NP1 Adolescent Obesity Prevention Project Yields Policy, System, and Environmental Changes in Middle Schools

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Objective: To develop a community-based program targeting overweight and obesity prevention among adolescents in limited resource, minority communities.

Description: Summary of analyzed data for a tri-state, quasi-experimental project including six communities (one control and one intervention community from each state) who are responsible for creating and implementing one nutrition and one physical activity program addressing overweight and obesity among 6th to 8th grade youth.

Evaluation: Mixed methods approach used in collecting community food and physical activity environmental data, student health behavior questionnaire data, intervention community focus group data, steering committee annual meeting transcripts and ripple effect mapping (REM) data.

Conclusion and Implications: This project developed a potential framework for creating community-focused, sustainable and effective adolescent obesity prevention programs. Outcomes reported from REM data support this framework by 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. This implies community-centered efforts, guided by community stakeholders, educators and youth have led to changes related to policy, system, and environment which promote healthier dietary and physical activity behaviors in youth living in limited-resource communities.

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NP2 Fruving the World: A Social Marketing and Environmental Change Intervention

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Objective: To describe the current outcomes of the Get Fruved project.

Description: Get Fruved is a social marketing and environmental change intervention seeking to prevent unwanted weight gain among high school and college students. The intervention, a non-diet approach focusing on increasing healthy diet choices, physical activity, and stress management, was Initially developed and tested on college campuses. In year 05, college students worked with high school students to implement the intervention in high schools.

Evaluation: Because prevention of unwanted weight gain was the primary outcome, propensity score matching and counterfactual modeling was used to evaluate weight change between individuals at intervention and control schools. Evaluations from the year 04 randomized control trial (RCT) on college campuses indicated a positive intervention effect after adjusting for age, gender, race and ethnicity, baseline Body Mass Index (BMI), baseline stress score, and dropout propensity. Specifically, the weight of the intervention group, on average, increased 0.77 lbs less than the control group ($P < .01$).

Conclusion and Implications: During this project, 19 instruments have been developed/validated, 123 presentations conducted, 17 manuscripts published, and health promotion toolkits created for college and high school settings. Data from the RCT in colleges indicate that Fruved may be effective in producing small reductions in unwanted weight gain in college settings. Data from high schools are currently being analyzed.

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NP3 Farm Fresh Foods for Healthy Kids: Innovative Cost-Offset Community-Supported Agriculture Intervention to Prevent Childhood Obesity and Strengthen Local Agricultural Economies

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Objective: To better understand the potential of cost-offset community supported agriculture (CO-CSA) to

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