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eat fewer high-fat and high-sugar foods; and play actively 60 minutes a day. CHFFF was developed iteratively by nutrition and youth development experts and front-line educators to fill a void in practical, evidence-based curricula focused on obesity prevention behaviors for this age group.

Evaluation: CHFFF was evaluated in 3rd-6th grade EFNEP participants during the 2014–2015 school year in 27 after-school and 28 in-school groups taught by six specially-trained educators in five NY counties. Youth completed the self-reported behavior survey three times: twice pre-intervention about 6 weeks apart, and one post-intervention. The survey had moderate-to-good reliability. Dietary intake scores were created based on factor analysis. Results were based on 561 youth who completed all three surveys and participated in at least four of the six lessons. Statistical analyses included linear and logistic mixed models, controlling for both group and educator as random effects. Following CHFFF, youth improved significantly compared to their no-intervention control period in overall diet quality, vegetable intake, fruit intake, soda/fast food intake and choice, and the frequency with which they read nutrition facts labels, shared about healthy eating with their family, and tried a new food.

Conclusions and Implications: Results provide evidence for the effectiveness of this user-friendly and readily available curriculum, already used in at least 30 states.

Funding: USDA.

P159 Clearing the Path to Hispanic Health: Improving Awareness of Healthy Eating and Family Dynamics

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Objective: This study aimed to examine Hispanic mothers' perceptions of the nutrition education and family routines lessons of Abriendo Caminos, a culturally-tailored childhood obesity prevention intervention.

Target Audience: Hispanic mother-child dyads ($n = 36$) with at least one child between the ages of 6–18 in central Illinois.

Theory, Prior Research, Rationale: There is a need to implement and evaluate health programs that address the high prevalence of obesity among Hispanic children. Community-based programs that are culturally-tailored and incorporate the family unit can facilitate the

adoption of healthy behaviors. Evaluation findings will enable cultural adaptation of the lessons' content and activities.

Description: Abriendo Caminos is a randomized-controlled intervention consisting of six 2-hour weekly workshops. Participants received nutrition lessons focused on healthy dietary patterns that follow federal dietary recommendations and include traditional Hispanic foods. The family routines lessons promote planning of shared family mealtimes, positive family interactions, and cultural traditions.

Evaluation: Four focus groups were conducted with mothers in Spanish after workshop lessons were complete by bilingual and bicultural researchers. Two researchers took detailed notes. Data were analyzed using thematic coding analysis to consider areas of improvement for nutrition and family routines lessons. Major themes identified were: increased child self-efficacy in applying healthy dietary practices; mothers were motivated to incorporate new foods into meals; greater emphasis on family-oriented activities is needed, and inclusion of mental/emotional health topics would support positive parenting practices.

Conclusions and Implications: Overall, mothers were satisfied with the Abriendo Caminos program. They reported learning new ways to improve their family's health and observed positive behavior changes in their children. However, mothers seek to learn about emotional health topics to improve communication with their children. Therefore, Abriendo Caminos adaptations will incorporate activities that foster the parent-child relationship and maintain program fidelity and goals.

Funding: USDA.

P160 College Students Find Social Media Effective in Promoting USDA's MyPlate Guidelines

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Objective: To evaluate the impact of using Instagram to promote MyPlate guidelines.

Theory, Prior Research, Rationale: Social Cognitive Theory asserts that individuals learn by observation. Nutrition majors can model healthy eating by posting pictures of their nutritious meals on Instagram and pointing their peers to the USDA's MyPlate website.

Target Audience: University students and nutrition majors.

Description: Coached by faculty, senior nutrition majors in a one-credit MyPlate Ambassador class collaborated using an Instagram account to encourage healthy eating on campus. Prior to beginning, they set guidelines for posts and agreed each picture would depict their plates featuring at least three food groups. Captions described the foods, health benefits, recipes and links to

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