NP3 (continued)

Objective: Parent feeding styles are considered effective targets for obesity prevention programs. Accurate measurement of feeding styles is a challenge for federally-funded, group-based nutrition education programs that rely on self-assessments with low literacy demands. Higher rates of obesity in Hispanic and Latino children warrant the development of valid self-assessment tools for low-literacy Spanish speakers.

Description: Mealtime observations were conducted in order to establish concurrent validity of parent responses to the Mi Niño a la Hora de Comer (Mi Niño) tool which assesses parent feeding styles in low-literacy, Spanish-speaking parents of preschool children. Videotaped mealtimes from 50 families are currently being coded using an adapted coding system developed previously for a similar English language tool, My Child at Mealtime (MCMT). The system identifies specific behaviors captured by the Mi Niño tool, such as verbally directing the child to eat, bargaining about eating, and physically feeding the child. Coder reliability (mean kappa = .82) has been established and coding will be completed by the time of presentation.

Evaluation: Associations between caregiver Mi Niño item level responses and specific behaviors observed during videotaped mealtime interactions with their preschool aged child will be assessed using Spearman's correlations. Behaviors will also be combined to assess whether patterns of "parent centered" and "child centered" behaviors are associated with the "parent centered" and "child centered" subscales of the Mi Niño tool. Concurrent validity will be determined based on the strength of alignment between MCMT item responses to observed behaviors during mealtime.

Conclusions and Implications: Development of a valid Spanish language, self-assessment tool with low-literacy demands to capture feeding style would be an effective tool for federally funded nutrition education programs. Establishing concurrent validity of the Mi Niño tool with mealtime behaviors allows the tool to be used to tailor programming toward addressing relevant barriers to healthy feeding interactions.

Funding: 2015-68001-23280.

NP4 Obesity Risk, Parenting and Diet Quality Tools for Hispanic Families with Preschoolers: EFNEP, Head Start, Medical Clinic-Year 3

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Objectives: The long term goal of this project is to evaluate the efficacy and feasibility of an integrated approach to

reduce pediatric obesity in low income Spanish speaking families with preschool age children by validating two obesity risk assessment tools and one diet quality tool and determining the feasibility of EFNEP embedded in a medical clinic.

Description: Participant recruitment and data collection (parental surveys; 24-hour dietary, sleep, activity logs; anthropometric and biomarker measures; and mealtime video recordings) to validate the tools continued to be the focus of year 3 (Y3). Pilot testing of the medical clinic kiosk commenced to stimulate parent interest and physician referrals to the EFNEP classes.

Evaluation: One hundred parent-child pairs from 12 Head Start and WIC sites were enrolled in Y3 for a total of 210 participants enrolled. More than 30% of the children were overweight. Children with higher BMI percentiles-for-age had significantly higher plasma cholesterol, LDL-C and nonHDL-C levels compared to children with lower BMI-percentiles for age. Twenty-one new videotapes were collected to assist with validation of the parenting tool. Content and face validity of the Spanish diet quality tool were achieved after applying a multistep, iterative process that included four rounds of cognitive interviews. Twelve iPad kiosk pilot testing sessions were completed demonstrating the need for clinic wait times of >5 minutes and handing the iPad directly to the parent to enhance usage. Physicians (n = 81) generated 425 patient referrals, of which 227 were in Y3. Thirty-one parents were enrolled in the EFNEP intervention in Y3 for a total 69 parents with 83% completing 5 or more classes. Parents (84%) identified physician referral as an important reason for enrolling.

Conclusions and Implications: Obesity risk assessment and diet quality tools for Spanish speaking families are being validated and an iPad kiosk and EFNEP intervention are being implemented in several medical clinics. These outcomes are intended to promote clinical intervention before children become overweight to establish a new trajectory of weight gain.

Funding: 2015-68001-23280.

NP5 School Readiness, Obesity, and Inflammation-Related Biomarkers in Low-Income Preschoolers Within the Healthy Kids Study

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Objective: Previous research suggests obesity is negatively related to cognitive functioning and academic outcomes. However, not much is known about this association in early childhood or potential physiological underpinnings. Biomarkers related to obesity have been associated with cognition. These associations may be further exacerbated for children who experience early life stress. The

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