NP9 (continued)

reciprocal dynamic relationship between mentor and mentee has the potential to produce a shared vision, healthy outcomes, and resources including funding.

Evaluation: The mentoring program was three pronged that included a pre-conference workshop on designing a research proposal, the formation of self-selected mentor mentee groups, and monthly webinars for the whole group for 12 months. The individual meetings focused on helping the mentees with their grant proposals or publications, where the mentees came up with the projects and the mentors provided advice. The group wide interactive webinars addressed issues that came from the individual group meetings. Eight minority investigators and five mentors participated in this mentoring program. The projects undertaken under the mentorship included, revisions of previously rejected grant proposals, publication projects, and review of grant proposals. A systematic review was completed, extension educational materials were prepared and a dossier for tenure was prepared under the guidance of the mentors.

Conclusions and Implications: The 3-pronged approach of a workshop, tailored mentoring and group webinars has a broad impact for professional development and promoting diversity in our profession.

Funding: 2015-07982-2009.

NP10 CHEW 2.0: User Testing of the Children Eating Well (CHEW) Smartphone Application for WIC Families

Pamela Hull, PhD, pam.hull@vanderbilt.edu, Vanderbilt University Medical Center, 2525 West End, Suite 800, Nashville, TN 37203; Elyse Shearer, PhD, Tennessee State University; Summer Weber, PhD, Vanderbilt University Medical Center; Douglas Schmidt, PhD, Vanderbilt University; Jessica Jones, MA, Tennessee State University; Calvin Harris, BS; Shelagh Mulvaney, PhD, Vanderbilt University

Objective: Despite the vast benefits and positive health outcomes associated with WIC participation, enrollment in the program has continued to decline over the past five years. Barriers that limit ease of use of the program exist for many participants, including the WIC shopping experience. The Children Eating Well (CHEW) smartphone application (“app”) aims to increase redemption of WIC foods and improve overall diet quality of preschool-aged participants by facilitating benefit redemption and providing easy, practical ways for parents to increase consumption of healthy foods. The objective is to report on the findings of user testing during the preparation of version 2.0 of the CHEW app.

Description: Building on the original CHEW prototype app, our team is conducting qualitative interviews and focus groups with WIC staff and families of WIC children in an iterative process to inform user-centered development of version 2.0 and to maximize usability of the app.

Evaluation: Data collection and analysis are in progress. We will report on qualitative findings related to the user

interface, user experience, improvement of shopping tools, and topics and format of nutrition education features.

Conclusions and Implications: After completing development and field testing, the CHEW 2.0 app will be implemented in WIC clinics across the state of Tennessee as a supplemental education tool for families to use at home, with the potential for future dissemination to other states. These formative findings can also inform the development of other technology applications for the WIC program.

Funding: 2017-68001-26352.

NP11 Clearing the Path to the Prevention of Childhood Obesity

Margarita Teran-Garcia, PhD, MD, FTOS, teranmd@illinois.edu, University of Illinois, Urbana-Champaign, 904 W Nevada Street, Urbana, IL 61821; Barbara Fiese, PhD; Kimberly Greder, PhD, Iowa State University; Amber J. Hammons, PhD, California State University, Fresno; Abriendo Caminos Research Team

Objective: To present progress in the implementation and adaptation of the Abriendo Caminos program for families of Hispanic-heritage. The curriculum includes aspects of social cognitive theory (SCT) proven to be successful in similar interventions, nutrition evidence-based research [NEBR], and cultural tailoring from structured focus group and community feedback (CTC).

Description: Abriendo Caminos is a multistate, randomized control-intervention program developed to improve nutrition, physical activity, and family interactions. The intervention consisted of two-hour workshops for 6-weeks with a simple theme throughout the workshops: Más o Menos (an emphasis on more healthy behaviors and fewer unhealthy behaviors). Participants answered a survey before randomized group was assigned. Weight and height were measured by trained personnel.

Evaluation: Overall, 225 families have participated in this randomized study (125 experimental; 100 control) in Illinois, California and Iowa. The prevalence of overweight/obesity in children (37% / 21%) and adults (51% / 33%) surpasses the national averages. Among the three states, there were no significant differences in the prevalence of overweight/obesity, except for California, where children had higher prevalence of overweight (47%) and lower obesity rates (7%). This multi-state collaborative effort has resulted in several regional adaptations: SCT-related, dietary self-efficacy implemented through skill building activities and food demonstrations; NEBR-related where lower consumption of sugar-sweetened beverages was demonstrated, and CTC-related where information about food safety was added after participants expressed interest to better understand this topic. Preliminary results also suggest that the program is effective at increasing family routines in Hispanic families.

Conclusions and Implications: Culturally tailored education programs and interventions are urgently needed to promote wellness and health. Participation in Abriendo Caminos as a family-health promotion program that

Continued on page S112

NP11 (continued)

provides a small step to promote health equity and facilitates parents' and other primary caregivers' efficacy to prevent and reduce overweight and obesity in their children.

Funding: 2015-68001-23248.

NP12 Community-Based Participatory Research Targeted Toward the Prevention of Adolescent Obesity: Ripple Effect Mapping Outcomes

Tandalayo Kidd, PhD, RD, LPN, martan@ksu.edu, Kansas State University, Department of Food, Nutrition, Dietetics and Health, 1324 Lovers Lane, 203 Justin Hall, Manhattan, KS 66506; Erika Lindshield, MPH, LD, RDN; Kendra Kattelmann, PhD, RDN, South Dakota State University, Health and Nutritional Sciences Department; Susan Zies, MEd, Ohio State University, College of Food, Agricultural, and Environmental Sciences; Koushik Adhikari, PhD, University of Georgia, Department of Food Science & Technology; Nancy Muturi, PhD, Kansas State University, A.Q. Miller School of Journalism and Mass Communication

Objective: To conduct an analysis of the impact of a five year, tri-state, community-based adolescent overweight and obesity prevention program, Ignite: Sparking Youth to Create Healthy Communities, in three minority, limited resource middle schools and surrounding communities using ripple effect mapping (REM).

Description: REM is a guided focus group method involving six to twelve participants per session centering around one topic and collecting responses from questions; each question addressing a different ripple of impact at different levels of the community. Seven REM sessions among three intervention communities were conducted by trained moderators. Participants included both target youth (6–8 graders), former students, and adults.

Evaluation: REM was conducted at post-assessment to capture perceived qualitative outcomes contributed to Ignite programming in addition to quantitative methods used to evaluate changes pertaining to community food and physical activity environments, student health perceptions and behaviors, as well as indicators of youth empowerment.

Conclusions and Implications: The project aims to identify a potential framework for creating community-focused, sustainable and effective adolescent obesity prevention programs. Outcomes reported from REM data support this aim. Some outcome trends included an increased student awareness and importance of positive health behaviors, as well as the willingness to adopt these health behaviors; positive changes in school culture related to collaboration, involvement and commitment to wellness; an increase in school-community partnerships; improvements in the school physical environment; and increased opportunities for physical activity before, during and after school and in the community. Resource capitals predominantly cited for these changes were the value placed on

people and the community culture, as well as the importance of social, financial and political resources.

Funding: 2012-68001-19619.

NP13 Connecticut Fitness and Nutrition Clubs in Motion, a 4-H STEM Program—Summary and Outcomes

Umekia R. Taylor, MS, RDN, CDN, umekia.taylor@uconn.edu, UConn Extension, College of Agriculture, Health and Natural Resources, 305 Skiff Street, North Haven, CT 06473; Miriah Russo Kelly, PhD; Linda Torv, MPH; Danielle Rathey, PhD, UConn, Institute for Collaboration on Health, Intervention, and Policy; Michael Joseph Puglisi, PhD, RD, UConn, Nutritional Sciences, College of Agriculture, Health and Natural Resources

Objective: To summarize fifth year findings and outcomes of an obesity prevention project.

Description: This 4-H STEM afterschool and wrap around program was conducted in five cities in three counties of Connecticut. In the fifth year, three intervention sites in two cities were analyzed. Teen mentors, aged 16 to 19 years, along with 4-H adult leaders, taught third and fourth graders about nutrition, fitness and gardening. Activities included hands-on nutrition lessons, constructing and building garden beds on school sites, indoor garden grow labs, garden planting/maintaining/harvesting, healthy food demonstrations, fitness games, zumba, circuit games or interactive Wii games.

Evaluation: The fifth year evaluation consisted of a mixed methodology approach with pre and post surveys, qualitative interviews, and physical measures.

Conclusions and Implications: In the fifth year, community interactions were as follows: 20 garden beds installed, 12 family fitness nights, 31 after school sessions, 17 summer events, and five farmers market events. The study findings show youth had improvements in 20 meter PACER scores, hand-grip strength, push-ups, and sit-and-reach, as well as enhanced self-efficacy relative to social capital (an unintended result). Interview findings indicate children enjoyed the program, being outside and learned new things related to nutrition. Consequently, 4-H programs led by teen mentors with a focus on nutrition, fitness, and gardening may have positive influences on youth.

Funding: 2012-68001-19956.

NP14 Designing Web-Based Parenting Education Modules for a Childhood Obesity Prevention Program Using a Community-Engaged Perspective

Lori Francis, PhD, lfrancis@psu.edu, Pennsylvania State University, 219 Biobehavioral Health Building, University Park, PA 16802; Michelle Mannino, VMD; Brandi Rollins, PhD

Continued on page S113