P28 (continued)

Conclusion: The researchers, despite being experienced nutrition educators, were surprised at the number of unfamiliar H&S, and that many were used for medicinal purposes yet were grouped with H&S used for culinary purposes, sometimes even on the same shelf. These findings support the following implications: 1) inclusion of community members in nutrition education materials development is essential for cultural relevance; 2) nutrition educators could benefit from additional cultural cuisine training; and 3) approaching the study of non-Western cultures with an ethnocentric bias may prohibit a thorough understanding of how people may use H&S at home.

Funding: None.

P29 Interest and Acceptability of a Clinic Based EFNEP Intervention in English and Spanish Speaking Parents for Pediatric Obesity Prevention

Mical Shilts, PhD, MS, shiltsm@csus.edu, California State University, Sacramento, 6000 Jst, Sacramento, CA, 95819-6053; Karina Diaz Rios, PhD, RDN, University of California, Merced; Lenna Ontai, PhD, University of California, Davis; Katherine Panarella, MPH, MS, University of California, Davis, Agriculture and Natural Resources; Christiana Drake, PhD, University of California, Davis; Dennis Styne, MD, University of California, Davis Children's Hospital; Samantha Navarro, BA, University of California, Merced; Adrian Loera, BS, University of California, Merced; Louise Lanoue, PhD, University of California, Davis; Marilyn Townsend, PhD, RD, University of California, Davis

Objective: Obesity continues to disproportionately impact low-income, ethnically diverse youth. Existing government-funded nutrition education programs and pediatric medical clinics can collaborate to target and deliver relevant interventions. The objective was to explore interest and acceptability of community nutrition intervention collocated in medical clinics.

Use of Theory: Social Cognitive (SCT) and goal setting theories.

Target Audience: Low-income English and Spanish-speaking parents with young children.

Program Description: Physicians referred parents of pediatric patients to the intervention. The intervention consisted of 8-weekly, 1.5 hour nutrition, activity and food-related parenting content anchored with guided goal setting, SCT constructs, and story telling. Existing Expanded Food and Nutrition Education (EFNEP) educators delivered the intervention in medical clinics.

Evaluation Methods: To assess interest and acceptability, referral, enrollment, and attendance data were collected and parent focus group interviews were conducted. Descriptive statistics and chi-square analysis were conducted on the quantitative data and interviews were recorded, transcribed and organized for content analysis.

Results: Twenty intervention series were conducted in English (n = 12) and Spanish (n = 8) at 5 medical clinics by 4 EFNEP educators. More than 1/3 of the parents (37%; n = 709) expressed interest in the intervention after physician referral and 74% (n = 195) enrolled in the intervention. A greater proportion of referred Spanish-speaking parents expressed interest ($P < 0.001$) and completed 4 or more intervention sessions ($P < 0.0001$) compared to English-speaking parents. A total of 26 focus group interviews (n = 65) were conducted with the 97% of the parents said they enjoyed participating in the intervention. The intervention component most commonly mentioned as useful was guided goal setting.

Conclusion: Results from this study indicated that parents referred to the intervention were interested and attended with greater appeal to Spanish-speaking parents. Acceptability of the intervention can be attributed to the tailoring of the content and delivery by culturally competent educators.

Funding: NIFA.

P30 Interface of Neighborhood Residence on Obesity Prevention Behaviors and Self-Efficacy in Chinese Americans

Doreen Liou, EdD, RDN, lioud@montclair.edu, Montclair State University, 1 Normal Ave, Montclair, NJ, 07043; Jessica Karasik, BA, Montclair State University

Background: The obesity epidemic is a prominent health issue affecting Chinese Americans in the United States. An individual's living environment affects dietary choices and consumption patterns, impacting weight-related outcomes. The important construct of self-efficacy provides a foundation for nutrition educators in understanding mediators of health behaviors.

Objective: To identify if self-reported neighborhood of residence ('high income' vs 'middle-low income') elucidate differences in obesity prevention behaviors and self-efficacy in Chinese Americans residing in Los Angeles county and the New York metropolitan area.

Study Design, Settings, Participants: A cross-sectional survey design was used where a convenience sample of 650 participants (18-60 years old) completed a validated, self-administered questionnaire. Participants were recruited from universities, cultural institutions, and churches, representing a wide range of backgrounds.

Measurable Outcome and Analysis: Nineteen behaviors related to obesity risk reduction were measured with 9 items measuring self-efficacy for these behaviors. Participants indicated adoption of behaviors over the month reflecting food practices, portion size control, and consumption of plant-based foods. Descriptive statistics were conducted for the entire sample while *t* tests were applied for categorized neighborhoods ('high income' vs 'middle-low income').

Results: The mean age of the study participants (67%

Continued on page S38