O13 (continued)

Conclusions and Implications: Although this is the first food waste study conducted at a summer camp, there were several limitations, such as differences in menu items throughout the camp week and the lack of randomization and resulting sample size ($n = 4$). Still, this study indicated that food waste can decrease among youth and adolescents in a summer camp setting. More controlled research is beneficial to evaluate the effectiveness of this program and possible long-term impacts.

Funding: Virginia Cooperative Extension.

O14 Supporting Summer Nutrition Programs in North Carolina Through Regional SummerPalooza! Summits

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Objective: To increase participation in the North Carolina (NC) Summer Nutrition Program (SNP) by assisting SNP sponsors and sites with marketing and program planning.

Target Audience: SNP sponsors and sites.

Theory, Prior Research, Rationale: The SNP provides free meals to children in low-income areas during the summer; however, only 15 children participate in the SNP for every 100 low-income children who receive free and reduced price lunch during the school year. One of the challenges faced by SNP sponsors and sites is marketing the program.

Description: In the fall of 2017, the NC Department of Public Instruction, in partnership with No Kid Hungry NC, focused their annual four regional SummerPalooza! Summits on assisting organizations involved with the SNP on developing a year-long marketing and program plan. Participants received a variety of resources, including a SNP planning calendar. The calendar and presentations walked participants through the steps that should be taken each month to successfully market and implement a SNP. Presentations from local media and communications experts, such as local reporters and school public information officers, were included. Awards and success stories from the prior summer illustrated outstanding efforts.

Evaluation: A retrospective pre/post evaluation was administered at the end of each summit and completed by 104 participants among approximately 200 attendees. The evaluation assessed changes in confidence in skills taught during the summits. The results indicate a significant increase in confidence for all skills taught, including an increase in confidence of 38% for developing a marketing plan, 34% for contacting news media, and 29% for working with school district public information officers.

Conclusions and Implications: The SummerPalooza! Summits were successful at increasing participants' confidence for all skills covered and are a strategy to assist SNP sponsors and sites in preparing for the SNP that can be adopted by other states.

Funding: Supplemental Nutrition Assistance Program—Education.

O15 Difference in Eating Patterns Between Children with Siblings and Without Siblings

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Background (Background, Rationale, Prior Research, and/or Theory): Children without siblings (singletons) have higher rates of obesity than children with siblings (non-singletons). Early eating patterns predict child obesity, but have not been compared between these groups.

Objective: The purpose of this study was to examine the differences in eating patterns between singleton and non-singleton children.

Study Design, Setting, Participants, Intervention: Mothers of singleton children ages 5.0–7.9 years old and mothers of non-singleton children ages 5.0–7.9 years old with a sibling between the ages of 2.0–4.9 years old were recruited. Height, weight, and waist circumference (WC) of the 5.0–7.9-year-old child were objectively measured. Mothers reported child demographic characteristics and completed a three-day food/beverage diary for the child.

Outcome Measures and Analysis: Body mass index (BMI) was calculated, and BMI and WC percentiles were calculated for age and sex. Healthy Eating Index 2010 (HEI score) was calculated for each day and averaged.

Results: Seventy-two mother-child dyads (28 singletons and 44 non-singletons) participated. On average children were 5.7 ± 0.7 years old, 50% male, and predominantly white (65%). Singletons had a higher BMI percentile (73.7 ± 29.8) and WC percentile (67.2 ± 27.6) compared to non-singletons (53.2 ± 28.5 , $P = .01$; 51.7 ± 24.2 , $P < .01$). Singletons had a significantly lower HEI score (60.0 ± 13.4) compared to non-singletons (67.1 ± 13.4 , $P < .01$). Singletons continued to have a lower HEI score on weekdays by 5.1 points ($P = .01$) and weekends by 11.1 points ($P < .01$), independent of age and sex. When comparing constituent factors of the HEI score, singleton children consumed less seafood/plant protein, sodium, and refined grains on weekdays than non-singletons. On weekends, singleton children had lower total vegetables, greens and beans, and seafood/plant protein consumption than non-singletons.

Conclusions and Implications: In this sample, singletons had a higher BMI percentile and had lower HEI scores compared to non-singletons. Investigation into differences in singleton/non-singleton families, including family health behaviors, may support understanding of the mechanism.

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