

NP50 (continued)

to the voices of children during the development of programs for which children are part of the priority population is critically important.

Funding: USDA Grant #2015-68001-23234

NP51 Physical Activity and Screen Time 24 Hour Logs Validate a Brief Activity Tool

Mical Shilts, PhD, shiltsm@csus.edu, California State University, Sacramento, 6000 J Street, Sacramento, CA 95819; C. Drake, PhD, University of California, Davis; L. Lanoue, PhD; F. Beatrice; M. Townsend, PhD, RD

Objective: To reduce risk of pediatric obesity, valid assessment tools are needed. This study tested the validity of a brief screening tool for use by low-income parents of preschool age children focusing on screen time (television and computer) and physical activity.

Description: Parents (n=128) from Head Start and WIC participated in the study. Data collection included the parent self-administered 9-item Focus on Activity tool and interviewer-administered 24-hour screen time, physical activity, diet and sleep child/parent log collected on three separate days.

Evaluation: Statistical analysis revealed a significant relationship between Focus on Activity and child screen time ($p < 0.001$), parent screen time ($p = 0.0008$), child physical activity ($p = 0.0025$), and parent physical activity ($p = 0.0585$).

Conclusions and Implications: In this sample, the 9-item focus on activity tool demonstrated adequate validity using three 24-hour logs. The tool could be used for program evaluation in health and nutrition education programs and as a screener for risky sedentary behaviors to target in counseling appointments.

Funding: USDA Grant #2010-85215-20658

NP52 Voices for Food: Bridging the Gap in Multi-State Collaborative Grant Efforts

Suzanne Stluka, MS, RD, LN, suzanne.stluka@sdsu.edu, South Dakota State University, SWG 435, Box 2275A, Brookings, SD 57007; L. Moore, MS, Moore Healthy Living, LLC; D. Contreras, PhD, Michigan State University; H. Eicher-Miller, PhD, Purdue University; L. Franzen-Castle, MS, RD, PhD, University of Nebraska-Lincoln; B. Henne, MS, Michigan State University; L. McCormack, PhD, MPH, RD, LN, ACSM, EP-C, South Dakota State University; D. Mehrle, MPH, RD, LD, University of Missouri; D. Remley, MSPH, PhD, Ohio State University

Objective: Best Practices for convening a collaborative, trans-disciplinary, multi-state USDA/NIFA funded grant incorporating both research and Extension are shared. The process for developing evidence-based toolkits outlining Food Council creation and the transition to guided-client choice in food pantries is highlighted.

Description: Six universities are collaborating to facilitate engaged dialogue and dynamic linkages by promoting health and food security in low-income, low access communities.

Evaluation: Process evaluation is used to assess group progress.

Conclusions and Implications: Collaborative, trans-disciplinary, multi state teams are an effective way to implement grant funded programs involving both research and Extension in low income, low access communities. The structure and coordination of efforts can serve as a framework for current and future groups seeking to implement a program in multiple states.

Funding: USDA Grant #2013-69004-20401

NP53 Connecticut Fitness and Nutrition Clubs In Motion—Prevention of Childhood Obesity via 4-H STEM Clubs in Urban Communities

Umekia R. Taylor, MS, RD, CDN, umekia.taylor@uconn.edu, University of Connecticut College of Agriculture, Health and Natural Resources, Extension, 305 Skiff Street, North Haven, CT 06473; N. R. Rodriguez, PhD, RD, FACS; G. Cutz, EdD; L. Castro, BS; S. Mogensen,; W. C. Padgett, BS; E. J. Siembida, MA; A. F. Farrell, PhD, University of Chicago

Objective: Improve behavior, knowledge and skills for better fitness and nutrition to prevent childhood obesity in third and fourth grade students via 4-H STEM clubs.

Description: Youth and families were introduced to 4-H STEM via schools and community centers. After a series of family nights and informational meetings, youth participated in an 8 week study. After baseline measures of nutrition, fitness, self-esteem, flexibility, endurance and strength testing, youth participated in weekly 2 hour sessions. 4-H teen mentors and adult leaders engaged youth in hands on learning and activities, including nutrition, fitness games, active exergames (Wii Fit®), Zumba dancing, and gardening.

Evaluation: Evaluation included iPad based questionnaires, anthropometric measures (height, weight, triceps, sub-scapular skin folds), and fitness testing (sit and reach, push-ups, partial curl ups, handgrip, PACER shuttle run). The study sample size (n=27) represented 48% of participating students due to weather-related school cancellations, absenteeism, and early parent pick up during testing periods.

Conclusion and Implications: Our preliminary data indicate that programs have potential to increase knowledge of healthier food choices, encourage better exercise habits, and improve flexibility. Although definitive conclusions could not be ascertained due to small sample size, these observations suggest that a 4-H fitness, nutrition, and garden program may improve behaviors, attitudes, and practices towards healthy food choices and exercise. To further delineate these findings, additional youth are being recruited from two additional cities to participate in the intervention and assessment.

Funding: USDA Grant #2012-68001-19956