To evaluate the impact of a 2-year obesity prevention intervention (WAVE program) on high school (HS) soccer players' fruits and vegetable (FV) intake, saturated fat, and added sugar intake; and their physical activity (PA) in- vs. out-of-season soccer.

METHODS
Among 388 participants who completed pre-intervention demographic questionnaires, self-reported Block Food Frequency Questionnaire, and measured PA using Fitbit-Ap, 52% completed post-intervention assessments. ANOVA was used to examine pre/post intervention changes, and ANCOVA models to examine the between-group changes in diet and PA.

RESULTS & DISCUSSION
For diet, the intervention group significantly decreased in added sugar (12 g/d) and saturated fat (3 g/d) intakes. The between-group changes in added sugar intake was significant compared to comparison group. Changes in pre/post FV intake or dietary between-group changes in FV was insignificant.

For PA, in soccer season, mean steps/d for all participants was 9,937 (3,022) vs. 7,660 (3,422) steps/d in non-season. The between-group changes in steps/d was significant compared to comparison group.

CONCLUSIONS
Targeting active youth in a diet/PA intervention improves diet, but not PA. Future studies should focus on maintaining PA in youth athletes when they are not engaged in sport, thus, helping them make the transition to being physically active adults.