

P30 (continued)

address public health issues such as childhood obesity. This intervention program therefore focused on self-efficacy, a component of Bandura's social cognitive theory where uninsured Latino families were provided an opportunity to increase self-efficacy in making healthy nutrition choices through observational learning.

Description: Maryland Expanded Food and Nutrition Education Program/EFNEP collaborated with clinics using a family-centered approach to provide healthy life style education to Latino children and their families. Clinics identified and referred at-risk children to EFNEP. The intervention consisted of twelve hours of interactive education including nutrition education, cooking, grocery store visits and physical activity.

Evaluation: Evaluation was based on pre/post-behavior surveys, physical activity, food resource management, and 24-hour diet recall completed by parents. Qualitative assessments included participation rates, retention and feedback from families. Pediatricians recorded children's body mass index at 1 and 3 months post intervention.

Conclusions and Implications: Data shows that the program is successful with improvement in physical activity, fruit and vegetable consumption and Healthy Eating Index. Feedback from families indicates satisfaction with the program. Coordination between health care providers and community-based nutrition educators offers a culturally-competent model to address obesity and has the potential for facilitating lasting behavior change and better health outcomes for high-risk children which can be replicated in many communities.

Funding: NIFA.

P31 Everyday Eating: What Drives Consumer's Food Decisions?

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Objective: A web-based interactive tool for use by nutrition educators that illustrates the numerous factors that influence consumer food purchasing decisions, including nutrition, cost, convenience, taste, food safety, shelf-life, and food waste.

Target audience: Nutrition Educators.

Theory, Prior Research, Rationale: Following the release of the 2010 Dietary Guidelines for Americans (DGA) government officials and the public health community desired measurable improvements in the dietary patterns of Americans.

Description: A new web-based application tool for use by nutrition educators was developed that evaluates trade-offs between product attributes for food selection decision making. Foods with a home recipe version in the USDA Food and Nutrition Database for Dietary Studies (FNDDS) or the USDA National Nutrient Database for Standard Reference (SR) were selected to represent a range of commonly consumed entrees, side dishes, fruits, vegetables, baked products, desserts, and beverages. Over 108 unique foods with home recipe and

one or more processed forms are available for comparison. The web-based tool allows nutrition educators to compare individual foods or a daily diet constructed from foods in this database. Opportunities and application for nutrition educators emerging from the web-based tool will be presented on the poster. Menu modeling of one day diets using examples of select food pairings will be presented including the analysis of the Healthy Eating Index (HEI) scoring.

Evaluation: This project presents data that looks at all factors involved in meal preparation.

Conclusions and Implications: The web-based application tool will provide quantifiable research to advance public health through the identification of multiple pathways for optimizing food patterns in alignment with current dietary guidance.

Funding: None.

P32 Commitment to a Worksite Wellness Program and Weight Loss Success

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Objective: The 2nd annual Maintain Don't Gain program was implemented in Fall 2012 at the University of Connecticut (UConn). The program goal was to maintain weight status during the holiday season.

Target audience: Worksite employees.

Theory, Prior Research, Rationale: Utilizing Social Learning Theory, health promotion initiatives offered at the worksite can provide employees valuable education, resources, and can motivate improved lifestyle habits and weight loss.

Description: The program utilized collaborative efforts from multiple departments on campus. Recruitment took place via fliers, health fairs, and Human Resources. Eighteen participants were recruited; 10 consented to participate. Eight (7 female and 1 male) completed the program. Weekly weights were recorded by staff, and pedometer steps were self-recorded by participants. UConn dietetics students in the Coordinated Undergraduate Program presented nutrition lessons including healthy snacks and recipes, to reinforce each topic of the day. The dietetics interns served as wellness coaches. Participants were encouraged to communicate with their coach as desired during the program. Interactions were documented.

Evaluation: By assessing repeated attendance at 11 education sessions, participants' use of distributed pedometers, and application of individualized coaching.

Conclusions and Implications: Email communication was the preferred method of coach-participant interaction. Six of the participants were successful at losing weight, while 2 gained weight. Those who attended the greatest number of wellness sessions realized weight loss. Despite inconsistencies in self-recording daily steps, there did appear to be a tendency for the activity and weight loss. In conclusion, observed trends demonstrate that pedometer tracking and participant commitment to class attendance—which include weekly reinforcement of motivating messages—influence weight loss success.

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