P13 (continued)

Outcome Measures and Analysis: Paired and independent sample t-tests were used to determine within and between group differences ($P \leq 0.05$). Fidelity descriptive statistics were computed.

Results: Treatment increased youth cooking skills ($P=0.001$) within group and setting goals together within ($P=0.01$) and between ($P=0.03$) groups. No changes were found for eating or playing together. Treatment adults reported within ($P=0.01$) and between ($P=0.02$) group increases. For fidelity, evaluators rated 91% of objectives met, leaders 97% effective, and youth and adults engaged 88% and 91% of the time, respectively.

Conclusions and Implications: Based on outcome and fidelity measures, a successful translation to community settings was made. iCook 4-H is an evidence-based program, tested in multiple settings, for prevention of childhood obesity.

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P14 Evaluation on Total Sugars Intake of Elementary School Students in South Korea

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Objective: The purpose of this study was to estimate sugars intake of children and investigate its relation to obesity degree.

Study Design, Setting, Participant: A cross-sectional survey was conducted targeting 1,155 elementary school students (567 boys) in Chungnam, Korea.

Outcome Measures and Analysis: Questionnaire and 24 hour recall was conducted. Daily total sugars intake was estimated using the USDA database. Outcome variables were compared by quartiles of total sugars intake.

Results: Total sugars intake was 38.8 g/day for boys and 36.3 g/day for girls, respectively. Energy intake from total sugars was 8.3% of total energy intake without significance between boys and girls. The major food groups contributed to sugars intake were milks, fruits, grains, sweeteners, and beverages. And the main food sources of sugars intake were milk, grapefruit, ice cream, sugar, and apple. Age and body mass index were significantly decreased with increment of sugars intake quartile, however, obesity rate among sugars intake quartile groups was not significantly different.

Conclusions and Implications: Daily sugars intake of the subjects was not exceeded the recommended level. Considering of higher sugars intake in younger children, however, it is required dietary guidance for adequate sugars intake from early childhood. This research will be used in these nutritional educations.

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P15 Examining Associations Among Psychosocial Determinants of Vegetable Consumption in Korean Adolescents, Using Social Cognitive Theory (SCT)

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Objective: The majority of Korean adolescents do not meet dietary guidelines for vegetable intake. This study's objective was to examine relationships among social cognitive theory mediators of vegetable consumption in Korean adolescents.

Study Design, Setting, Participants: A cross-sectional survey study. Participants were recruited from two high schools in an urban area, South Korea. A total of 399 students (192 boys, 207 girls), aged 16-17 years, participated in this self-report survey study.

Outcome Measures and Analysis: A survey instrument with SCT variables was administered. There were 54 previously validated questions that consisted of outcome expectation, self-efficacy, affective attitude, knowledge, vegetable accessibility-at-home, and accessibility-at-school, vegetable preference, and behavioral intention. Path analysis was performed to examine potential mediating relationships among SCT variables related to students' vegetable consumption. A structural equation modeling (SEM) software AMOS v.23 was used. Acceptable cutoffs for model fit were as follows: RMSEA ≤ 0.06 , NFI > 0.90 , CFI > 0.90 , TLI > 0.90 .

Results: Model fit indices of SEM for the final model were CFI=.996; NFI=.988; TLI=.985; and RMSEA=0.033, indicating an excellent model fit. Students' knowledge and accessibility at home and at schools predicted outcome expectation, affective attitudes, and self-efficacy ($p < .05$ to $p < .001$); outcome expectation predicted self-efficacy significantly ($p < .001$); self-efficacy predicted vegetable preferences. Vegetable preferences and affective attitudes were significant predictors of behavioral intention ($p < .001$), which was a dependent variable in the final model.

Conclusions and Implications: Results show that self-efficacy and affective attitudes may affect students' vegetable preferences, which may in turn increase students' behavior intention. Nutrition education intervention targeting these SCT variables are thus warranted and may be effective improving Korean adolescents' vegetable consumption.

Funding: Changwon National University

P16 Factors Associated With Bone Density Among Japanese Teenagers

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