

UP34 (continued)

Evaluation: Focus group/interview data were collected from 177 adolescents in years 1 to 2; 12-week intervention enrolled 152 participants in year 3; pre-post surveys assessed intervention effect on knowledge and behavior. Electronic data capture included usage of Web, software applications, and mobile telephones.

Conclusions and Implications: Modest effect on knowledge and behaviors, but not physical activity, was observed for selected nutrition topics.

Funding: USDA, Cooperative State Research, Education, and Extension Service, Grant #2009-55215-05187.

UP35 Ninos Sanos, Familia Sana: A Multiyear, Multi-intervention Program to Address Childhood Obesity among Low-Income Mexican Origin Children in California's Central Valley

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Objective: To evaluate the effectiveness of culturally informed strategies to recruit, engage, and retain the control group of a multifaceted intervention program in 2 rural Mexican heritage communities in California's Central Valley.

Description: Literature is limited on interventions geared to develop community capacity and maintain enrollments in the control group, particularly with Chicano/Latino communities.

Evaluation: An assessment of the community-based strategies used will be analyzed with content analysis of the data.

Conclusions and Implications: Engaging and retaining control participants for multiyear studies requires community building and collaborative partnerships.

Funding: USDA, National Institute of Food and Agriculture, Grant #2010-04641.

UP36 Using In-home Behavioral Economic Strategies and Enhanced Food Preparation Skills to Increase Vegetable Intake and Variety among Children

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Objective: The objective is to conduct a randomized, controlled intervention to improve child vegetable intake, variety, and liking, based on incorporating in-home behavioral strategies into the Cooking Matters for Families program.

Description: Parent/child pairs (n = 50/group) will be randomized into treatment and control groups and attend 6 weekly 2-hour lessons taught by a chef and extension nutrition educator.

Evaluation: Baseline, 6-week, and 6- and 12-month data will be collected to assess changes in dietary intake, energy density, vegetable liking, cooking skills and confidence, and home availability of vegetables.

Conclusions and Implications: Modifying children's eating patterns to include more vegetables may contribute to healthier weights and overall health of children.

Funding: USDA, National Institute of Food and Agriculture, Grant #2011-04484.

UP37 Growing Healthy Kids through Healthy Communities (HKHC)

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Objective: Deliver and evaluate a school-based nutrition education curriculum in kindergarten through second grade.

Description: The HKHC project is being implemented in an urban school district, with 100% of the eligible schools and classrooms participating. The school enrichment kits were designed to help teachers teach nutrition and health concepts that correspond to state standards.

Evaluation: After attending the teacher workshop, teachers exhibited a significant improvement ($P < .05$) in confidence and self-efficacy in teaching nutrition. Students' nutrition knowledge and behaviors improved significantly.

Conclusions and Implications: The HKHC project has the ability to positively affect nutrition knowledge and behaviors of kindergarten through second-grade youths and their teachers.

Funding: USDA Grant #NEBN-36-502.

UP38 Development of a Multiyear, Family-Centered Nutrition Intervention to Prevent Obesity in Mexican-heritage Children

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Objective: To describe the development of a family-centered nutrition education intervention to prevent obesity in Mexican-heritage children aged 3 to 8 years.

UP38 (continued)

Description: A literature review and focus groups were conducted to identify key messages and test their cultural relevance for obesity prevention in the target audience. The information was used to design a theoretical framework and 3-year plan and to adapt existing extension curricula.

Evaluation: Procedures included content analysis of focus group data and review of California-approved extension materials.

Conclusions and Implications: Key obesity prevention messages can be phased in stages, considering developmental and cultural issues.

Funding: USDA, National Institute of Food and Agriculture, Grant #2011-68001-30167.

UP39 Family Influences to Prevent Childhood Obesity: An Integrated Research and Outreach Program for Parents of Montana 4-H Youth

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Objective: Design and pilot test *4-Health*, an 8-month intervention program for parents, intended to reduce obesity risk in preteen children.

Description: Two-group experiment assessed the effectiveness of *4-Health* vs an information-only control in 6 counties.

Evaluation: Pre- and postintervention assessments included anthropometrics, child and parent self-evaluations, and parent evaluations of child, covering topics of nutrition, physical activity, body image, parenting, and child's quality of life.

Conclusions and Implications: Pilot results and other input informed the design of a full study involving approximately 150 parents in 21 counties. Results should indicate which obesity risk factors in preteens can be modified by active intervention with parents.

Funding: USDA, National Institute of Food and Agriculture, Grant #2009-55215-05334.

UP40 All 4 Kids: Resiliency in an Obesogenic Environment

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Objective: To design and field test an online training program (including videos and written guidance) for the dissemination of a complex, comprehensive childhood obesity prevention program, All 4 Kids.

Description: Using eXtension's Moodle platform, an online "class" details program implementation.

Evaluation: An independent evaluation of the online training determined the effectiveness of this educational platform as a means of program dissemination.

Conclusions and Implications: Access to eXtension's educational platform is an effective method for facilitating the adoption of childhood obesity prevention programs. The online class allows other entities nationwide to deliver effective community nutrition programs.

Funding: USDA, National Institute of Food and Agriculture, Grant #2010-85215-20662.

UP41 Building the Capability of Extension Professionals to Apply an Ecological Approach to Preventing Childhood Obesity in Their Communities

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Objective: The objective is to train a cadre of extension nutrition and 4-H professionals in using an ecological approach to preventing childhood obesity.

Description: Four sessions of a 6-week online course have been delivered to 155 professionals, either as teams of extension and community partners or as individuals; 90 to 120 more will complete training this year.

Evaluation: Course influence is evaluated by assessing outcomes at course end and at 6-month follow-up.

Conclusions and Implications: Intended outcomes are increased knowledge, skills, and confidence in taking an ecological approach, and application of what participants learned at the community level.

Funding: USDA, National Institute of Food and Agriculture, Grant #2010-85215-20665: 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, who represent a different audience than targeted by this USDA/National Institute of Food and Agriculture grant.

UP42 Cost-Effectiveness of Nutrition Education Programs for Limited-Resource Youth

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Objective: To create a cost-effectiveness model and online software calculator for youth Expanded Food and Nutrition Education Program (EFNEP).

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