UP31 (continued)

healthier foods and behaviors, and that parent empowerment education will potentiate these effects.

Conclusions and Implications: This is the first controlled study to test obesity-related optimal defaults in children. Results are critical in informing policy pertaining to obesogenic environmental factors.

Funding: USDA Grant #2011-67002-30086.

UP32 Enhancing Self Regulation as a Strategy for Obesity Prevention in Head Start Preschooler

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Objective: To test the effect of 3 interventions: a nutrition education obesity prevention program (Parents of Preschoolers Series (POPS)); an intervention to improve children’s emotional and behavioral self-regulation combined with POPS (POPS + Incredible Years Series (IYS)); and usual Head Start exposure on preventing obesity in Head Start children.

Description: Of an ultimate total of 600 children, 349 have been randomized.

Evaluation: Adiposity, dietary intake by 24-hour dietary recall, and children’s self-regulation capacity is measured pre- and post-intervention.

Conclusions and Implications: The study will test the hypothesis that POPS+IYS will be most effective in preventing obesity in low-income children.

Funding: USDA Grant #2010-04785.

UP33 Physical Activity, Weight Status and Academic Achievement in Rural, Latino Children

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Objective: To explore the relationship between physical activity, weight status and academic achievement in rural, Latino, elementary school-aged children.

Description: Baseline data including anthropometric measurements and physical activity, were collected by the Niños Sanos, Familia Sana parent study in children. Using a cross sectional design, this study will examine minutes of physical activity, body mass index and school test scores in a subsample of approximately 100 children ages 5 to 7.

Evaluation: A multivariate regression analysis will be utilized. Potential confounding variables such as socioeconomic status will also be included.

Conclusions and Implications: The knowledge generated from this study can potentially influence school policy in an understudied at-risk community.

Funding: USDA Grant #: 2011-68001-30167.

Other Funding/Support: Betty Irene Moore School of Nursing.

UP34 Starting Early/Empezando Temprano: Randomized Control Trial (RCT) to Test the Effectiveness of an Early Obesity Prevention Program

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Objective: To determine the effectiveness of Starting Early (SE), a primary-care based, family-centered early childhood obesity prevention program.

Description: Randomized control trial comparing SE (prenatal counseling and family groups at every well child visit) to standard of care. Hispanic pregnant women (n=500) are being enrolled and followed for 3 years.

Evaluation: Baseline assessments (n=120) found that many low-income Hispanic pregnant women experience multiple social stresses and exhibit unhealthy dietary and lifestyle practices, including limited fruits and vegetables, low physical activity and high media exposure.

Conclusions and Implications: SE will reduce childhood obesity by targeting maternal knowledge, attitudes and unhealthy practices.

Funding: USDA Grant # 2011-68001-30207.

UP35 Healthy Caregivers-Healthy Children (HC2): A Childcare Center Based Obesity Prevention

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Objective: To evaluate an early childhood multi-component obesity prevention intervention.

Description: Childcare centers were randomly assigned to: Intervention Arm (N=12; receives menu changes and...