NP1 ¡Haz Espacio Para Papi!: Development of a Father-Focused, Family-Centered Program to Prevent Obesity and Strengthen Families

Joseph Sharkey, PhD, MPH, jrsharkey@sph.tamhsc.edu, Texas A&M School of Public Health, 1266 TAMU, College Station, TX 77843-1266;

M. Renee Umstadtd Meyer, PhD, MCHES, Baylor University; Cassandra Johnson, PhD, Texas State University;

Luis Gomez, BA; Luz Martinez, BA; Elva Beltran, CHW; Maria Garza, CHW

Objective: To develop and pilot a culturally and contextually appropriate, family-centered intervention focused on engaging Mexican-heritage fathers, mothers, and children in an experiential, Spanish-language curriculum to improve nutrition, increase physical activity, and reduce screen-time. We will describe intervention development, building on the perspectives of families (fathers, mothers, children) and community advisory boards (CAB).

Description: We used formative methods to examine perspectives of families and CAB members on dietary and activity behaviors and intra-family communication. These included a 3-session panel series of pláticas (conversations) with children and mothers separately, dyadic interviews with fathers, elicitation surveys of fathers and mothers, regularly CAB discussions, and intervention mapping. A skill-based curriculum was developed using multiple theoretical frameworks to improve dietary and activity patterns, parenting practices, family functioning, and the home environment.

Evaluation: Data were collected in Spanish, transcribed verbatim, translated into English, and analyzed for 12 groups/36 sessions with children, 7 groups/21 sessions with mothers, dyadic interviews with 31 fathers, and monthly meetings with 3 CABs. Preliminary findings informed the development of an 8-session, group-based (5–6 families) intervention with father-mother-child and father-child activities around healthier dietary and activity behaviors and improve family communication. Using drawings, maps, photos, and narratives, children provided insights on activities, relationships, engagement, and parental co-participation. Mothers used discussions and photos to highlight challenges with father engagement in programs, their desire for increased father engagement and role modeling, and importance of social networks. Fathers acknowledged the value of co-parenting as a team with wife/partner, being willing to step out of their gender roles to please their children, fathers' participation benefiting the family, and enhancing their social networks. CAB discussions focused on strategies for recruitment and retention of fathers in a family-centered program.

Conclusions and Implications: This study recognizes that behavior change occurs within a family system and develops a skill-based program that simultaneously addresses energy-balance related behaviors and the family. It is a game changer by engaging Mexican-heritage fathers, co-parenting couples, and children in a family-centered intervention.

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NP2 A Guided Goal Setting Intervention Improves Child Feeding Practices of Low-Income Parents

Mical K. Shilts, PhD, shiltsm@csus.edu, California State University, Sacramento, 6000 J Street, Sacramento, CA 95819; Stephanie L. Sitnick, PhD, Caldwell University; Lenna Ontai, PhD, University of California, Davis; Marilyn S. Townsend, PhD, RN

Objective: To reduce risk of pediatric obesity, behaviorally focused parental education is needed, specifically in nutrition and feeding practices. The purpose of this study was to test if a guided goal setting intervention could positively impact family mealtime behaviors with low-income parents of young children.

Description: A convenience sample of parents ($n = 144$) from Head Start and WIC participated in the study. Treatment group parents ($n = 43$) participated in a 5-week guided goal setting intervention focusing on nutrition and child feeding. Parents ($n = 101$) in the control group received no intervention. Data was collected at baseline and six weeks using the parent self-administered UC Davis My Child at Mealtime (MCMT) assessment tool, which was used to generate tailored goals for the intervention parents. For example, "Praise your child for trying a new food two times this week" or "Let your child help prepare two meals this week" were goals parents could select to work on each week. MCMT responses were also calculated into two previously developed parenting dimension scales: demandingness (degree to which parents try to get their children to eat) and responsiveness (degree to which child-centered strategies are used to get the child to eat) and used a repeated measures analyses.

Evaluation: The interaction between treatment and time was significant with intervention group parents reporting improvement in responsiveness ($P < .05$) compared to the control group. No significant difference was found for demandingness between groups.

Conclusions and Implications: Based on this convenience sample, parents participating in the guided goal setting intervention improved meal-time parenting practices by using more child-centered strategies such as making food fun and letting the child serve herself. Future research should include participant randomization and a larger sample size.

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NP3 Mi Niño a La Hora De Comer: Concurrent Validation Methods Through Mealtime Observations and Preliminary Analyses

Lenna Ontai, PhD, lontai@ucdavis.edu, University of California, Davis, Department of Human Ecology, One Shields Avenue, Davis, CA 95616; Karina Diaz Rios, PhD, University of California, Merced; Mical Shilts, PhD, California State University, Sacramento; Louise Lanoue, PhD, University of California, Davis; Marilyn Townsend, PhD

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