanding of nutrition which will in turn enhance the feeding practices and nutritional status of their children.

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P176 Low-Income Mothers' Misconceptions about Child Feeding Practices that May Lead to Obesity: Preliminary Findings

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Objective: To explore New Jersey's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) participants' misconceptions about child feeding practices that might lead to obesity.

Study Design, Settings, Participants: Semi-structured, open-ended interviews were conducted with nutrition educators (nutritionists and breastfeeding counselors) at 9 NJ WIC agencies. Researchers asked staff, "What misconceptions do you think that mothers and caregivers have about child feeding and obesity."

Outcome Measures and Analysis: Data were coded using computer assisted qualitative data analysis software (NVIVO). Themes, grounded both empirically and conceptually, emerged.

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