

P41 (continued)

Conclusions and Implications: Visiting the communities with a mobile kitchen, preparing healthy meals based on regional vegetables, trying to improve knowledge, culinary and back to the family eating practices as well as to reduce food waste inside the home proved to have a positive effect on the behavior of children of those mothers who attended more than 50% of the sessions.

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P42 Improving the Nutrition and Physical Activity Environment Through Self-Assessment in Nebraska Family Childcare Homes

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Objective: To determine if family childcare homes in Nebraska meet best practices for nutrition and physical activity, and if focusing on nutrition and physical activity policies and practices was effective in improving the childcare environment

Design, Setting, and Participants: Family childcare homes funded by the Child and Adult Care Food Program (CACFP) (n = 109) participated in a pre-post evaluation using the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SAAC). NAP SAAC is a validated measure to assess compliance with best practices.

Outcome Measures and Analyses: Wilcoxon Signed Rank Test was conducted using SAS statistical software to examine the extent to which the NAP SAAC scores differed significantly from pre-test to post-test

Results: At baseline, all childcare homes met minimum standards for most of the best practices. Nevertheless, at post NAP SAAC intervention, childcare homes demonstrated significant improvement in almost half of the Breastfeeding items (10 out of 22), in three quarters of the Child Nutrition items (33 out of 44), in over three quarters of the infant and child physical activity items (16 out of 20), in over two thirds of the outdoor play and learning items (10 out of 15) and in almost three quarters of the screen time items (11 out of 15).

Conclusions and Implications: Although family childcare homes in NE were meeting standards at pre-test, they were still able to strengthen their policies and practices by using NAP SAAC. Continued technical training and support and participation in CACFP may assist programs in sustaining improved practices and policies. Considering the high standard for participating in CACFP, future studies comparing these findings to non-CACFP participating programs are warranted.

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P43 Experiential Cooking and Nutrition Education Program Improves Parameters Related to Cooking at Home in Elementary and Middle School Children

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Objective: This study determined whether participating in an experiential cooking and nutrition education intervention improved attitudes and behaviors related to cooking at home among youth.

Target Audience: Elementary and middle-school students (n=1010), in schools with minimum 80% participation in free- or reduced-price lunch, were enrolled.

Theory, Prior Research, Rationale: The program, based on the Social-Ecological Model of behavior change, was designed to increase cooking at home since foods prepared at home have higher nutritional quality than foods prepared away from home.

Description: The program was an after-school nutrition and cooking course (Common Threads Cooking Skills and World Cuisine or Family Cooking Class) taught by chef-instructors. Students received 12-20 hours of instruction. Weekly lessons provided an introduction to nutrition, cooking skills, and hands-on meal preparation.

Evaluation: Students were surveyed during the first and last class of the intervention. Items were analyzed using logit models. Scales were analyzed by Wilcoxon Signed Rank Test. 68% of the students were girls, 37% Hispanic, 33% African-American, 13% Caucasian. Participating in the program increased the proportion of students who strongly agreed that they: enjoyed cooking at home from 66 to 72%, told their family about healthy eating from 42 to 49%, showed their family how to cook from 13 to 32%, and preferred home-cooked to fast-food from 45 to 51% (all p < 0.05). The program increased the proportion of students with high scores for availability of fresh foods in the home from 34-45% (p < 0.05).

Conclusions and Implications: Hands-on, experiential cooking and nutrition education may improve parameters predictive of cooking at home in elementary and middle-school children.

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P44 Encourage Practice Inspire Change in Kids (EPIC Kids) Diabetes Prevention Program at the YMCA

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