**Objective**

Assess the goal-setting behaviors of EFNEP participants attending a medical clinic based pediatric obesity prevention intervention.

**Methods**

Pediatricians referred 686 parents (30% Spanish speaking) to the EFNEP intervention. More than one-third (n=284) of parents referred expressed interest in attending the intervention with 195 verbally agreeing to be enrolled in the EFNEP intervention anchored with GGS (Figure 2). Parents completed the HK and MCMT assessment tools during session 1; in session 2 they were guided to select minor goals for nutrition and parenting behaviors. At subsequent sessions options were given to continue with the same goal, select a new goal from the guided list, modify the existing goal, or create a new goal. Nutrition and parenting goal selections, goal effort, and goal attainment were tracked weekly.

**Results**

Twenty intervention series with parents or caregivers (n=106, 50% Spanish speaking; 79% participated in an assistance program) were conducted at five medical clinics with 78% of parents completing four or more sessions.

Parents selected fruit and vegetable goal topics frequently and rarely chose contingency management topics i.e., praising child for eating or setting a regular mealtime (Table 2). Improvement in the HK 10-item vegetable subscale was shown with parents buying, serving, and modeling vegetable intake more often after the intervention (Mean Pretest=33.8, SD=6.74; Mean Posttest=38.11, SD=7.74; t(78)=6.38, p < 0.0001).

Most parents selected a new goal each session with Spanish speaking parents more likely to select a guided option (72% vs 61%).

**Conclusion**

GGS was shown to be a suitable behavioral strategy for Spanish and English speaking parents attending EFNEP within a medical clinic setting. Future research should include a larger sample size with randomization to treatment and control groups.

**References**


**Figures**

- Figure 1. Healthy Kids Guided Goal Setting
- Figure 2. Flow Chart
- Figure 3. Comparison of Spanish (n=48) and English (n=58) Speaker’s Goal Effort and Achievement
- Figure 4. Healthy Kids Website [http://healthykids.ucdavis.edu/]

**Tables**

- Table 1. Participant Demographics (n=106)
  - Mean Parent Age = 37
  - Mean Child Age = 8
  - Assistance Programs = 79%
  - Born in Mexico = 45%

- Table 2. Fruit and Vegetable Goals Selected: Guided and Self (n=106)

**Citations**


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