P111 (continued)

Objective: To improve the Expanded Food and Nutrition Education Program (EFNEP) nutrition intervention by learning about Latino children's perceptions of physical activity (PA), screen time and sugar-sweetened beverages (SSBs) using focus group data.

Theory, Prior Research, Rationale: This study used the health belief model as its theoretical foundation. Research has strongly linked increased consumption of SSBs and sedentary lifestyles to obesity/overweight in youth. Improved understanding of the determinants will inform interventions to promote healthy lifestyles.

Description: Target audience was Latino children in grades K-8. Latino children who completed a 6-week series of EFNEP intervention (n=19) participated in focus groups and responded to open-ended questions. Focus group questions addressed perceived benefits and barriers to PA, screen time and beverage consumption. All sessions were audio recorded and transcribed verbatim.

Evaluation: Transcribed data were subject to open-coding thematic analyses. Several key themes emerged from this study. Many children view PA as a means to get healthy and be more active. Children were aware of which drinks were unhealthy and felt that parents should either not purchase them or find a way to keep them out of sight. Many children said that screen time offers entertainment and that screen time activities make them 'feel good'. Some children noted that devices make them lazy, unfocused and unable to concentrate.

Conclusions and Implications: Focus groups with EFNEP youth participants provide in-depth insights into children's perceptions of PA, screen time and beverage consumption, thus, allowing us to tailor nutrition education programs to the needs of program participants.

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P112 Growing Healthy Kids: Feasibility of a Garden-Based Nutrition Education Intervention for Low-Resource Families

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Objective: To determine the feasibility and acceptability of a theory-driven and evidence-based summer nutrition education and feeding program for low-resource families in the Midwest.

Study Design, Setting, Participants, Intervention: A 10-week feasibility pilot was completed in the summer of 2016 targeting children, ages 8-11 years, and their parent/adult caregivers (PAC) from low-resource communities (as defined by school SNAP-eligibility). Program components included: group nutrition education and cooking demonstrations led by Cooperative Extension

Agents; weekly produce harvesting at a rural and an urban community garden; and remote motivational interviewing coaching (e-MIC) facilitated by trained registered dietitians.

Outcome Measures and Analysis: Feasibility and acceptability were measured by weekly child/PAC attendance logs, pre- to post- behavior surveys, post-program evaluations, and PAC engagement logs recorded by the e-MIC.

Results: A total of 30 children/PAC's were recruited during a 3-week period. Group class and harvesting retention were >85%. Further, over 65% of PACs actively engaged with the e-MIC. Post-programmatic surveys for the children documented improvements in consumption of fruits and vegetables. PAC surveys showed improved utilization of MyPlate for meal planning, greater confidence in eating healthy on a budget, increased family exposure to new produce, and more adventurous eating among the family.

Conclusions and Implications: The results of this pilot support the feasibility and acceptability of a comprehensive garden-based nutrition education and feeding program for low-resource families. Future studies will focus on efficacy.

Funding: None

P113 iCook 4-H: Parenting Typology Reflected in Youth Created Cooking Videos

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Objective: Using a mixed-methods approach to assess differences in parenting typologies observed in youth-created cooking videos from the iCook 4-H project.

Study Design, Setting, Participants, Intervention: The iCook program was a randomized, control-treatment, 5-state intervention designed for 9-10 year olds and their adult meal preparers. Through a series of eight sessions, participants learned to cook, eat, and play together. Participants used provided video cameras to create cooking videos reflecting what they learned in six sessions.

Outcome Measures and Analysis: After training was conducted and >80% inter-rater reliability achieved, videos (n=172) were narrated and coded using NVivo by teams of two independent researchers with a third resolving any differences. Code frequencies were analyzed for relationships by typology using ANOVA.

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