The iCook Supplemental Issue

I am so excited to be publishing this US Department of Agriculture (USDA)-funded childhood obesity prevention work, referred to as the *iCook 4-H* project. This

supplement represents over 5 years of outstanding collaboration, although I am sure there were challenges that this adept team needed to overcome.

As you read this supplement, pay special attention to the thoughtfulness of the planning. We sometimes overlook the formative research that really sets the stage for the intervention. The Report by Franzen-Castle et al¹ provides an important description of the curriculum development process. The cyclic process took time that many researchers may not have included in their overall project timeline. However, this allowed the researchers to be sure that the curriculum aligned with goals and adhered to the Community-Based Participatory Research Model² as well as learning models and behavioral models.

The researchers were equally attuned to the development of the evaluation. As described by Mathews et al,³ the researchers were focused on the process of item development while remaining true to the program goals and objectives and a foundation in behavioral theory. This paper is important not only to the overall research but could also provide ample discussion for college classes in community nutrition.

A new dimension, for myself at least, is the impact evaluation using Ripple Effects Mapping as described in the first Olfert et al article.⁴ Once again, these researchers provide us with more than just the results of the project in identifying and describing

novel methods. As we as researchers begin to use these novel methods, they reflect the outcomes reported in this article. Namely, trying new things together leads to new skills and positive change.

As with any research, not everything turned out as planned. In the Kattelman et al article,⁵ the authors describe the outcomes on sedentary time and physical activity. Having meaningful impact in this important area of health has been difficult for community nutritionists. The authors provide insightful commentary in the Discussion section of this paper that everyone with an interest in obesity prevention in children should read. This is similar to the White et al article,⁶ where secondary outcome results were fairly much as expected but primary outcomes were not. The Discussion provides ample direction for future research that might propel this team and others through the next 5 years.

Taking this research one step further led this team to evaluate the dissemination of the program through Infographics. In the second Olfert et al paper,⁷ they provide the data on their Infographic but again also provide researchers and practitioners with tools to use as they plan their next project, or to incorporate into existing programs.

This supplemental issue celebrates our SNEB membership who are successful in obtaining federal funding with their visionary maps for research, resilient in conducting the research and maintaining the collaborative effort, and generous with choosing to publish in JNEB for our membership's benefit. Please join me in congratulating this successful team as you read this issue.

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