UP44 (continued)

**Description:** Community-based participatory research was used for a 6-session curriculum and interactive website, based on the Social Cognitive Theory, for youth and their primary adult meal preparer.

**Evaluation:** Physical assessments, surveys and program evaluation were conducted.

**Conclusions and Implications:** Of the 220 dyads, correlations between dyads were identified for BMI percentile (p<0.001) and items on family meals and eating habits scales (p<0.0). Using the dyad model, there is opportunity for synergism and translation to the home environment as families cook, eat and play together.

**Funding:** USDA Grant #2012-68001-19605

UP45 All 4 Kids: Resiliency
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**Objective:** Are family routines (FR) and caregiver feeding styles (CFS) related to lower prevalence of obesity for young children in low-income families?

**Description:** Interviews were conducted with caregivers in five states using FR and CFS questionnaires. Children's heights and weights were measured.

**Evaluation:** Potential main effects and interactions between FR, CFS, and prevalence of child obesity were examined using ANOVA tests.

**Conclusions and Implications:** Both FR and CFS were directly related to lower prevalence of child obesity, however, the interaction between FR and CFS was not significant. This may suggest that FR may act as a proxy for a third dimension of parenting.

**Funding:** USDA Grant #2010-85215-20662

UP46 The WAVE~Ripples for Change: Obesity Prevention in Active Youth Using Virtual and Real World Experiential Learning
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**Objective:** Year 1 - Develop infrastructure for a 2-year obesity prevention intervention targeting 14- to 19-year-old soccer players.

**Description:** Six integrated products are undergoing development: a physical activity (PA)-nutrition-and-Family-and-Consumer-Sciences (PAN-FCS) curriculum for group lessons to be taught face-to-face, virtual 3-D avatar-simulated learning activities online to reinforce learning, a mobile game to increase PA over sedentary behaviors, a wearable sensor to track PA, software systems to collect data, and dietary and behavior change survey instruments.

**Evaluation:** Changes in PA, sedentary behavior, diet, and BMI will be assessed.

**Conclusions and Implications:** The expected outcome is prevention in unhealthy weight gain among active youth.

**Funding:** USDA Grant #2013-67001-20418

UP47 A Significant Dissociation Between Parental Perception and Actual Obesity Status in Mexican-American Children in Central Valley California: Impact and Implications
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**Objective:** To evaluate the anthropometric measures of 623 children ages 2 to 5 who were enrolled in Ninos Sana Familia Sana in California Central Valley in association with parental perception of children's obesity status.

**Description:** We used BMI percentile to deﬁne overweight/obesity categories based on the 2000 CDC growth charts.

**Evaluation:** 49% of children in this study were overweight/obese. About 60% of obese and 90% of overweight children were perceived normal-weight by their parents.

**Conclusions and Implications:** There is a significant gap between parental perception and children's actual weight status. Designing any intervention without increasing parental awareness and knowledge will result in mix practices.

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

UP48 Factors Affecting Application of an Ecological Approach to Preventing Childhood Obesity
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**Objective:** The objective was to build the capability of extension nutrition and 4-H professionals in using an ecological approach to preventing childhood obesity.

**Description:** Eight sessions of a six-week online course were delivered to 381 professionals, either as teams of extension/community partners or individuals.

**Evaluation:** Outcomes were assessed at course end and six-month follow-up using matched surveys (n=239).

Behavioral intentions, years of work experience, job scope, job support, and networking ability were associated with

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application of an ecological approach at follow-up (P<.001).

**Conclusions and Implications:** Certain personal characteristics and organizational factors can enhance professionals' ability to apply an ecological approach at the community level.

**Funding:** USDA Grant #2010-85215-20665

**Additional Funding:** USDA Smith-Lever and Hatch funds support the delivery and evaluation of the online course to New York State professionals including Cornell Cooperative Extension educators, which represent a different audience than targeted by this USDA-NIFA grant.

UP49 Connecticut Fitness and Nutrition Clubs In Motion (CT FANs IM) – Seeds of Change for Sustainable Living

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**Objective:** This 4-H after-school/summer enrichment program will improve fitness and nutrition for 9- to 14-year-old youth.

**Description:** Third and fourth grade students are taught healthy living skills (nutrition, fitness and gardening) via experiential learning with 4-H Teen mentors and adult leaders. Youth participate in the planning, planting and harvesting of a school-based garden. Activities also include healthy food demonstrations with garden produce.

**Evaluation:** Evaluation includes pre and post fitness measures, questionnaires, behavioral surveys, and observational data.

**Conclusions and Implications:** Implications are nutrition/fitness/gardening awareness/skill building, increased consumption for fruits and vegetables and increased physical activity for youth and families.

**Funding:** USDA Grant #2012-68001-19956

UP50 Nashville Children Eating Well (CHEW) for Health: Education Component

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**Objective:** Increase knowledge and skills about nutrition and childhood obesity prevention among TSU and Meharry students/trainees and practicing healthcare providers.

**Description:** Added curriculum in undergraduate TSU nutrition courses and Meharry third year medical student rotations about nutrition-related chronic diseases and approaches to their prevention and management. Developed a nutrition and physical activity toolkit for dissemination to students, practicing providers, and public health professionals.

**Evaluation:** Provided over 4,500 trainee hours to date. Pre-post knowledge tests collected during classroom sessions. Nutrition and Physical Activity Toolkit utilized in ten train-the-trainer sessions and accessible from multiple on-line sources.

**Conclusions and Implications:** Contributes to training next generation of professionals.

**Funding:** USDA Grant #2011-68001-30113

UP51 Nashville Children Eating Well (CHEW) for Health

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**Objective:** Long-term, CHEW aims to reduce childhood obesity.

**Description:** CHEW assists and educates USDA’s Women, Infants, and Children (WIC) program families with 2-4 year olds; WIC grocers serving this population; nutrition and medical students; and health providers.

**Evaluation:** Smartphone application developed; being tested to assist WIC participants with grocery shopping; and providing nutrition education regarding healthy snacks and beverages. Two healthy food samplings conducted per year in 19 participating WIC-approved stores. More than 4,500 trainee hours spent in childhood obesity prevention education.

**Conclusions and Implications:** Outcomes include: culturally tailored nutrition education; access to fresh produce in neighborhoods; and childhood obesity learning objectives in medical trainee curricula.

**Funding:** USDA Grant #2011-68001-30113

UP52 Nashville Children Eating Well (CHEW) for Health: Extension Component

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**Objective:** 1) Provide technical assistance to WIC-authorized vendors to expand the availability of healthy foods, and 2) Educate low-income families to improve dietary practices.

**Description:** Recruited 19 WIC-authorized grocers. Providing technical assistance and in-store food demonstrations twice a year. Trained African American and