NP25 (continued)

Description: Diet quality and lifestyle are determinants of bodyweight. The TFP has been criticized for two basic reasons. One, the TFP does not consider the time required to prepare food, a requirement that has well documented costs; the cost of food includes both the purchase price and the “opportunity cost of time.” Two, the TFP’s “constant cost,” meaning, in part, that benefits are temporally and geographically static. Proposed remedies have included: increase SNAP payments by 20% to acknowledge the opportunity cost of time and relax the constant cost requirement to account for geographical differences in food prices. These suggestions do not address how changing the SNAP benefits affect diet quality, weight status, and time use.

Evaluation: This proposal includes a modeling exercise based on a modification of the TFP approach. Input includes NHANES and the American Time Use Survey (ATUS), and other databases such as the CNPP food prices. The identified data will be split into halves, the first for model development, and second for model testing. Also included is a survey of Head Start families, which will query how families have in the past, or might in the future, change food and beverage related time use, and other lifestyle characteristics, when exposed to a changes in their economic situation.

Conclusions and Implications: The findings of this study will inform changes in SNAP policy.

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NP26 Latino Fathers Promoting Healthy Youth Behaviors

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Objective: Padres Preparados, Jóvenes Saludables (Padres Saludables) is a family-skills obesity prevention intervention for Latino immigrant families, especially fathers, and youth (10–14 years), to improve youth energy balance-related behaviors and paternal parenting practices.

Description: An existing parenting curriculum was adapted based on focus group findings with fathers, mothers and youth, input from a parent advisory board and discussions with community partners to focus on diet and physical activity for parents and youth. The program was pilot-tested in the spring of 2017; pre-post evaluation results suggested high relevancy and potential for effectiveness. The program was implemented at the first of two community sites in the fall of 2017 and spring of 2018 based on a multi-site staggered implementation schedule. Sessions include activities for families to prepare food and be physically active together, for parents to strengthen parenting practices (setting expectations, availability, modeling), and for parents and children to improve diet and physical activity outcomes. Outcome data measure-

ment instruments were tested and revised along with a measure of implementation fidelity.

Evaluation: A randomized-controlled trial (n = 240 youth, 240 mothers, 240 fathers, half in an intervention and half in a control group) is being conducted with assessments pre and post eight-session course and at three months post-course. Outcomes include improved youth intake of fruits and vegetables, sugary drinks, salty snacks and sweets, fast food, family meal frequency, physical activity, and screen time and parenting practices.

Conclusions and Implications: Adult and youth curriculum components have been modified and implemented based on participant feedback. Post-test session evaluations show that adults are successfully experiencing the program. Activities are being conducted according to the projected timeline. Full data collection and analysis are expected to be completed in two to three years.

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NP27 Outdoor Learning Environments as Active Food Systems: Effectiveness of the Preventing Obesity by Design Gardening Component

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Objective: To assess the impact of a Gardening Component on 4–5 year olds enrolled in 15 childcare centers in Wake County, North Carolina, using a waitlist/control group, randomized controlled trial research design (2017–2022).

Description: Fifteen centers were selected in 2018 and randomly assigned to intervention/waitlist/control groups to evaluate the impact of fruit and vegetable (FV) gardening on children’s physical activity, FV liking, FV knowledge, and FV consumption. A standardized approach to garden installation was used locating six identical raised planting beds (8’ x 2’) at each intervention center, with similar, controlled growing conditions. Six FV types were selected and planted consistently at each center. Physical activity was measured using accelerometers. Fruit and vegetable liking and knowledge was measured via a modified electronic method (Carraway-Stage, et al. 2014) using portable tablets. Fruit and vegetable consumption was measured using the Fruit & Vegetable Snack Tool (Witt & Duncan, 2012). Outdoor environmental quality was assessed using the Preschool Outdoor Environment Measurement Scale POEMS (DeBord, et al. 2005) and Best Practice Indicators (Cosco & Moore, 2014). The study is conducted in collaboration with the Department of Food, Bioprocessing, and Nutrition Sciences, Agriculture and Life Sciences, and Horticultural Science, North Carolina State University. First data gathering wave was completed in April 2018.

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