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Title

Prevention of Late Adolescent Obesity in the College Environment: An Optimal Default Paradigm

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UP24 (continued)

Description: Five year, tri-state, quasi-experimental project. One control and one intervention community from each state are responsible for creating and implementing one nutrition and one physical activity program addressing overweight and obesity among 6th to 8th grade youth.

Evaluation: Baseline environmental assessments were conducted in all communities. Focus groups were conducted in intervention communities. Data from baseline assessments and focus groups will be used to develop a questionnaire to capture youth health behaviors, determinants of behaviors, and youth engagement and empowerment.

Conclusion and Implications: Identifying a potential framework for creating community-focused, sustainable and effective adolescent obesity prevention programs.

Funding: USDA Grant #2012-68001-19619

Other Funding: Agriculture and Food Research Initiative

UP25 Growing Healthy Kids Through Healthy Communities

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Objective: Increase nutrition knowledge and improve nutrition-related behaviors in K-2 students and their teachers.

Description: Growing Healthy Kids (GHK) uses educational kits developed for each grade (K-2) with 5 age-appropriate lessons and activities. Annual teacher workshops focus on utilization of GHK kits and trending nutrition topics.

Evaluation: A significant increase in nutrition knowledge for all grades and improved nutrition-related behaviors reported by parents and teachers were found in the first 2 years of GHK implementation. Teachers reported increased nutrition knowledge and time spent teaching nutrition.

Conclusions and Implications: GHK has the potential to decrease childhood obesity by improving nutrition-related knowledge and behavior.

Funding: USDA Grant #2011-67001-30011

UP26 Prevention of Late Adolescent Obesity in the College Environment: An Optimal Default Paradigm

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Objective: This project applies behavioral economics to optimize late adolescents' food choices in the college dining environment.

Description: First-year college students are randomized to one of three conditions in an experimental lunch meal: optimal default, sub-optimal default (standard dining fare), or free-choice array.

Evaluation: We hypothesize that the optimal default meal will yield reduced caloric intake and increased fruit and vegetable consumption relative to the other conditions.

Conclusions and Implications: This is the first controlled study to test an obesity-related optimal default paradigm in first-year college students, a group at high risk for weight gain. Results will inform policy regarding selection procedures in college dining programs.

Funding: USDA Grant #2013-69001-20416

UP27 Enhancing Self-Regulation as a Strategy for Obesity Prevention in Head Start Preschoolers

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Objective: To test the effect of 3 interventions: a nutrition education/obesity prevention program (Parents of Preschoolers Series (POPS)); an intervention to improve children's emotional and behavioral self-regulation combined with POPS (POPS + Incredible Years Series (IYS)); and usual Head Start exposure on preventing obesity in Head Start children.

Description: Of an ultimate total of 600 children, 572 have been randomized.

Evaluation: Adiposity, dietary intake by 24-hour dietary recall, and children's self-regulation capacity is measured pre- and post-intervention.

Conclusions and Implications: The study will test the hypothesis that POPS+IYS will be most effective in preventing obesity in low-income children.

Funding: USDA Grant #2010-04785

UP28 Creating a Transdisciplinary Childhood Obesity Prevention Graduate Certificate Program

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