P112 (continued)

Fit City 2021.' Throughout the challenge, city leaders, county parks, and other organizations partnered to host more than 35 free physical activities to keep citizens involved. Examples of past events include beach clean ups, virtual 5k walks, yoga, and Zumba.

Evaluation Methods: Minutes of physical activity were self-reported by participants weekly. This was tracked through an online program developed by the committee. Additionally, participants were asked to complete an online post-survey, which asked about healthy habits adopted and general feedback of the program.

Results: Last year, 1,877 residents registered with 65% completing the full challenge and reporting over 4.5 million minutes of exercise. Based on post-survey results, 70% of participants reported an increase in the number of days they exercised, development of at least 1 new healthy habit that improved their sleep, mood, and/or focus, and an intent to continue incorporating physical activity into their routine.

Conclusion: These results suggest that participants who are empowered by their community incorporate healthy choices into their lifestyle.

Funding: None.

P113 Parental Correlates of Preschoolers' Physical Activity

Lucy Zheng, MA, University of California Davis; Deepa Srivastava, PhD, dsr@ucanr.edu, University of California Agriculture & Natural Resources, 4437-B South Laspina St, Tulare, CA, 93274; Danae Dinkel, PhD, University of Nebraska Omaha; Dipti Dev, PhD, University of Nebraska Lincoln

Background: In combination with healthy eating, physical activity is an essential component of a healthy lifestyle that can help prevent a range of chronic diseases among children. As role models and gatekeepers, parents can influence children's eating and physical activity behaviors through healthy practices, helping and teaching children to make healthy choices for themselves that will last a lifetime.

Objective: To investigate the associations between demographic characteristics, parental feeding practices, and child physical activity in preschool-age children.

Study Design, Setting, Participants: Participants of this cross-sectional study included parents ($n = 273$) of preschool-age children ages 3 to 5 years, recruited from early childhood education centers ($n = 24$).

Measurable Outcome/Analysis: Independent variables (IVs) included parent and child demographics, parent weight status, feeding practices, parent role modeling, home meal preparation, and child fruit and vegetable consumption. Binary dependent variables (DVs) included participation in moderate-to-vigorous physical activity

(MVPA) and participation in physical activity for more than 60 minutes a day (TPA). Logistic regression models determined associations between IVs and DVs.

Results: The participant's married status ($OR = 3.625$, $CI = 3.609$ - 3.641), child weight ($OR = 2.920$, $CI = 2.905$ - 2.935), and less spousal meal preparation ($OR = 0.450$, $CI = 0.448$ - 0.451) were associated with MVPA. On the other hand, lower parent weight ($OR = 0.366$, $CI = 0.364$ - 0.368), less food restriction ($OR = 0.509$, $CI = 0.508$ - 0.511), and more food monitoring ($OR = 1.618$, $CI = 1.615$ - 1.622) were associated with TPA.

Conclusion: Overall, the results suggest that parent characteristics and feeding practices are associated with child physical activity. Addressing this interconnectedness between eating and physical activity will allow families and providers to better understand how to promote healthy behaviors in children.

Funding: USDA AFRI.

P114 Screen Time and Physical Activity Patterns Among Preschoolers from Rural, Underserved Communities

Alyssa Leib, BA, Colorado State University; Nan Zeng, PhD, University of New Mexico; Susan L Johnson, PhD, University of Colorado Anschutz Medical School; Laura Bellows, PhD, MPH, RDN, laura.bellows@cornell.edu, Cornell University, Martha Van Rensselaer Hall, Ithaca, NY, 14853

Background: High levels of screen time and low levels of physical activity (PA) are associated with childhood obesity. Sixty minutes or less for daily screen time and at least 180 minutes of PA, including 60 minutes of moderate-to-vigorous PA (MVPA), are current recommendations for preschoolers. The home environment, including the physical environment and parent attributes, may impact screen time and PA among children.

Objective: To examine whether screen time and PA levels of preschoolers relate home environment and parental attributes.

Study Design, Setting, Participants: The HEROs (HEalthy EnviROnments) study is a technology-based, interactive intervention to promote healthy eating and PA among preschoolers in rural Colorado.

Measurable Outcomes/Analysis: Data describing the home environment was collected at baseline (Fall 2019/ Winter 2020) including demographics, anthropometrics, child and parent screen time, and home electronic and PA equipment availability and access. Accelerometers were used to collect 7 days of objective PA and sedentary time for children and parents. Descriptive statistics and independent samples t tests were conducted.

Results: Parent-child dyads ($n = 32$; 39.4% Hispanic) were included in the study. Children had low levels of MVPA (mean = 13.3 min, $SD = 7.5$) and none met MVPA recommendations. Further, 60.6% exceeded screen time recommendations. Parents of children who met screen time