P137 (continued)

After controlling for critical thinking disposition and university in the regression, the intervention group had a significantly higher CDM score (18.10 ± 7.5) compared to the control (15.48 ± 8.3); $F(3,428) = 13.05$, $P < .001$. The differences in scores were explained by a greater percentage of the intervention making a decision (91.2%) vs. the control (80.0%); $P = .004$ and using more evidence based reasons (1.61 ± 1.1) vs. the control (1.27 ± 1.0); $P = .001$.

Conclusions and Implications: The results of this study give evidence that providing a contextual framework helps students utilize CDM skills. Future interventions should consider using the CDM framework when aiming to increase CT.

Funding: None.

Nutrition Education Program Design Implementation and Evaluation

P138 Participant Characteristics and Implications for Future Community Interventions that Focus on Overweight/Obese Children

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Background (Background, Rationale, Prior Research, and/or Theory): Inadequate physical activity and poor dietary quality have been linked to the increased prevalence of childhood obesity. Research has shown that self-efficacy and home environments are related to health outcomes of children and baseline behaviors are important to consider for the design of family-focused interventions to reduce obesity.

Objective: To describe baseline behaviors and self-efficacy of overweight/obese children, along with parents' goals for their child's health behavior.

Study Design, Setting, Participants, Intervention: A cross-sectional study was conducted using baseline data from Rhode Island Food, Fitness and Fun (RIFFF), a family-focused intervention for overweight/obese children.

Outcome Measures and Analysis: Anthropometric measurements and surveys related to health behaviors were collected at baseline. Instruments included demographics, parent and child quality of life (QOL), child self-efficacy for limiting high sodium/fat foods and for physical activity, and the 5210 questionnaire assessing activity at home and parents' health goals for their child.

Results: There were 41 dyads which included mothers (93%) and white (78.6%) female (53.5%) children at 8 ± 1.3 years old with a mean BMI z-score of $2.09 \pm .48$. Children reported similar self-efficacy for limiting high sodium/fat foods ($2.36 \pm .33$) and physical activity ($2.37 \pm .48$) when compared to a national sample. Mod-

erate QOL for physical functioning was reported by children ($3.18 \pm .53$) and parents ($3.05 \pm .66$). Children were consuming about 2.5 serv/day of fruit and vegetables and watching 2 hours/day $\pm .95$ min of TV whereas daily physical activity was 1 hour ± 38.7 min. Parents reported goals of increasing their child's fruit/vegetable intake (43.6%), playing outside more (15%), and decreasing television time (18%).

Conclusions and Implications: Results indicated low intake of fruits/vegetables and higher than recommend TV time while moderate self-efficacy for dietary, physical activity, and QOL for physical functioning. Future interventions should utilize standard behavioral techniques such as modeling, setting small achievable goals, and supervised nutrition and activity experiences to build self-efficacy in overweight and obese children.

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Food and Nutrition Policy

P139 Do North Carolina Head Start Teachers Use Supportive Feeding Practices at Mealtimes with 3-5-Year-Old Low-Resource Children?

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Background (Background, Rationale, Prior Research, and/or Theory): Early childhood educators are encouraged to utilize supportive feeding practices (SFP) to promote children's healthy eating. SFP include sitting with children during mealtimes, role modeling healthy eating behaviors, encouraging children to try new foods, providing nutrition education, and addressing children's hunger cues. Although Head Start (HS) policies promote SFP, studies suggest the need for improvement regarding implementation of policies.

Objective: The purpose of this study was to explore Health/Nutrition Coordinators' perceptions of teachers' feeding practices and policies in HS centers across North Carolina (NC).

Study Design, Setting, Participants, Intervention: HS Health/Nutrition Coordinators ($n = 24$) completed a 71-item online survey featuring questions on mealtime policies and feeding practices of ECE's in their programs.

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