Use of Engaging Online Videos in Conjunction with New Feeding Content to Enhance a Current EFNEP Program in the Prevention of Child Obesity

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Summary

Objective: The purpose of this study is to add parenting content to the existing Eating Smart • Being Active EFNEP curriculum. The plan is to modify videos previously developed for a obesity prevention program and use these videos along with newly developed in-person and online parenting activities to complement the EFNEP lesson series. These new activities and videos will provide parents with the appropriate knowledge and skills to use in feeding children.

Background

• Children have the innate ability to self-regulate their eating by paying attention to their internal cues of hunger and fullness.
• Parents can influence this inborn ability through their interactions with their child around feeding.
• When parents exhibit too much external control in feeding, children may learn to ignore their internal cues of hunger and fullness.
• When parents offer too little structure and control in feeding, children may learn to overconsume high caloric foods and mindless eating.

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• When parents provide their children with the appropriate knowledge and skills to use in feeding children.

Description: Research subjects will be mothers who are EFNEP participants in the states of Colorado and Washington. Parenting activities and videos will be delivered in one of two conditions – online or in-person.

Evaluation: Eating of fruits and vegetables produced in the previous project is complete and includes additional footage shot in the first year of the project. In-person and online parenting activities were developed to accompany the videos along with newly developed infographics. Infographics were developed for each lesson (both in-person and online) including illustrations created using animation. A Facebook platform was developed for the online program implementation and tracking. Once piloting is complete and modifications made based on the pilot, a randomized controlled trial will begin in the in-person, post, and at 6 and 12 months post-intervention.

Conclusions: Childhood obesity prevention efforts have rarely been successful. Incorporating parenting content into prevention efforts may be a missing link in combatting childhood obesity.

Aims

The long-term goal is to add parent feeding content to the Eating Smart • Being Active EFNEP curriculum by using videos created for a previous USDA AFRI funded study (2011-68001-30009). The objective is to further increase the impact of the EFNEP curriculum by teaching parents responsive feeding resulting in healthier child eating behaviors and food intake.

Future Phases of the Program

• Assessments will be conducted at pre-program, post-program, 6- and 12-month follow-ups to assess responsive feeding, acceptance of new foods, and mindless eating.
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Eating Smart • Being Active Lesson Series

Activity 1: Shopping with Your Child
Identify children’s recommended portion sizes with the idea that their stomachs are the size of their fist.

Activity 2: Trying New Foods
Help parents realize child process of new foods acceptance (multiple exposures & exploratory behaviors).

Activity 3: Portion Sizes for Your Child
Identify what it means to be hungry using words spanning from extremely hungry to extremely full.

Activity 4: Is My Child Hungry or Full?
Identify why foods may prevent eating self regulation, and parent knowledge.

Activity 5: Mealtime Routines
Establish routines that lead to healthy eating at home.

Activity 6: Cues to Eat -- On the Street
Increase parental awareness of outside environment.

Future Phases of the Program

• During Phase IV (Year 5), the program will be disseminated regionally and nationally.
• During Phase III (Year 3 and 4), evaluation of the program will be implemented. (September, 2017). Classes of EFNEP participants in Colorado and Washington will be randomly assigned to one of three conditions: 1) Eating Smart • Being Active alone (control); 2) Eating Smart • Being Active plus feeding videos at the weekly EFNEP in-person sessions with facilitated group discussion and activities; or 3) Eating Smart • Being Active plus online videos and activities, including facilitated online discussion in the weeks between sessions.

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Activity 5: Mealtime Routines
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Activity 6: Cues to Eat -- On the Street
Increase parental awareness of outside environment.

Expected Outcomes

• At the end of the program, mothers in the in-person condition will show more responsive feeding practices; 2) have more mealtime routines, and 3) persist longer in the presentation of new foods.
• Children of these mothers will 1) show better self regulation and 2) extend variety of foods. Effects of the interventions are expected to diminish over time, however, they are expected to be robust and long-lasting, and still be statistically significant at the 12-month follow up.

Acknowledgements

• Funding Source: Agriculture and Food Research in Nutrition
• Program Name: Childhood Obesity Prevention: Integrated Research, Education, and Extension to Prevent Childhood Obesity
• Program Code: A2101
• Grant Award #: 2015-68001-23311