NP22 (continued)

assessed. Assessments include dietary intake, stress, physical activity, sleep hours, perceptions of the campus environment, readiness to change, and students' priorities.

Conclusions and Implications: To date, 16 new instruments/methods have been developed and validated, three college courses created, 91 presentations conducted, three manuscripts published, and college and high school toolkits created (providing a systematic approach to promoting health for obesity prevention). Data are currently being analyzed. In Phase V, high school intervention effectiveness will be tested using an RCT model.

Funding: 2014-67001-21851.

NP23 Growing Strong Generations Strengthening Project on an American Indian Reservation: Year 2 Activities

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Objectives: To assess the feasibility of an 8-week pilot study of the Growing Strong Generations gardening program, and implement educational pathways in public and community health sciences for students at a tribal college.

Description: The pilot study used a quasi-experimental pre-test/post-test design involving one experimental group of children, age 6 – 9, and their parents. Trained facilitators delivered 10 gardening sessions to children enrolled in a summer program on an American Indian reservation. Topics included seed planting, weeding, and composting. Parents received activities to do with their child at home. Parents also participated in a "Dinner in the Garden" event at the end of the program. The partnership worked collaboratively to implement a new Health Promotion Practices Associate of Arts (AA) degree at Salish Kootenai College (SKC) that enables students to seamlessly transfer to the Community Health and Prevention Sciences Bachelor of Science degree at the University of Montana (UM).

Evaluation: The primary aim of the pilot study was to determine intervention feasibility. Of the 50 children eligible to recruit to the study, 41 expressed interest; and 22 were enrolled in the study. Improvements were observed in number of daily servings of fruits consumed and total kilocalorie intake, but not in number of daily servings of vegetables consumed or child self-efficacy to grow and eat fruits and vegetables. Seventy people (27 families) attended the Dinner in the Garden event and reported high satisfaction (mean rating of 4.7 on a scale of 1 – 5). SKC initiated the new AA degree. Five courses were developed to align with UM prerequisites. Three students are currently enrolled.

Conclusions and Implications: This Strengthening project planted seeds for implementing the kids gardening program, and established educational experiences to prepare students to assist with research activities and promote health-related careers.

Funding: 2016-69001-24996.

NP24 Healthy Caregivers Healthy Children Phase 2 (HC2): Two Year Follow-Up Results

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Objective: The Healthy Caregivers, Healthy Children Phase 2 (HC2) project examines the relationship between the child care centers (CCC) nutrition/physical activity environment and child body mass index (BMI) over one school year.

Description: Despite widespread use of and the high prevalence of obesity among preschool-aged children, most states lack CCC nutrition/physical activity policies. A total of 24 CCCs, serving low resource families with > 50 2-to-5 year olds attending, were randomized to an intervention (n = 12) or control (n = 12) arm. The HC2 intervention arm CCCs receive implementation of a daily curricula for teachers/parents; children; snack, beverage, physical activity, and screen time policies; and technical assistance with menu modifications. Control arm schools receive an attention control safety curriculum. The Environment and Policy Assessment and Observation tool (EPAO) and child height and weight was collected (Fall/2015, Spring/2016, Spring 2017).

Evaluation: Mean child BMI z score increased in control centers from .43 to 1.1 while it held relatively consistent (.46 to .52) in HC2 treatment over two school years. EPAO total nutrition score improved in the HC2 treatment centers over two school years (12.4 to 14.4) while a slight increase was seen in control schools (12.5 to 13.1). EPAO physical activity scores also increased significantly over the course of two years for the intervention centers (10.2 to 12.3) and remained relatively constant for control centers (10.5 to 10.7).

Conclusions and Implications: The HC2 program has shown improvements in policy standards that have been maintained for two years. Child care center's obesity prevention programs that incorporate curriculum and policies to promote healthy eating can support healthy BMI growth trajectories in children.

Funding: 2015-68001-23232.

NP25 Impact of Potential Changes in SNAP Benefits on Diet Quality and Lifestyle

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Objective: To address the impact of modifying the USDA Thrifty Food Plan (TFP) on diet quality and lifestyle among a Head Start program eligible population.

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