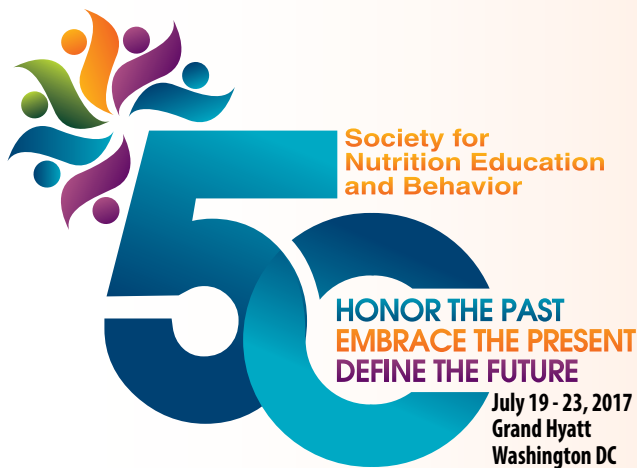




## Society for Nutrition Education and Behavior Annual Conference • San Diego, California July 30 - August 2, 2016

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50th SNEB conference  
**Save the Date**  
 and attend the  
 planning meeting on  
 Mon., 7 a.m., Nautilus 3

Name: \_\_\_\_\_

# Congratulations to SNEB Award Winners



**Helen Denning Ullrich Award for Lifetime Excellence in Nutrition Education**  
Carol Byrd-Bredbenner, PhD, RD



**Mid-Career Professional Achievement Award**  
Betty Tomoko Izumi, PhD, MPH, RD



**Scholarship of Teaching and Learning Nutrition in Higher Education Award**  
Sarah L. Ash, PhD  
(presented by the Higher Education Division)



**Nutrition Education Research Award**  
Barbara A. Lohse, PhD, RD, LDN



**Nutrition Education Program Impact Award**  
Harvest for Healthy Kids



Georgia  
**CAFE**

Community  
Advocacy to Access  
Food Stamps for the  
Elderly & Disabled

**Advisory Committee on Public Policy Health Promotion Policy Award**  
Georgia Cafe

## Best Article

The Best Article Award will be presented to authors Garry Auld, PhD, RD; Susan Baker, EdD; Lisa Conway, MS, RD; Jamie Dollahite, PhD; Maria Carmen Lambea, MD, MPH; and Kathryn McGirr, MS, RD for their article "Outcome Effectiveness of the Widely Adopted EFNEP Curriculum Eating Smart · Being Active" published in the January/February 2015 issue of JNEB.

## Best GEM

The Best GEM award will be presented to authors Mical K. Shilts, PhD; Margaret C. Johns, MPA, RD; Cathi Lamp, MS, MPH, RD; Connie Schneider, PhD, RD; and Marilyn S. Townsend, PhD, RD for their paper "A Picture Is Worth a Thousand Words: Customizing MyPlate for Low-Literate, Low-Income Families in 4 Steps," published in the July/August 2015 issue of JNEB.

## Student Research Awards presented by the Higher Education Division

Yuka Asada, PhD, RD, University of Illinois at Chicago (P15)

Caroline Dunn, MS, RD, LDN, University of South Carolina (P17)

D. Rose Ewald, BS, University of North Carolina at Greensboro (P90)

Matthew Graziose, MS, Teachers College Columbia University (P220)

Tomoko Osera, PhD, Kobe Women's University (P148)

Marvin So, MPH, CHES, Harvard T.H. Chan School of Public Health (O18)

Michal Stekler, MSc, The Hebrew University of Jerusalem (O4)

## Robin Orr International Scholarship presented by the SNEB Foundation

Elise Jalbert-Arsenault, RD, Université de Montréal

## Student Scholarships presented by the SNEB Foundation

Jennie Davis, University of Idaho

Colleen Delaney, Rutgers University

Jessica McKinley, RDN, Rutgers University

Kristin Riggsbee, University of Tennessee at Knoxville

## Community Scholarships presented by the SNEB Foundation

Whitney Fung, Family and Consumer Sciences Agent, UF/IFAS Extension Polk County

Jalisa Holifield, AmeriCorps VISTA Nutrition Education Program Specialist, Freestore Foodbank

## Undergraduate Scholarship presented by the SNEB Foundation

D. Rose Ewald, BS, University of North Carolina at Greensboro

JNEB Best Article and Best GEM awards will be presented after the opening plenary. The Health Promotion Policy Award will be presented on Tuesday during the Public Policy Plenary. All other award recipients will be recognized at the SNEB Business Meeting and Awards Presentation on Sunday, July 31 from 4:15 to 5:15 p.m. in Grand AB. Everyone is encouraged to attend to recognize SNEB's achievements in the past year and congratulate the award winners.

# Message from the Conference Chair

Dear Colleagues:

Welcome to the Next Practice SNEB 2016 in San Diego, California's second largest city, known for its beaches, parks and warm climate. Bordered by the Pacific Ocean to the west, Laguna Mountains to the east, and Mexico to the south, the diverse neighborhoods of San Diego will offer you great opportunities for exploration.

The synergy of a great conference and an amazing location is exactly what we planned for you this year! Every event and session is purposefully planned to either add to your knowledge, add effectiveness to your practice, help you make strides in your career path, enlarge your network or for sheer enjoyment!

**Saturday:** Giving you a reason to come early, we planned amazing pre-conference sessions. Check them out! But if that was not an option, the opening session paraded by the food guidelines around the world will usher you to the exhibition hall, where our exhibitors will give you a chance to see the next practice resources.

**Sunday:** What you do not want to miss is the Keynote. I am excited to present to you our keynote speaker Dr. Christine Economos, the co-founder and Director of Childhood Obesity 180, a Next Practice organization that is finding real solutions by mobilizing communities and stakeholders in the fight against childhood obesity. The keynote will summarize what we are about—but do not take my word for it, come and hear for yourself.

You will not want to miss any of the breakout sessions with topics ranging from evidence of child nutrition progress and existing challenges, keeping kids healthy during summer, communicating nutrition messages at the face of nutrition literacy and technology tools to advance nutrition education and ways of advocating for nutrition through policies. But do not forget to attend the Business Meeting, open to all attendees, it is your right to know how the organization is doing and more importantly applaud all of the award winners. We will end that day with a movie and discussion around the health and environmental implications of our food choices. Consider this a personal invitation to the movie on Sunday night.

**Monday:** I encourage you to support the SNEB Foundation by participating in the Fun Run. Dr. Chris Taylor, in collaboration with Milestone Running, have designed a 5K route that will refresh and

energize you the whole day, whether you run or catch up with a friend as you walk. The George M. Briggs Nutrition Science Symposium will deliver the interactive role of the human microbiome, nutrition, and health. Breakout sessions on Monday will range from global food problems, general professional enrichments, lessons from MyPlate, childhood obesity and innovative learning strategies for Nutrition Education. You also do not want to miss the debate: Weight as a Measure of Health vs. Health at Every Size Concepts.



**Tuesday:** Bee Marks Communications Symposium will open the day for us with effective communication strategies. If you are looking for a practice or a strategy to incorporate in your current work, whether research or practice, you do not want to miss any of the breakout sessions on Tuesday, such as USDA posters, strategies of engaging parents and caregivers, how to fight food insecurity, more nutrition education methodologies, ACPP's unveiling the science behind National menu labeling policy, or how NE \_RNECE are making a dent in obesity in their community.

**Wednesday:** We made another reason for you to stay an extra day and enjoy intensive sessions ranging from developing and promoting dietary guidance, integrating movement into nutrition or my personal pick tour - the to Coastal Roots Farm: Nourishing Connections.

Welcome to San Diego and the Next Practices conference! Use this program to make it your conference with a mix of learning, networking and time to enjoy the sun and a taste of San Diego!

Mary Murimi, PhD, RD  
2016 Conference Chair, 2015-2016 SNEB President-Elect,  
2016-2017 SNEB President

## Schedule at a Glance

Saturday, July 30		
7:00am-6:00pm	Grand Foyer	Registration Open
7:15am-5:00pm	Nautilus 3	Team Nutrition Grantee Meeting and What's Shaking Partner Meeting (invitation only)
8:00am-3:00pm	Grand C	FNEE Pre-Conference Session: Using Policy Systems and Environmental Change (PSE) Interventions to Build Healthy Communities (registration required)
8:00am-3:00pm	Nautilus 1 & 2	Pre-Conference Workshop: How to Conduct and Write Systematic Reviews for JNEB (registration required)
8:00am-3:00pm	Spinnaker	Mentoring Initiative: Building a cadre of minority scientists in the area of childhood obesity prevention (by invitation only)
8:00am-12:00pm	Offsite	Tour to Olivewood Gardens & Learning Center (registration required) (meet in Grand Foyer)
3:15pm-4:30pm	Spinnaker	SNEB Leadership Workshop (by invitation only)
4:45pm-5:30pm	Grand AB	Opening Comments by Dr. Susan Mayne with Food Guide Parade

# Schedule at a Glance

5:30pm-7:30pm	Pavilion	Opening Reception with Exhibitors (hors d'oeuvres served)
7:30pm-8:30pm	Grand C	Student & Young Professional Speed Networking (all welcome)
<b>Sunday, July 31</b>		
7:00am-6:00pm	Grand Foyer	Registration Open
7:00am-8:00am	Bay View Lawn	Yoga led by Cassidy Sloot (all welcome)
7:00am-8:00am	Spinnaker	Coffee with JNEB Editor-in-Chief and Editors (all welcome)
7:00am-8:00am	Nautilus 3	ACPP Committee (committee only)
7:00am-8:00am	Nautilus 4	Board and Division leadership meeting (invitation only)
7:00am-8:00am	Nautilus 5	Mentor/Mentee Meetup
7:30am-5:00pm	415	Speaker Ready Room
8:00am-9:00am	Grande Foyer	Coffee served for all attendees
8:30am-10:00am	Grand AB	Opening Keynote with Dr. Chris Economos
10:00am-10:15am	Grand AB	JNEB Best Article & Best GEM Award Presentation
10:15am-11:15am	Spinnaker	Dialogue Now with Dairy Council of California (invitation only)
10:15am-11:15am	Nautilus 3	Nutrition Education with Industry Division Meeting (all welcome)
10:15am-11:15am	Nautilus 4	Sustainable Food Systems Division Meeting (all welcome)
10:15am-11:15am	Nautilus 5	Planning Meeting for Systematic Review of Intentional Weight Loss Four or More Years Later (all welcome)
10:15am-10:45am	Pavilion	Nutrition Break served
10:15am-11:45am	Pavilion	Exhibits Open
10:15am-11:45am	Pavilion	Poster Abstract P1-P130
11:30am-12:30pm	Spinnaker	Dialogue Now with Tisch Center (invitation only)
11:30am-12:30pm	Nautilus 4	MultiState Meeting (invitation only)
11:30am-12:30pm	Nautilus 3	Nominating Committee (committee only)
11:45am-12:45pm	Harbors Edge Restaurant	Student Mixer - place lunch order at registration desk before 10:30 a.m. Each student will pay individually for what they order for lunch. (all welcome)
12:45pm-1:45pm	Grand AB	Nutrition Literacy: Next Steps in Increasing Capacity with Nutrition Information
12:45pm-1:45pm	Grand C	Successes and Challenges in Child Nutrition and Opportunities for Nutrition Educators
12:45pm-1:45pm	Nautilus 1&2	Summer Moves, Summer Food: Helping Kids Stay Healthy when School is Out
2:00pm-2:30pm	Grand AB	SNEB Website Reveal (all welcome)
2:30pm-4:00pm	Grand AB	Systems Behavior Change for School Environments: Taking Nutrition Education to the Next Level
2:30pm-4:00pm	Grand C	Make Real Change: Nutrition Educators as Advocates
2:30pm-4:00pm	Nautilus 1&2	Virtual Realities and Digital Health Adaptive Technology for Nutrition and Physical Activity Education Across the Life Span
4:15pm-5:15pm	Grand AB	SNEB Awards Presentation & Business Meeting (all welcome)
5:15pm	Grand AB	Resolution Reading (all welcome)
5:30pm-6:30pm	Nautilus 5	ASNNA (invitation only)
5:30pm-7:30pm	Nautilus 1&2	Sunday Night at the Movies "Well Fed"
6:00pm-7:00pm	Nautilus 4	Food & Nutrition Extension Education Division (all welcome)
<b>Monday, August 1</b>		
8:00am-5:30pm	Grand Foyer	Registration Open
7:00am-8:00am	Pavilion	Fun Run Benefiting the SNEB Foundation
7:00am-8:00am	Spinnaker	Journal Committee Meeting (committee only)
7:00am-8:00am	Nautilus 1&2	Advisory Committee on Public Policy Open Meeting (all welcome)
7:00am-8:00am	Nautilus 3	2017 Planning Committee (all welcome especially DC area members)
7:00am-8:00am	Nautilus 4	Children Nutrition Division Meeting (all welcome)
7:00am-8:00am	Nautilus 5	Public Health Division Networking (all welcome)
7:30am-7:00pm	415	Speaker Ready Room
8:00am-9:00am	Grande Foyer	Coffee served for all attendees

8:30am-10:00am	Grand AB	George M. Briggs Nutrition Science Symposium - Update for Nutrition Educators: The Interactive Role of the Human Microbiome, Nutrition, and Health
10:15am-10:45am	Pavilion	Nutrition Break Served
10:15am-11:15am	Spinnaker	Dialogue Now with University of New England (invitation only)
10:15am-11:15am	Nautilus 4	Weight Realities Division Meeting (all welcome)
10:15am-11:15am	Nautilus 5	Communications Division Meeting (all welcome)
10:15am-11:45am	Pavilion	Exhibits Open
10:15am-11:45am	Pavilion	Poster Abstracts P131-P264
11:15am-12:15pm	Grand C	Resolution Forum
11:15am-12:45pm	Nautilus 3	SNEB Foundation Board of Trustees (trustees and scholarship recipients)
12:45pm-2:15pm	Grand AB	Making It Count: Get Online with a Multi-Faceted, Multilingual, Professional Development Program for School Nutrition Personnel
12:45pm-2:15pm	Grand C	Duplicate Yourself! (How to Reach 100,000+ People by Going Virtual with Your Demos)
12:45pm-2:15pm	Nautilus 1&2	Global Food Systems: Solutions for the Growing World
2:30pm-4:00pm	Grand AB	Debate: Weight as a Measure of Health vs. Health at Every Size Concepts
4:15pm-5:15pm	Grand AB	Scholarship of Teaching & Learning: Innovative Collaborative Learning Strategies for Nutrition Education
4:15pm-5:15pm	Grand C	MyPlate Promotion Campaign Leverages Key Messages from the 2015 Dietary Guidelines for Americans
4:15pm-5:15pm	Nautilus 1&2	Childhood Obesity Prevention Research through a Community Context
5:30pm-6:30pm	Spinnaker	Student Committee (all welcome)
5:30pm-6:30pm	Nautilus 3	NIFA-AFRI Reception (invitation only)
6:15pm	Hotel Foyer	Past Presidents Dinner (invitation only)
7:00pm-8:00pm	Grand AB	CACFP Meal Patterns - an update from USDA
<b>Tuesday, August 2</b>		
6:30am		Self-guided walking route - maps available at registration
7:00am-8:30am	Grand C	Coffee And ...with Hass Avocado Board (reservation required)
8:00am-5:30pm	Grande Foyer	Registration Open
8:30am-10:00am	Grand AB	Bee Marks Communication Symposium: Talk is Cheap
10:15am-11:15am	Nautilus 3	EFNEP (by invitation)
10:15am-11:15am	Nautilus 4	International Nutrition Education Division Meeting (all welcome)
10:15am-10:45am	Pavilion	Nutrition Break Served
10:00am-12:00pm	Pavilion	USDA NIFA-AFRI and Team Nutrition Poster Abstracts
10:15am-11:45am	Grand AB	Oral Abstract Presentations O1-O6: Nutrition Education Technology and Interventions
10:15am-11:45am	Grand C	Oral Abstract Presentations O7-O12: Nutrition Education Behavior Change
10:15am-11:45am	Nautilus 1&2	Oral Abstract Presentations O13-O18: Behavior Change and Interventions
11:45am-12:45pm	Spinnaker	Board of Directors Meeting (committee only)
12:15pm-1:15pm	Nautilus 5	Conversations with USDA
12:45pm-2:15pm	Grand AB	Calling parents and caregivers ...Are you there? ... Can you hear me?
12:45pm-2:15pm	Grand C	Food Insecurity: Double Burden of Malnutrition
12:45pm-2:15pm	Nautilus 1&2	Cognitive Load and Neuro-Economics: Implications for Health Literacy and Nutrition Education Program Design
1:15pm-2:15pm	Nautilus 5	USDA Funding Opportunities
2:30pm-4:00pm	Grand AB	Public Policy Plenary - What's on the Menu? Federal Policy Implications and Community Solutions Resulting From National Menu Labeling Requirements - Health Promotion Policy Award presented
4:15pm-5:15pm	Grand AB	SNAP to it! Collaborating to Enhance School Wellness Policies
4:15pm-5:15pm	Grand C	Initial Results from the Northeast Regional Nutrition Education Center of Excellence (NE-RNECE) Research:
4:15pm-5:15pm	Nautilus 1&2	HomeStyles: A Case Study in Developing a Childhood-Obesity Prevention Intervention
4:15pm-5:15pm	Nautilus 5	USDA Highlights from the NIFA Childhood Obesity Prevention Program
<b>Wednesday, August 3</b>		
7:30am-10:00am	Grand Foyer	Registration
8:00am-12:00pm	Grand C	Developing and Promoting Sustainable Dietary Guidance (registration required)
9:30am-10:30am	Nautilus 4	Integrating Movement into Nutrition and Gardening for Nutrition Education (registration required)
9:00am-3:00pm	Offsite	Tour to Coastal Roots Farm (registration required) - meet in Grand Foyer

# General Information

## Registration

The Registration Desk is located outside the Grand Foyer in the Marina Tower Lobby Level. (See map on back cover.) If you have any questions during the conference, please stop by for assistance.

Friday, July 29 .....	4:00 pm - 7:00 pm
Saturday, July 30.....	7:00 am - 6:00 pm
Sunday, July 31 .....	8:00 am - 5:30 pm
Monday, August 1.....	8:00 am - 5:30 pm
Tuesday, August 2 .....	8:00 am - 5:30 pm
Wednesday, August 3 .....	7:30 am - 10:00 am

## Conference Name Badges

Please wear your badge at all conference functions. Members of the SNEB leadership, sponsors, exhibitors, volunteers, new members, scholarship recipients, student research award winners, JNEB platinum, gold and silver authors and staff are wearing ribbons that identify themselves.

SNEB Division members can be identified by a colored circle or star on their badge. Please pick up your colored circle or star at the Registration Desk.

### Sticker Key

Communications .....	Silver Star
Food & Nutrition Extension Education .....	Green Dot
Healthy Aging .....	Light Blue Dot
Higher Education .....	Yellow Dot
International Nutrition Education .....	Red Star
Nutrition Education for Children .....	Orange Dot
Nutrition Education with Industry .....	Gold Star
Public Health Nutrition .....	Blue Dot
Sustainable Food Systems .....	Green Star
Weight Realities .....	Red Dot

## Speaker Ready Room

The Speaker Ready Room is located in Marina Tower - Room 415. (See map on back cover.) This room is available for all scheduled presenters to organize materials. The Speaker Ready Room will be open:

Sunday, July 31 .....	7:30 am - 5:00 pm
Monday, August 1.....	7:30 am - 7:00 pm
Tuesday, August 2 .....	6:30 am - 5:00 pm

## Exhibitors

SNEB exhibitors are located in Pavilion - access through the doors outside registration. See page 8 for a list of exhibitors. Exhibit hours are as follows:

Saturday, July 30	5:30 p.m. - 7:30 p.m. <i>Hours coincide with Opening Reception</i>
Sunday, July 31	10:15 a.m. - 11:45 a.m. <i>Nutrition break served at 10:15 a.m.</i>
Monday, August 1	10:15 a.m. - 11:45 a.m. <i>Nutrition break served at 10:15 a.m.</i>

## Mobile Schedule and Social Media

SNEB invites you to participate with us on our social media outlets. Use hashtag #SNEB16 in conference tweets.

A mobile friendly version of the conference schedule is online at [www.sneb.org](http://www.sneb.org). We'll post as many of the presentations and handouts as possible on this website for access during and after the conference. We'll also post a list of conference attendees to help with networking!

## Continuing Education Credit Hours

The Society for Nutrition Education and Behavior partners with organizations to provide continuing education credits.

You may earn a maximum of **37** CEU hours depending on which sessions you've attended. The CEU's listed in the onsite program apply to the Commission on Dietetic Registration. The following organizations have also approved the conference for continuing education credits but the number of approved sessions vary. See the detailed information at the CEU table near the registration desk in the Grand Foyer.

- American Association of Family and Consumer Sciences (total)
- National Commission for Health Education Credentialing - CHE (total)
- School Nutrition Association (total)

## Rising Star

The rising star symbol can be found on the name badges and published abstracts of attendees potentially interested in pursuing further graduate studies. This symbol is intended to help university faculty members identify and connect with potential future graduate students during the conference.



# About SNEB

## Mission

To promote effective nutrition education and healthy behavior through research, policy and practice.

## Vision

Healthy communities, food systems and behaviors.

## Goals

- **Grow and maintain** a dynamic Society serving nutrition educators around the world.
- **Support** the effective practice of nutrition education.
- **Advocate** for policies that support healthy communities, food systems and behaviors.
- **Promote research** related to effective nutrition education and behavior change at the individual, community and policy levels.
- **Build collaborations** with organizations, industries and government to promote healthy communities, food systems and behaviors

## Call for Nominations

The Nominating Committee is accepting nominations from the membership until September 2, 2016 for the following positions. Nomination forms are online at <http://www.sneb.org/about/leadership.html>

- Vice President
- Director at Large (2)
- Nominating Committee Co-Chairs (2)
- Advisory Committee on Public Policy Chair Elect (1)

## SNEB Resolution

An individual, group of SNEB members, SNEB Division or SNEB committee may submit a resolution for consideration by the membership. The deadline for submission is April 15 each year. A resolution regarding “Building a Nutrition Education Evidence Database to Support Policy and Planning in Developing Countries” was received and approved by the Issues and Resolutions Committee. The first reading will be on Sunday, July 31 at 5:30 p.m. in Grand AB with discussion on Monday, August 1 at 11:30 am - 12:30 pm in Grand C.

## Special Interest Divisions

Division meetings held at conference are open to anyone who is interested in attending.

### Communications Division

(8/1 | 10:15 am - 11:15 am | Nautilus 5 ) Promotes accurate and effective nutrition communication by linking nutrition with communication professionals to enhance the reach and effectiveness of nutrition educators.

### Food & Nutrition Extension Education Division

(7/31 | 6:00 pm - 7:00 pm | Nautilus 4) Offers nutrition educators in the Cooperative Extension System the opportunity to share programming and research ideas, resources, and visions for the future.

**Healthy Aging Division** (online business meeting conducted 7/13 - recording posted at [www.sneb.org](http://www.sneb.org))

Stimulates research and optimizes nutrition-related quality of life for older adults through improved nutrition education and behavior and policy development.

**Higher Education Division** (social planned offsite on Monday, August 1 at 5:30 p.m. - \$35 fee - RSVP to [carrawaystagev@ecu.edu](mailto:carrawaystagev@ecu.edu))

Provides individuals who teach nutrition in post-secondary settings the opportunity to network, share methodology and research perspectives, and to stimulate research to improve the effectiveness of teaching.

### International Nutrition Education Division (DINE)

(8/2 | 10:15 am - 11:15 am | Nautilus 4) Provides an international perspective within SNEB and focuses on expansion of international membership.

### Nutrition Education for Children Division

(8/1 | 7:00 am - 8:00 am | Nautilus 4) Promotes communication, cooperation, and exchange of ideas in nutrition education for children.

### Nutrition Education with Industry Division (NEWI)

(7/31 | 10:15 am - 11:15 am | Nautilus 3) Provides educational and networking opportunities for nutrition educators who work with or in industry, or are interested in learning more about the food industry.

**Public Health Nutrition Division -** (Networking Session 8/1 | 7:00 am - 8:00 am | Nautilus 5) Focuses on helping members exchange information, contribute to public policy issues relevant to all areas of public health nutrition, and seek opportunities with other partners to enhance nutrition education messages for the public.

### Sustainable Food Systems Division

(7/31 | 10:15 am - 11:15 am | Nautilus 4) Promotes food systems that are environmentally sound, socially just, economically viable and that produce quality food.

### Weight Realities Division

(8/1 | 10:15 am - 11:15 am | Nautilus 4) Advocates health and quality of life rather than slenderness at any cost.

# Thank you to our Conference Exhibitors

#308 PHI Center for Wellness & Nutrition
#303 Team Nutrition - USDA CNP
#301 Advisory Committee on Public Policy

	#209 Connect for Education
#304 SNEB	#205 Elsevier
#302 FoodPlay Productions	#203 Nutrition Matters
#300 Learning ZoneXpress	#201 Hass Avocado Board

#208 SNAP-Ed Connection	#109 LA Publishing
#204 Journal of Nutrition Education & Behavior	#105 iCook 4-H Curriculum
#202 FDA/CFSAN	#103 Instant Recess
#200 University of New England	#101 Longevity Link

## Connect for Education

Maria Paz  
580 Herndon Pkwy., Suite 500  
Herndon, VA 20170  
703-880-1180  
maria@connect4education.com  
<http://mywebtext.com/nutrition-textbook>

## Dr. Yancey & Darlene Edgley Fellowship (Instant Recess)

Darlene Edgley  
PO Box 78151  
Los Angeles, CA 90016  
323-228-4151  
dedgley@yanceyfellowship.org  
[www.yanceyfellowship.org](http://www.yanceyfellowship.org)

## Elsevier

George Woodward  
1600 John F. Kennedy Blvd., Suite. 1800  
Philadelphia, PA 19103  
215-239-3362  
gwoodward@elsevier.com  
[www.elsevier.com](http://www.elsevier.com)

## FDA/CFSAN

Jennifer Hemphill  
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College Park, MD 20740  
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jennifer.hemphill@fda.hhs.gov  
[www.fda.gov/food](http://www.fda.gov/food)

## FoodPlay Productions

Barbara Storper  
1 Sunset Ave.  
Hatfield, MA 01038  
413-247-5400  
barbara@foodplay.com  
[www.foodplay.com](http://www.foodplay.com)

## Hass Avocado Board

Jessica Hall  
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650-860-5010 ext 304  
jhall@foodminds.com  
[www.loveonetoday.com](http://www.loveonetoday.com)

## Journal of Nutrition Education and Behavior

Karen Chapman- Novakofski, Editor  
editor@jneb.org  
[www.jneb.org](http://www.jneb.org)

## LA Publishing LLC

Joanna Garofalo  
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804-744-5022  
office@lapllc.com  
[www.lapllc.com](http://www.lapllc.com)

## Learning ZoneXpress

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[www.learningzonexpress.com](http://www.learningzonexpress.com)

## Longevity Link Corp

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Salt Lake City, UT 84108  
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wbgellermann@gmail.com

## Nutrition Matters

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316 North Barstow Street, Suite I  
Eau Claire, WI 54703  
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cyarrington@numatters.com  
[www.numatters.com](http://www.numatters.com)

## PHI Center for Wellness and Nutrition

Amy DeLisio, MPH, RD  
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Sacramento, CA 95825  
916-265-4042  
amy.delisio@wellness.phi.org  
[www.centerforwellnessandnutrition.org](http://www.centerforwellnessandnutrition.org)



**Team Nutrition - USDA/CNP**

Desiree Stapley  
 3101 Park Center Drive  
 Alexandria, VA 22302  
 202-375-9350  
 teamnutrition@fns.usda.gov  
 www.fns.usda.gov

**iCook 4-H Curriculum**

iCook 4-H Researchers  
 5735 Hitchner Hall  
 Orono, ME 04469-5735  
 207-581-3134  
 awhite@maine.edu

**University of New England**

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 716 Stevens Ave.  
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**USDA, FNS, SNAP-Ed Connection**

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 snap-edconnection@fns.usda.gov  
 https://snaped.fns.usda.gov

**Schedule****Saturday, July 30**

5:30pm - 7:30pm Opening Reception  
 with hors d'oeuvres served

**Sunday, July 31**

10:15am - 10:45am Nutrition Break  
 10:15am - 11:45pm Exhibits Open  
 Poster Abstracts: P1 - P130

**Monday, August 1**

10:15am - 10:45am Nutrition Break  
 10:15am - 11:45pm Exhibits Open  
 Poster Abstracts: P130 - P 264

## SNEB Past Presidents

A special thank you to these visionary leaders who  
 volunteered their time and effort to make SNEB a success!

Kendra Kattelmann, PhD, RDN, LN, FAND, 2014-2015

Joanne Ikeda, MA, RD 2013 - 2014

Linda Drake, MS 2012 - 2013

Brian Wansink, PhD 2011 - 2012

Tracy Fox, MPH, RD 2010- 2011

Geoffrey Greene, PhD, RD, LDN 2009 – 2010

Martha Archuleta, PhD, RD 2008 – 2009

Debrah M. Palmer, PhD, MEd 2007 – 2008

Robin Orr, PhD (dec.) 2006 – 2007

Patricia Kendall, PhD, RD 2005 – 2006

Elizabeth Crockett, PhD, RD, CDN 2004 – 2005

Jane Voichick, PhD 2003 – 2004

Kathleen McMahon, PhD, RD 2002 – 2003

Marilyn Briggs, PhD, RD, SNS 2001 – 2002

Joann Heppes, MS, RD (dec.) 2000 – 2001

Lynn Parker, MS 1999 – 2000

Jean Pennington, PhD, RD 1998 – 1999

Laura Sims, PhD, RD 1997 – 1998

Ardyth Gillespie, PhD 1996 – 1997

Rebecca Mullis, PhD, RD 1995 – 1996

Jean Skinner, PhD, RD 1994 – 1995

Guendoline Brown, PhD, RD 1993 – 1994

Jennifer Anderson, PhD, RD 1992 – 1993

Barbara Shannon, PhD, RD 1991 – 1992

Nancy Schwartz, PhD, RD 1990 – 1991

Judy Brun, PhD 1989 – 1990

Janet Tenney, MS, RD 1988 – 1989

Lenora Moragne, PhD, RD 1987 – 1988

Janice Dodds, EdD 1986 – 1987

Audrey Maretzki, PhD, MS 1985 – 1986

Kathryn Kolasa, PhD, RD 1984 – 1985

Kristen McNutt, PhD (dec.) 1983 – 1984

Jerry Moore, PhD 1982 – 1983

Katherine Clancy, PhD, RD 1981 – 1982

Ruthe Eshleman, EdD, RD 1980 – 1981

Joan Gussow, EdD 1979 – 1980

Roslyn Alfin-Slater, PhD (dec.) 1978 – 1979

Helen Guthrie, PhD 1977 – 1978

Johanna Dwyer, ScD, RD 1976 – 1977

Philip L. White, ScD(dec.) 1975 – 1976

Jean Mayer, PhD (dec.) 1974 – 1975

Sue R. Williams, RD, MPH 1973 – 1974

George F. Stewart, PhD (dec.) 1972 – 1973

Gaylord P. Whitlock, PhD 1971 – 1972

Ruth L. Huenemann, PhD 1970 – 1971

Helen E. Walsh, MA, RD (dec.) 1969 – 1970

George M. Briggs, PhD (dec.) 1968 – 1969

# Congratulations SNEB Award Winners

## Helen Denning Ullrich Award for Lifetime Excellence in Nutrition Education

Carol Byrd-Bredbenner, PhD, RD, FAND

The Helen Denning Ullrich Award for Lifetime Excellence in Nutrition Education recognizes an outstanding member of SNEB who has significantly contributed to the field of nutrition education and promotion throughout their career including a record of service to the Society. The award is named in honor of Helen Denning Ullrich, a loyal member of the Society and the first editor of the *Journal of Nutrition Education and Behavior*.



This year's esteemed recipient is Carol Byrd-Bredbenner, PhD, RD, FAND, Professor of Nutrition/Extension Specialist, Co-Director of the Nutritional Sciences Graduate Program, and a Fellow of the Institute of Food, Nutrition, and Health at Rutgers University. Dr. Byrd-Bredbenner has been a dedicated researcher, educator and leader in the nutrition education field for over 30 years. Her research focuses on nutrition education and health promotion with the goal of effecting behavior changes that prevent negative outcomes and promote healthy lifestyles. She leads a team charged to explore intrapersonal, interpersonal, and environmental factors that affect nutrition and health behaviors using a polytheoretical socioecological approach. The purpose of her work is to describe these factors, investigate their impact on dietary choices and health, examine how they can be modified or mediated to change behaviors to result in healthier lifestyles, expand understanding of the theoretical underpinnings of nutrition education, develop recommendations to improve nutrition education intervention effectiveness, and/or validate the recommendations via theory-driven educational program and material design, implementation, and evaluation.

Carol's passion for nutrition education and research is evident through her many programs and publications. Throughout her career, Dr. Byrd-Bredbenner has been actively engaged in creating materials to translate nutrition science into educational programming for all life stages. One example is her role as lead author of *Perspectives in Nutrition*. Since 2008, Carol has overseen the modification of the text in order to make it more accessible to the learning styles of today's students, expertly guiding it through three editions. This textbook is used in nutrition courses at nearly 200 institutions of higher education across the U.S. This book has since been translated into Spanish, Chinese, and Korean and is used to teach the next generation of nutrition professionals worldwide. "It is exciting to think of the tens of thousands of students around the world with whom she has shared her expertise," Virginia "Ginger" Quick, PhD, RD, wrote of this literary accomplishment. "Writing a textbook of this size and scope is an enormous undertaking."

Dr. Byrd-Bredbenner was truly a trailblazer in nutrition education computer software. Carol published her first program in 1981 for an Apple II computer. The program, dubbed Apple Pie, is a series of seven nutrition education software packages created for grades 5 through 12. Today, her Apple Pie programs are widely used in family and consumer science classrooms throughout the country. Food composition and nutrient analysis software are another interest of

Dr. Byrd-Bredbenner's. Carol co-authors *You Are What You Eat* and *FoodWorks* nutrient analysis software packages which support both nutrition education and research programs in 46 countries. Moreover, she led the development of software used to evaluate home food supplies and conducted the most comprehensive audit of home food supplies in over three decades. The results of this software were used to inform the development of nutrition education interventions designed to help family food gatekeepers "make over" their home food supplies to reduce the risk of obesity for their families.

Her nutrition education programs have received numerous awards for their excellence and vast impact. Carol and collaborators received the Professional Skill Award from the Association for Communication Excellence in Agriculture, Natural Resources, and Life and Human Sciences. Her innovative Know Before You Serve and Ask Before You Eat programs received the American Dietetic Association's Anita Owen Award for Innovative Nutrition Education Programs for the Public. Dr. Byrd-Bredbenner's work with food allergies extends to the National Institutes of Health, National Institute of Allergies and Infectious Disease Expert Panel to create guidelines for the diagnosis and management of food allergy.

Dr. Byrd-Bredbenner has been active within JNEB for decades as an Editorial Board Member (1986-1992; 2000-2008), Ad Hoc Reviewer (1993-1999; 2008 to present), a member of the Journal Committee (2009-2013), and guest co-editor of one of the first special issues of JNEB (Computers in Nutrition Education, June 1984).

When asked what changes she has observed in the field of nutrition education over the past 30 years, she wrote, "So much has changed for the better! We have greatly advanced our understanding of why consumers eat what they do and how applying theory-based behavior change strategies can help consumers shift toward healthier lifestyles. We have built a tremendous cadre of highly skilled professionals dedicated to improving the way the world eats. Our collaborations with other fields, like psychology, marketing, and communications, continue to grow and advance our work. We have so many new and exciting ways to reaching consumers that were not even conceived of just a couple of decades ago. It is exciting to think where we'll be in the coming years—I am looking forward to being a part of it!

To emerging educators Carol gives this advice, "Join SNEB, get actively involved, read every issue of JNEB, network with colleagues, and share your accomplishments so others can apply them in their nutrition education and health promotion efforts." Carol adds, "I am so delighted to receive this honor named for Helen Denning Ullrich—she was truly a passionate pioneer and visionary who greatly advanced the field of nutrition education. Receiving this award is truly a reflection of the work of many—my wonderful students, colleagues, and family—without them, this would not be possible! Thank you all!"

## SNEB Mid-Career Achievement Award

Betty Tomoko Izumi, PhD, MPH, RD

Dr. Betty Tomoko Izumi has been contributing to building the evidence base for linking food systems and public health through projects that shorten the food chain and connect food producers to consumers since her doctoral studies at Michigan State in the mid-2000s. For the past six years, she has served as Principal Investigator for Harvest for Healthy Kids, a collaborative nutrition intervention project with Mt. Hood Community College (M.H.C.C.), Head Start and Early Head Start to promote fruit and vegetable intake among low-income children. Harvest for Healthy Kids is being honored this year with the SNEB Program Impact Award.



Since joining the School of Community Health faculty at Portland State University in 2010, Betty has secured more than \$3.5 million in extramural funding to support projects for which she serves as Principal or Co-Investigator. These projects have made important contributions in three overlapping areas of nutrition education: nutrition education interventions in early care and preschool education settings; linking food systems and public health; and measuring snack availability and quality at retail food environments.

As Dr. Izumi reflects on her involvement with SNEB she wrote, “SNEB is where I met the colleagues and friends who have inspired me in my career. I wouldn’t be where I am today without their support and encouragement. Getting involved with SNEB in various capacities over the years has helped me to stay connected and grounded. The opportunities have been fun and rewarding!”

She also offers this advice to nutrition educators early in their careers, “Collaborate with your audience to develop programs and policies. Your audience best understands the issue at hand and can make important contributions to the solution.”

## Nutrition Education Research Award

Barbara Lohse, PhD, RDN

Dr. Barbara Lohse is internationally recognized for her exemplary contributions in the field of nutrition education. Dr. Lohse currently serves as Head of the Wegmans School of Health and Nutrition at the Rochester Institute of Technology, overseeing the Nutrition Management and Exercise Science departments. As Head, Barbara is developing an innovative nutrition program and is creating new graduate programs, using new technology and progressive educational techniques. Dr. Lohse brings the Nutrition Education Engineering and Designs Center (NEEDs) with her to this new leadership position. NEEDs is home to a variety of programs and services including her impressive body of work in Eating Competence with Ellyn Satter and nutrition education programming for pre-school children and young adults. Her online curriculum for low-income households, *About Eating*, embodies core constructs of the Satter Eating Competence model.



Throughout her extensive career, Dr. Lohse has received funding for nearly 50 research and educational projects. The nationally

competitive grants she obtained were used to develop and test new approaches to nutrition education for young adults. In all, she has secured more than 20 million dollars in funding for nutrition education research. One of Dr. Lohse’s current projects is the USDA NIFA funded research programs in collaboration with colleague Leslie Cunningham-Sabo, PhD, RDN. In her role as Research Professor and Senior Instructor at The Pennsylvania State University, Dr. Lohse led the annual SNAP-Ed funded research programs. Dr. Lohse continues to advance nutritional and behavioral fields through cutting-edge approach and technique. As put by Susan Nitzke, PhD, past collaborator at the University of Wisconsin-Madison, “With Barbara’s help and leadership, we were able to adapt and test theoretical frameworks based on previous studies in educational psychology, making a significant contribution to this aspect of behavioral nutrition.”

Dr. Lohse works diligently to advance the understanding of factors that influence eating behaviors. This is evident through her extensive list of publications. Dr. Lohse began publishing her research in the late 1980s, with an article describing the results of her master’s thesis on the therapeutic efficacy of a hyperimmune bovine colostrum treatment for multiple sclerosis. She has since published 54 peer-reviewed articles in a wide variety of prestigious journals, including *Appetite*, *Journal of the Academy of Nutrition and Dietetics*, *the International Journal of Behavioral Nutrition and Physical Activity*, and *Journal of Nutrition Education and Behavior* (JNEB). Her stellar publication record for JNEB earned her platinum author recognition this past year.

Dr. Lohse offered this advice for nutrition education researchers, “Successful research requires creativity and perseverance. Consider how you can translate technologies, strategies, and issues from many disciplines for use in nutrition education research. Read and view many types of publications and presentations on a variety of topics and not just science and not only nutrition science. Accept failure and learn from it. Keeping committed to your research goals is essential. She lists the following promising research areas:

1. Use of technologies to develop innovative nutrition education programs and transform novel assessment techniques (e.g., real time evaluation) into standard practices.
2. Identification and evaluation of skills, competencies, and attributes that foster capable and effective nutrition educators.
3. Framing nutrition education as more than what and how much to eat, but rather how to approach the eating experience and integrate it with lifestyle, values, and resources to contribute to a healthy society (i.e., an eating competent society). Develop this frame for parents and carers of young children to carry to future generations.

In closing she adds, SNEB is the place to find, connect with, and collaborate with professionals engaged in nutrition education behavior. SNEB is the home of nutrition education. If you are just starting, in the middle or established in your career in nutrition education, the phrase, *Come Home. Come to SNEB*, will resonate.

## Nutrition Education Program Impact Award

### Harvest for Healthy Kids

Harvest for Healthy Kids is a theory-based (i.e. Social Cognitive Theory) program developed by Mt. Hood Community College (MHCC) Head Start and Portland State University to promote fruit and vegetable intake among 3-5 year olds in early care and education settings. Each month, a target fruit or vegetable is featured twice a week in Head Start meals and classroom activities (e.g. cooking, sensory exploration). To promote its successful implementation, the Harvest for Healthy Kids curriculum is aligned with the Head Start Child Development and Early Learning Framework and each activity is designed to assess multiple areas of child development and learning.



Five years after developing the program, MHCC Head Start continues to feature target foods twice a week in meals and teachers continue to use Harvest for Healthy Kids activities to meet weekly nutrition education and monthly classroom cooking requirements. Harvest for Healthy Kids is included as part of the teachers' annual pre-service training.

Findings from our quasi-experimental evaluation, published in *Journal of the Academy of Nutrition and Dietetics*, showed that the program had a positive impact on children's willingness to try and liking of fruits and vegetables (e.g. 44.2% of children liked rutabaga pre-intervention compared with 78.1% post-intervention), two important predictors of intake. Moreover, findings from our process evaluation, published in *NHSA Dialog*, indicated that Head Start teachers found the curriculum to be acceptable, feasible, and easy to understand.

Further efforts to disseminate the program beyond MHCC Head Start include a website ([www.harvestforhealthykids.org](http://www.harvestforhealthykids.org)), which provides free access to the curriculum and has over 1,200 registered users; in-person trainings for, to-date, nearly 300 early care and education professionals; and, an online training for early care and education professionals developed by Kansas Child Care Training Opportunities.

When asked what the future holds for this program the team responded, "We are currently focusing our efforts on disseminating the program to early care and education professionals. We are working on the next version of our website and conducting trainings throughout the state of Oregon." They also offered this advice:

1. Collaborate with your audience from beginning to end, from developing a concept to evaluating your program to dissemination.
2. Build sustainability and institutionalization into your program from the beginning.
3. Celebrate your successes, no matter how small!

## Scholarship of Teaching and Learning Nutrition in Higher Education Award

Sarah L. Ash, PhD



Dr. Ash is Professor of Nutrition at North Carolina State University where she has been instrumental in improving college student learning, specifically in nutrition education. In her many roles both inside and outside of the classroom, Dr. Ash continues to have an impact in her profession and in the lives of students and junior faculty. Dr. Ash's interest in curriculum development and innovation began in 1998 when she was appointed Chair of the Council on Undergraduate Education (CUE), the university's standing committee that oversees the general education program. This led her to become one of the founding members of the Hewlett Initiative, which began as a two-year planning grant from the Hewlett Foundation, designed to improve the university's general education program. As a founding member, Sarah provided significant leadership in promoting faculty development around critical thinking and in the development of their First Year Inquiry freshman seminar program.

Dr. Ash continues to act as a leader within the university. She served for three years on a task force to evaluate the university's general education requirements, which led to a new General Education Program that places greater emphasis on examining complex issues through an interdisciplinary lens. Dr. Ash then became a member of the Chancellor's Task Force on Undergraduate Success, charged with developing a series of initiatives to increase the success of undergraduate students. Most recently, she has provided leadership in creating the university's 10-year Quality Enhancement Plan, designed to expand the use of critical and creative thinking beyond the general education program.

In 2005, Dr. Ash became the Undergraduate Coordinator of the Nutrition Program, providing leadership in further refining a curriculum that was first created from a major within Biological Sciences. She developed a new concentration with greater flexibility to appeal to a wider range of students and to make it easier for students to obtain their dietetic certification after graduation. The major has since grown from approximately 100 students in 2005, to over 300 students today.

Dr. Ash's undeniable impact is not limited to undergraduate students. Sarah developed an active program of scholarship in service-learning, particularly the role of critical reflection in enhancing learning outcomes, and along with colleagues, developed a nationally recognized reflection model designed to produce high quality written products using a rigorous framework. Aspects of this work have formed the basis for many frequently cited publications and invitations to present at national and international meetings and to consult at college campuses. Colleague and faculty fellow L. Suzanne Goodell, PhD, RDN, recently wrote on Dr. Ash's contributions to faculty development, saying "There are many junior teaching faculty in our department who look to Sarah for sage advice on curriculum design," she writes. "Her openness and candor are appreciated by all."

Always the teacher, Dr. Ash has ensured the continued growth of the Society by educating faculty and peers about the organization, then encouraging them to join SNEB and volunteer to serve. As a senior member of SNEB, she has enlisted colleagues to volunteer and get involved with the organization and has most recently provided leadership in the development of the Society's list of competencies for Nutrition Educators.

In recognition of her extraordinary accomplishments, Dr. Ash was awarded the Board of Governors Award of Excellence in Teaching in 2011, the highest honor granted to an educator in the UNC System. Dr. Ash is guided by her philosophies of understanding why things are; the limitations of knowledge; interactions between science and society; and the importance of her role in this discipline. With a progressive approach, Dr. Ash is dedicated to and passionate about higher education, leadership, and service to the Society.

### ACPP Health Promotion Policy Award

#### Georgia CAFE

SNEB announces Georgia Community Advocacy to Access Food Stamps for the Elderly and Disabled (Georgia CAFE), as the recipient of the 2016 Health Promotion Policy Award in Nutrition Education

Georgia CAFE provides SNAP application assistance to low-income older adults and the disabled in Georgia through community advocate training as well as policy advocacy to streamline SNAP application processes. Since its inception in 2011, the goal of CAFE has been to enhance access to healthy affordable food and food purchasing power of the neediest beneficiaries.

The Georgia CAFE project, led by Dr. Jung Sun Lee in the Department of Foods and Nutrition at the University Georgia (UGA), is the first-ever UGA-Community-Government Collaborative Project to help low-income older Georgians access food through assistance in obtaining benefits from SNAP. Georgia CAFE has been training more than 100 SNAP advocates and the training models now serve low-income older Georgians in nearly 30 urban and rural counties in Georgia to help them apply and receive SNAP benefits.

Older adults traditionally have lower rates of participation in SNAP than other age groups. In her nomination of Georgia CAFE, Dr. Jung Sun Lee writes, "Typically only one-third of eligible older adults participate in SNAP compared to 67% of all eligible individuals," she noted. "Various barriers have been identified in the application process, including technology, stigma, confusion about eligibility, and a complicated application process."

The Georgia CAFE project showcases the success of a unique university-community-government partnership model which was critical to create evidence-based strategies for guiding nutrition and aging services and policy decisions and to improve the food security and nutritional well-being of vulnerable older Georgians.

The Health Promotion Award is given annually to recognize the efforts of others to shape and promote healthy policies. These awards are given to individuals or groups that have contributed significantly at creating or implementing policies that positively impact health and physical activity.



## SNEB Healthy Meeting Guidelines

Accomplished 83% for 2016

The following Healthy Meeting Guidelines were adopted via resolution by the SNEB membership in September 2014 and by the Board of Directors in October 2015. To the extent that funding and staff resources are available and the item is logistically feasible, SNEB will incorporate these guidelines into its meetings. SNEB's goal is to fulfill at least 80% of the guidelines for each meeting.

An example of the guidelines achieved at this meeting include:

- Offer physical activity opportunities that are relevant to the audience and environment to help people achieve at least 30 minutes of physical activity each day.
- Prioritize sustainable practices when possible, by minimizing waste, encouraging recycling, and sourcing products from sustainable producers.
- Make water the default beverage.
- Do not offer full-calorie sugar-sweetened beverages. Choose healthier alternatives such as, 100% juice, 100% juice diluted with water, low-fat or non-fat milk, calcium and vitamin D-fortified soymilk, or beverages with 40 calories per container or less.
- Offer low-fat or non-fat milk with coffee and tea service in addition to half and half.
- Serve healthier condiments and dressings and offer them on the side.
- Provide a vegetarian option.
- Do not place candy or candy bowls in the meeting space.
- Place healthier foods (like fruits, vegetables, and nuts) and beverages (water, seltzer, unsweetened iced tea) in prominent positions, where they are most likely to be seen and more likely to be chosen.
- Mention to attendees (through announcements or in written materials) that it is fine to move within the meeting space (standing, stretching); periodically break up sitting time.
- Offer nutritious food and beverage options.
- Provide reasonable portions of foods and beverages (i.e., avoid large portions).
- Ensure healthier options are attractively presented, appealing, and taste good.
- Provide handouts on a flash drive or make them available online to reduce paper.
- Ask about using lower-sodium options and cooking techniques.
- Get feedback about which food options and physical activity opportunities meeting attendees liked and ideas for future events.
- In addition to the above recommendations, SNEB is also providing a list of requests to the facility during the contracting process.

A full report of the guidelines will be posted following the meeting.

# 2016 Conference Volunteers

<b>Annual Conference Committee Chair</b>	Valentina Remig, PhD, RD, FADA	Carol Byrd-Bredbenner, PhD, RD, FADA	Jessica Kruger, MSHE Nicole Larson, PhD, MPH, RDN	Dennis Savaiano, PhD Kathleen Savoie, MS, RD Mateja Savoie Roskos, MPH, RD, CD, CNP
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Lauren Amaya, PhD, RD, LD Wendy Dahl, PhD Amanda Ford, MS Lynn Fredericks Tashara Leak, PhD Seung-Yeon Lee, PhD Christine McCullum-Gomez, PhD, RDN Randa Meade, MPH Kelly Morrison, RD, CSG, LDN Robert Post, PhD, MEd, MSc				
<b>Session Organizers</b>				
Karen Barale, MS, RD, CD, FADA Sonya Barnes Virginia Carraway-Stage, PhD, RD, LDN Alisha Gaines, PhD Heather Gibbs, PhD, RD Barbara Jirka, BS Hugh Joseph, PhD, CNS, LN Barbara Lohse, PhD, RD, LDN Maya Maroto, MPH, RD Jennifer Martin-Biggers, MS, RD Carol Miller, MEd, RD Virginia Quick, PhD, RD Julie Reeder, PhD, MPH, CHES				

# Pre-Conference Programs - Saturday, July 30

## Using Policy Systems and Environmental Change (PSE) Interventions to Build Healthy Communities

8:00 a.m. – 3:00 p.m. Saturday 7/30 | Grand C | Reservation Required | Lunch included | 7 CEU

*Moderators: Karen Barale, MS, RD, CD, Washington State University Extension; Melissa D. Olfert, DrPH, MS, RDN, LD, West Virginia University; Catalina Aragon,*

*Speakers: Carol Smathers, MS, MPH, Ohio State University; Jenny Lobb, MPH, RD, LD, Ohio State University; Michelle Brill, MPH, Rutgers University Cooperative Extension; Cindy DeBlauw, MS, RD, University of Missouri Extension; Gail Feenstra, PhD, University of California, Davis; Deborah John, PhD, Oregon State University; James Salis, PhD, University of California, San Diego*

Nutrition educators are working in communities to positively impact the way people live, learn, work, and play by making healthy choices easy, safe, and affordable. This preconference focuses on identifying evidence-based policy, systems and environmental change interventions in nutrition education. Through interactive sessions, participants will have an opportunity to connect current practices and explore interventions that create and encourage healthy behaviors in communities.

Learning Objectives:

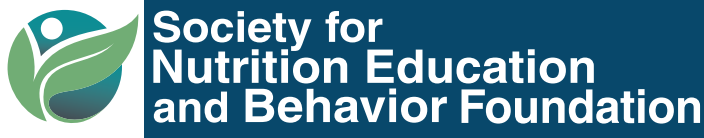
1. Define terms and the framework for PSE work in nutrition education
2. Identify evidence based strategies for PSE in nutrition education
3. Explore and apply PSE strategies through case studies

*Sponsored by the Food and Nutrition Extension Education (FNEE) and Public Health Nutrition Divisions*

## Poster Abstracts presented during the FNEE Pre-Conference Workshop

- FN1 Carrie Durward, PhD, RD, *The Food Stamp Cycle Negatively Impacts Supplemental Nutrition Assistance Program (SNAP) Participants' Ability to Make Use of Fruit and Vegetable Incentives*
- FN2 Katie Holland, MS, RD, *Parent Survey Validation Project*
- FN3 Makenzie L. Barr, BS, *Intervention Planning and Baseline Characteristics of College Students Trained to Implement Wellness on Campus: Get Fruved Study*

## Conference Sponsors



*Making a Difference for Dairy*



# Pre-Conference Programs - Saturday, July 30

- FN4 Rebecca L. Hagedorn, BS, *Extension Leadership Training Program for Teen Researcher to Deliver Community Based Programming Through the Health Science Technology Academy (HSTA)*
- FN5 Allison M. Morris, BS, *University Student Auditors Report on Experience and Impact of Campus Environment and Policies*
- FN6 Sina J. E. King, MS, *iCook 4-HL Using Mapping of Community Capitals Following a 2-Year iCook Program*
- FN7 Melissa D. Olfert, DrPH, MS, RDN, *Recruitment Effectiveness and Barriers for a Clinical Site Intervention to Track Nutrition Application Usage*
- FN8 Oluremi A. Famodu, MS, *Shortening Pittsburgh Sleep Quality Index Survey using Factor Analysis*
- FN9 Oluremi A. Famodu, MS, *Nutrition Intervention to Profile Microbiome and Behaviors in Young Adults at Risk for Metabolic Syndrome: FRUVEDomic Pilot Study*
- FN10 Cynthia Reeves, PhD, MPH, *Online Marketplace for "Made in Maui" Value-Added Products*
- FN11 Christina Stark, MS, RD, CDN, *What We Mean by Policy, Systems and Environmental Changes: A Nationwide Training for SNAP-Ed and EFNEP Professionals*
- FN12 Ashley Walther, *WeCook After School Program: Engaging Youth in Innovative Food and Fitness Lessons to Improve Knowledge and Skills Among 4th and 5th Graders*

## How to Conduct and Write Systematic Reviews for JNEB

8:00 a.m. – 3:00 p.m. Saturday 7/30 | Nautilus 1-2 | Reservation required | Breakfast and lunch included | 7 CEU

*Speakers: Julie Reeder, PhD, MPH, CHES, State of Oregon WIC Program; Marla Reicks, PhD, RD, University of Minnesota; Megan Kocher, MLIS, University of Minnesota Libraries*

Participants will actively engage in the steps of a systematic review process in a group-supported setting using a pre-selected topic of their choosing. After the workshop participants will be able to:

- Clearly differentiate a systematic review from other literature review approaches.
- Perfect the problem statement, one of the key steps to a successful systematic review.
- More effectively identify and collaborate with a research librarian/information specialist to increase the efficiency of the search process.
- Critically evaluate search results.
- Craft a succinct yet comprehensive report of review findings.
- Market the systematic review after publication.

The presenters will go through their own systematic review process in preparation for the workshop so they can candidly share their own experiences and how they dealt with or avoided the common pitfalls that come with conducting a review.

*Session supported by Elsevier*

## Tour to Olivewood Gardens & Learning Center

8:00 a.m. - 12:00 p.m., Saturday, 7/30 - offsite - meet in Grand Foyer | Reservation Required | Transportation Provided and Lunch Served | 4 CEU

Olivewood Gardens provides standards-based nutrition education, lessons in sustainable agriculture and environmental stewardship to students attending school in southern San Diego County, as well as to local community residents. Olivewood Gardens is one of the few school garden programs in the country that emphasizes food preparation along with garden cultivation, teaching children and adults not just to grow but how to cook – and enjoy – tasty, healthy, whole foods since February 2010.

Learning Objectives:

- Realize the importance of garden-based education, which inspires children to explore connections between plants and the natural world, and the disciplines of history, science, art, literature, math, geography and nutrition.
- Consider and discuss the positive impacts of a community garden in a socioeconomically disadvantaged area.

This tour will examine the impacts and outreach initiatives of a community and garden resource facility in National City, which has one of the highest childhood obesity rates in California. Residents' limited knowledge and access to gardening areas highlight the transformative effects of garden-based nutrition education and environmental stewardship programming.

## Opening Comments from Dr. Susan Mayne and the Parade of National Food Guides

4:45 p.m. - 5:30 p.m., Saturday 7/30, Grand AB

Susan Mayne is the director of the Center for Food Safety and Applied Nutrition (CFSAN) at the Food and Drug Administration (FDA). In this position, Dr. Mayne leads the center's development and implementation of programs and policies related to the composition, quality, safety, and labeling of foods, food and color additives, and cosmetics.

Have you ever wondered what other countries use to guide healthy food choices among its citizens? What do these guides look like? Which countries promote nutrition by the use of food guides? Come celebrate SNEB's cultural diversity and learn something about the world Food Guides. Food Guide Parade organized by the Division of International Nutrition Education.

## Opening Reception with the Exhibitors

5:30 p.m. - 7:30 p.m., Saturday 7/30 Pavilion | Hors d'oeuvres served

Network with your nutrition educator colleagues while browsing through the exhibit hall. Be sure to stop by each Division's display.

## Student and Young Professional Speed Networking

7:30 p.m. - 8:30 p.m., Saturday 7/30, Grand C

Join us for a roundtable-style networking event organized around topic areas. You will have the opportunity to rotate through topics of your choice and network with others who share your interests.



# Conference Programs - Sunday, July 31

## Coffee with the Journal of Nutrition Education and Behavior Editors

7:00 a.m. - 8:00 a.m., Sunday, 7/31 Spinnaker

Join JNEB Editor in Chief Karen Chapman-Novakofski, PhD, RD, LDN, and other JNEB editorial staff members for coffee and conversation. A great chance to gain insight into publishing with JNEB.

## Yoga on Bayview Lawn

7:00 a.m. - 8:00 a.m., Sunday, 7/31 Bayview Lawn

Kick off the conference with yoga led by SNEB member Cassidy Slood on the Bayview Lawn surrounded by the beauty of the bay.

## Meetings

- 7:00 a.m. - 8:00 a.m. | Advisory Committee on Public Policy | Committee Only | Nautilus 3
- 7:00 a.m. - 8:00 a.m. | Board and Division Leader Meeting | Invitation Only | Nautilus 4
- 7:00 a.m. - 8:00 a.m. | Mentor/Mentee Meetup | Nautilus 5

## Opening Keynote sponsored by International Dairy Foods Association 'Next Practices' Requires Collaboration to Solve Complex Issues: A Case for Childhood Obesity 180

8:30 a.m. - 10:00 a.m., Sunday 7/31 | Grand AB | 1.5 CEU

Keynote speaker Christina Economos, PhD, is an Associate Professor and the New Balance Chair in Childhood Nutrition at the Friedman School of Nutrition Science and Policy and Medical School at Tufts University. She is also the co-Founder and Director of ChildObesity180, a unique organization that brings together leaders from diverse disciplines to generate urgency, and find solutions to the childhood obesity epidemic.

*SNEB/SNEBF gratefully acknowledges the underwriting of this activity provided by International Dairy Foods Association. Acceptance of these resources does not imply endorsement of the donor or its mission, products, or services.*



## JNEB Best Article and Best GEM Award Presentation

10:00 a.m. - 10:15 a.m., Sunday, 7/31, Grand AB

Susan Baker, EdD, Colorado State University, will accept the award and will present on the Best Article "Outcome Effectiveness of the Widely Adopted EFNEP Curriculum Eating Smart · Being Active" published in the January/February 2015 issue of JNEB. Award supported by Elsevier.

## Meetings

- 10:15 a.m. - 11:15 a.m. | Dialogue Now Session with Dairy Council of California | Invitation only | Spinnaker
- 10:15 a.m. - 11:15 a.m. | Nutrition Education with Industry Division Meeting | all Welcome | Nautilus 3

- 10:15 a.m. - 11:15 a.m. | Sustainable Food Systems Division Meeting | All Welcome | Nautilus 4
- 10:15 a.m. - 11:15 a.m. | Planning meeting for the Systematic Review of Intentional Weight Loss (IWL) 4 or More Years Later | all welcome | Nautilus 5

## Exhibit Hall Open | Pavilion | 10:15 - 11:45 a.m.

10:15 a.m. - 10:45 a.m. | Nutrition Break served





## Poster Abstracts

10:15 a.m. - 11:45 a.m., Sunday, 7/31 | Pavilion | 1.5 CEU

Look for QR code artwork in the corner of a poster board. Scan the code with your phone or tablet to link to a full version of the poster artwork online as supplemental material to the abstract in the online edition of the *Journal of Nutrition Education and Behavior* ([www.jneb.org](http://www.jneb.org)). This is a great way to remind yourself of the research you want to review more closely after conference.

- P1 Emma Apatu, DrPH, MPH, *Cooking Classes: Are They Effective Nutrition Interventions in Low-Income Settings?*
- P2 Susannah Barr, BA, *Paseo por el Super: A Tool for Teaching Low-Income Mexican-Heritage Mothers to Navigate the American Supermarket*
- P3 Diana Bergman, MS, *"This is Way Better than Cheetos!": Changing Children's Eating Behavior Through Garden and Kitchen-Based Nutrition Education*
- P4 Teri Burgess-Champoux, PhD, RD, LD, *Assessment of Parental Knowledge, Attitudes and Behaviors Associated With Community Garden Experiences for Young Children*
- P5 Annie Hardison-Moody, PhD, *Local Food Access Among a Diverse Group of Immigrants and Refugees in North Carolina: A Qualitative Study*
- P6 Alice Henneman, MS RD, *Incorporating Methods of Reducing Potential Wasted Food Into Recipes to Reach Consumers at a "Teachable Moment"*
- P7 Jessica Jarick Metcalfe, MPH, *Pre-Testing and Refinement of an After School Cooking Program for Children: A Pilot Study of the Kids in the Kitchen Program*
- P8 Carol Byrd-Bredbenner, PhD, RD, *Encouraging Reductions in Sugar-Sweetened Beverage Consumption: HomeStyles Best Drinks for Families Guide*
- P9 Joan Giampaoli, PhD, RDN, *Factors Associated with Mindful Food Parenting Practices*
- P10 Hanna Killion, BS, *Assessment of Dietary Intake of Children With Autism Spectrum Disorders Enrolled in a Summer Camp*
- P11 Withdrawn
- P12 Diane Smith, RD, MA, *Creating Family Resilience Through Family Supper Club*
- P13 Jeanette Andrade, PhD, RD, LDN, *Key Elements in Elementary School-Based Nutrition Interventions to Reduce Obesity in Mexico and the United States: A Systematic Review*
- P14 Pam Koch, EdD, *Comparison of School Lunch Cut Fruit and Whole Fruit Consumption in a Naturalistic Elementary School Cafeteria Setting*

# Conference Programs - Sunday, July 31

- P15  Yuka Asada, PhD, RD, *Another Partner in the Classroom: The Role of Nutrition Education in the Implementation of School Nutrition Policies*
- P16 Trishnee Bhurosy, MSc, *Effectiveness of the National School Lunch Program on Fruits and Vegetables Intake Among High School Students*
- P17  Caroline Dunn, MS, RD, LDN, *Better Bundled: Combined Vegetable Side and Main Dish Items Increase Vegetable Consumption Among Elementary and Middle School Students*
- P18 Kathryn Hoy, MFN, RD, CDN, *Is Your Child's Lunchroom Smart? Assessing the Reliability of a Scorecard Approach for Rating School Lunchrooms*
- P19 Kathryn Hoy, MFN, RD, CDN, *Smarter Kids Café: Testing Smarter Lunchroom Scorecard Techniques for Childcare*
- P20 Haleigh Golub, MS, *Do Behavioral Economics Interventions Induce Healthy Eating Habits? Evidence From a 15-Week Cafeteria Field Study*
- P21  Christoph Lingl, MS, *EU-School Fruit Scheme: Children's and Parents' Perception Regarding Home Environment of Fruit and Vegetables in Bavaria*
- P22  Jennifer Mansfield, BS, *School Foodservice Director and Community Health Coalition-Member Perceptions Related to the Healthy, Hunger-Free Kids Act in Indiana*
- P23 Brenda Abu, PhD, *Time and "Questioning Type" Affected Recall of Iron Deficiency Prevention Education Messages Among Rural Ghanaian Mothers*
- P24 Zaher Al Bashabsheh, PhD, *Evaluating the Effectiveness of Nutrition Education for WIC Service Clients In Manhattan, Kansas*
- P25 Klara Gurzo, MA, *Long-Term Reduction in Sodium Intake After Online and In-Person Group Nutrition Education in WIC Participants*
- P26 Sharon Austin, MD, *The Hook for Recruiting Nutrition Series Based Programming: One-Time Encounters*
- P27  Samantha Baker, MPH candidate, BN, *Integrating Student Engagement and Effective Pedagogy in a Nutrition Education Context: A Conceptual Framework Approach*
- P28 Adam Barone, BS, *Perceived Needs and Barriers to Provide Nutrition Education at Food Pantries*
- P29 Kathleen Bauer, PhD, RD, *Using a Model to Design Activity-Based Educational Experiences to Improve Cultural Competency Among Graduate Students*
- P30 Stacy Blondin, MPH, *Processed and Packed: How Refined are the Foods That Children Bring From Home to School?*
- P31 Barbara Lohse, PhD, RD, LDN, *Self-Reported Change in Physical Activity and Screen Time in 4th Graders Shows Gender, Seasonal and Weight Status Differences Even in Absence of an Intervention Effect*
- P32  Ruth Camelo, *Ludotecas Saludables: Towards Healthier Lifestyles*
- P33 Patricia Case, MS, RD, *Using a Public Health Framework: Get Kids Going and Growing With Grains and Greens*
- P34 Biyi Chen, MS, *Rural Adolescents' Barriers and Facilitators to Physical Activity*
- P35 Carinthia Cherry-Williams, PhD, RD, LDN, *First Year College Students and Barriers to Selecting Healthy Food Choices*
- P36 Cora Coker, BS, *Youth Understanding MyPlate Improves Behaviors of Elementary School Students*
- P37 Gayle Coleman, MS, RD, *Text 2 Eat \$mart: Using Text Messages to Encourage Parents to Purchase and Offer Fruits and Veggies to Their Families*
- P38 Kayla Colgrove, MS, RD, ACSM-CPT, *Creating A Quick, Inexpensive, and Fun Fitness Ball Activity to Help Youth Increase Physical Activity in Nutrition Programs*
- P39 Natalie Cooke, PhD, *Impact of a Pre-Service-Learning Training on Students' Skills Needed to Deliver a Pre-Packaged Educational Curricula in the Community*
- P40 Lorna Power, MPH, RD, CDN, *Evaluation of the NYC Health Department's Farmers' Markets for Kids Program*
- P41  Erika Delgado, BS, *"Comer en Familia": Back to Family and Healthy Eating Behavior*
- P42 Dipti Dev, PhD, *Improving the Nutrition and Physical Activity Environment Through Self-Assessment in Nebraska Family Childcare Homes*
- P43 Stephanie Folkens, *Experiential Cooking and Nutrition Education Program Improves Parameters Related to Cooking at Home in Elementary and Middle School Children*
- P44 Madison Egan, *Encourage Practice Inspire Change in Kids (EPIC Kids) Diabetes Prevention Program at the YMCA*
- P45 Jenna Ellis, BS, *Social Cognitive Theory-Based Cooking Program for Student-Athletes' Healthy Food Choices and Food Preparation Self-Efficacy*
- P46 Judy Ensslin, MS, RD, LDN, *Eat.Right.Now. High School Curriculum for Pennsylvania SNAP-Ed Helps Philadelphia Students Eat Healthier*
- P47 Marie Kainoa Fialkowski, PhD, RD, LDN, *Child Health Assessment in the Pacific (CHAP) Summer Fellowship Program*
- P48 Gail Gates, PhD, B.A.L.A.N.C.E.: *Evaluating the Effectiveness of a 14-Week Worksite Wellness Program on Reducing Metabolic Syndrome Risk Factors*
- P49 Alisha Gaines, PhD, *Who is Aware of and Has Tried to Use MyPyramid? An Examination of Variables From the Most Recent NHANES Consumer Behavior Phone Follow-Up Module-Child*
- P50 Nicole Hallissey, RD, CDN, *A Worksite Wellness Intervention to Increase Whole Grain Intake Among Hospital Employees*
- P51 Andrea Hanson, BS, *An Evaluation of the Relationship Between College Students' Cooking Skills, Frequency, and Self-Efficacy and Fruit and Vegetable Intake and Body Mass Index: GetFRUVED Study*
- P52 Frances Hardin-Fanning, PhD, RN, *Qualitative Results of Meal Make-Over Contest Narratives Following a Nutrition Intervention in Rural Appalachia*
- P53 Jen Hey, RD, *A Training Approach to Build Capacity in Policy, Systems, and Environmental Change for Nutrition Program Staff*
- P54 Emily Hofer, BS, RDN, *iCook 4-H: 0 to 24-Month Accelerometer-Derived Physical Activity and Sedentary Time in Youth*

# Conference Programs - Sunday, July 31

- P55  Alyson Humphrey, BS, *Efficacies of Color Your Plate Nutrition Education Curriculum in Senior Center Congregate Meal Sites*
- P56 Elena Serrano, PhD, *Perspectives Toward Partnering with Faith Organizations for Health Programming*
- P57 Katherine Soule, PhD, *Schools as Hubs of Health: A Case Study on Comprehensive Nutrition Education Program Delivery*
- P58 Catherine Wickham, MS, RD, CDN, *Food Safety Knowledge and Psychosocial Indicators in Relation to Garden and Personal Behaviors in Early Childcare Educators*
- P59 Youjie Zhang, MS, A SNAP-Ed Curriculum for English Language Learners to Increase Self-Reported Fruit and Vegetable Intake
- P60 Priscilla Connors, PhD, RDN, *A Reasoning Exercise Results in Student Food Rules on the Digital Library*
- P61 Amy DeLisio, MPH, RD, *Southeast Learning Community: Selecting Common Evaluation Indicators*
- P62  Morgan Sowers, MS, RD, LDN, *A Comparison of Peer Mentors' and Mentees' Health Behaviors: GetFruved*
- P63 Susan Gould, PhD, RDN, *Potential Use of Classroom Response Systems (CRS, Clickers) in Foods, Nutrition, and Dietetics Higher Education*
- P64 Priya Khorana, MS, *Examining the Relationship Between Physical Activity Levels and Social Behaviors on Elementary School Recess Yards*
- P65 Jung Sun Lee, PhD, RD, *Choice and Location of Food Retailers for Grocery Shopping Among Low-Income Adults Participating in the Supplemental Nutrition Assistance Program Education (SNAP-Ed) in Georgia*
- P66 Teresa Mgbogori, MS, *Teachers' Perspective and Confidence Level About Nutrition Education in Boys' Public High Schools in Riyadh, Saudi Arabia*
- P67 Catalina Aragon, MS, *Assessing Low-Income Clients' Views About Retail and Food Pantry Environments*
- P68 Hiershenee Bhana, MHSc, *Behavioral Nutrition Interventions in Food Pantries: Lessons and Strategies*
- P69 Hiershenee Bhana, MHSc, *Using Choice Architecture to Create Healthy Food Interventions in Food Pantries*
- P70 John Brand, PhD, *Food Packaging Pictures Have More Calories Than They Recommend – Oversized and Overeaten*
- P71 John Brand, PhD, *Prime-Time Weight Discrimination: A Body Weight Analysis of Prime-Time Television Characters From 1950-2015*
- P72 Caree Cotwright, PhD, RD, LDN, *Healthy Child Care Georgia: Improving Teacher Self-Efficacy to Implement Wellness Policies and Increase Wellness Education*
- P73 Jennifer Giurgevich, MScFN, RD, *What's on Your Plate? Introducing Canada's Eat Well Plate 1.0*
- P74 Barbara Lohse, PhD, RD, LDN, *Online Survey Asserts Need for Dental Health Education and Services for Low-Income and Food Insecure Adults*
- P75  Rie Akamatsu, DrPH, *Does Eating Dinner Late Relate to Other Unhealthy Behaviors? Study on Japanese Drivers in a Courier Company*
- P76 Martha Archuleta, PhD, RDN, *One-on-One Education Increases Breastfeeding Initiation Rates in the Hospital*
- P77 Sandra Baker, EdD, RD, *Curriculum Equips Nutrition Majors to Share MyPlate on Campus*
- P78 Holly Bill, MS, *Focus Groups Inform SMS/Text Message Nutrition Education for College Athletes*
- P79 Shanthy Bowman, PhD, *The Consumption of Added Sugars and Solid Fats by Children, Ages 12 to 19 Years, Reduced Substantially in the United States from 2003-04 to 2011-12*
- P80 Juliana Camargo, MPH, *Measuring Nutrition Literacy in Latinos: Development of an Instrument in Spanish*
- P81 Jacob Carlton, *Folate and Iron Status Do Not Differ Between Women of Childbearing Age Following Gluten-Free and Conventional Diets*
- P82 Lanae Ball, PhD, *The Role of Social Support in Breastfeeding Experiences Among Rural Women in Southern Appalachia*
- P83 Katherine Clavijo, *Why Popular Diets Don't Work: A Systemic Review and Implications For Educators*
- P84 Michael A. Close, MS, *Assessing the Construct Validity of Healthful Eating Belief Scales Among Southeastern United States Office Workers*
- P85 Isobel Contento, PhD, *Examining the Effect of a High Quality, Moderate Fat Dietary Intervention on Cognitive Function in Early Adolescence*
- P86  Karen Davison, PhD, RD, *Engaging Peer Researchers in an Investigation of Food Insecurity and Paternal Incarceration: Analysis of Process and Challenges*
- P87 Kristen DiFilippo, MS, RD, LDN, *Reliability Testing of a Mobile App Quality Assessment Tool*
- P88 Celeste Doerr, PhD, *The Champions for Change State-wide Campaigns: An Assessment of Ad Awareness and Increased Physical Activity Using Unaided Recall*
- P89 Pam Duitsman, PhD, *Building Local Food Councils to Improve Community Food Security*
- P90  D. Rose Ewald, BS, *Hypertension and Obesity in Low-Income, Immigrant, and Minority Adolescents*
- P91 Alyce Fly, PhD, *Assessing Undergraduate Performance on General Education Natural and Mathematical Science Competencies in an Introductory Nutrition Course*
- P92 Alyce Fly, PhD, *Athlete Heroes Program to Promote Fruits and Vegetables in Indiana Schools was More Effective for Girls Than Boys*
- P93 Karen Franck, PhD, *The Role of Direct Education in a Community Level Obesity Prevention Grant*
- P94 Karen Franck, PhD, *A Delphi Study to Identify Barriers, Facilitators and Training Needs for Policies, Systems and Environmental Interventions in Nutrition Education Programs*
- P95 Heewon Gray, PhD, RD, *Mealtime Behaviors Determined by Parents of Chinese American Children with Autism Spectrum Disorder*
- P96 Matthew Graiose, MS, *Assessing the Retail Food Environment Surrounding Elementary Schools Across New York City Neighborhoods Varying in Their Level of Gentrification*

# Conference Programs - Sunday, July 31

- P97 Amber Hammons, PhD, *Evaluation of the Transdisciplinary Obesity Prevention Research Sciences Program*
- P98 Margaret Harris, PhD, MS, HC, A *Comparison of Dietary Supplement Use of Wisconsin and Colorado Adults*
- P99 Colleen Spees, PhD, MEd, RDN, LD, FAND, *Differences in Glycemic Control of Food Pantry Clients by Food Security Status and Health*
- P100 Laura Hopkins, BSc, *Evaluating the Public Health Impact of a Community-Based Family-Focused Diabetes Prevention Program Using RE-AIM*
-  P101 Élise Jalbert-Arsenault, RD, *Measure of the Consumer Nutrition Environment Is Associated With Food Sales*
- P102 Seung Eun Jung, PhD, RD, *Exploring Rural Older Adults' Perception of Healthful Eating*
- P103 Vanesa Karamanian, MPH, MD, *Impact of a Goal-Setting Community Nutrition Program on Knowledge, Self-efficacy and Behavior*
- P104 Gauri Karnik, DTR, *Factors Associated With Cue-Elicited Food Craving Among Elementary School Children*
- P105 Lauren Keeney, MS Candidate, *Identification of Preferences for Bread Shapes in Young Children*
- P106 Jane Lanigan, PhD, *Parenting Practices that Support Young Children's Preference for Varied Healthful Foods*
- P107 May May Leung, PhD, RD, LDN, *"It's Slimy."- Exploring Perceptions of School Lunch With Low-Income Hispanic Youth in New York City*
- P108 Yijing Li, MS, *The Relationship Between Self-Efficacy and Physical Activity Behaviors in 6th to 8th Grade, Rural, Limited-Resource Adolescents in Kansas*
- P109 Alice Lindeman, PHD, RDN, *Successful Sodium Reduction at Head Start: Student Acceptance and Reduced Cost*
- P110 Taren Swindle, PhD, *Mealtime Interaction Styles of Early Childhood Educators*
- P111 Peggy Policastro, PhD, RDN, *Drinking With Your Heart on Your Straw: Nudges to Entice Patrons to Choose Water over Soda*
- P112 Aner Tal, PhD, MBA, MA, BA, *Heavy Tray, Light Trigger: Heavy Trays Lead to Increased Serving of Liked Snacks*
- P113 Laura Barre, MD, RD, *What People Post About Food on Social Media*
- P114 Marissa Burgermaster, PhD, *Explanations Improve Nutrition Learning Among Lab in the Wild Quiz-Takers*
- P115 Diane Dembicki, PhD, LMT, CYT, *Next Practice in Online Nutrition Education—Gamification—An Inquiry Into the Process of Improving Student Engagement*
- P116 Julie Garden-Robinson, PhD, RD, LDN, FAND, *Nourishing Boomers and Beyond: Extending Face-to-Face Education With Technology*
- P117 Withdrawn
- P118 Afroza Hasin, MS, *Farmers Market Manager's Level of Communication and Influence on Electronic Benefit Transfer Adoption at Midwest Farmers Markets*
- P119 Cheng Li, MS, *Generational Gaps Among Low-Income Adults' Use of Internet-Based Technologies and Preferences to Receive Nutrition Education*
- P120 Emily Loehmer, MS, RD, *Internet Access and Interest in Online Nutrition Education Among SNAP-Ed Participants in Southern Illinois*
- P121 Jennifer McCaffrey, PhD, MPH, RD, *Technology Usage and Preference for Nutrition Information via Technology in Low Socioeconomic Status Individuals*
- P122 Tanisha F. Aflague, PhD, RD, *Prevalence of Early Childhood Overweight and Obesity and Trends of BMI Among Head Start Children in Guam, 2008-2014*
- P123 Emily Ashton, BS, MS, *The Effects of a 16-Week Introductory Nutrition Course on the Dietary Habits and Body Composition of College Students*
- P124 Oyinlola Babatunde, PhD, MPH, RDN, *Osteoporosis Knowledge and Health Beliefs in African-American Men: Difference With Age*
- P125 Ashley Chrisinger, MS, RD, LDN, CSO, *Fruit and Vegetable Prescription Program: Design and Evaluation of a Program for Families of Varying Socioeconomic Status*
- P126 Alyson Drooger, BS, *Examining Benefits of and Barriers to Physical Activity Among Meal Replacement Program Participants*
- P127 Hope Kleine, BS, *Physical Activity and Sedentary Time Behaviors in Meal Replacement Program Participants*
- P128 Nicole Larson, PhD, MPH, RDN, *School-Based Obesity Prevention Policies and Practices and Unhealthy Weight-Control Behaviors Among Adolescent Boys and Girls*
- P129 Noreen Syed, BS, *Determining if Differences in Socioeconomic Status Are Associated With Screen Time Behavior and Physical Activity Levels*
-  P130 Kaoru Uno, RD, MS, *Prepregnancy Weight in Japanese Women Correlates with Dietary and Nutrient Intake During Pregnancy*
-   O18 Marvin So, MPH, CHES *"The Least of Our Worries": Mapping Diverse Perspectives on Nutrition Promotion for Homeless Families in Shelter to Advance Pragmatic Implementation*

## Meetings

- 11:30 a.m. - 12:30 p.m. | Dialogue Now session with Tisch Center | Invitation Only | Spinnaker
- 11:30 a.m. - 12:30 p.m. | Nominating Committee | Committee Members Only | Nautilus 3
- 11:30 a.m. - 12:30 p.m. | Multistate Meeting | Invitation Only | Nautilus 4
- 11:45 a.m.-12:45p.m. | Student Mixer | Harbor's Edge Restaurant (at the Sheraton San Diego Hotel & Marina) | All Students Welcome

Join your fellow students for networking over lunch! Students will be responsible for the cost of their own lunch order. Pre-orders will be taken at the registration desk in the Grand Foyer and must be made by 10:30am on 7/31 so lunch will be ready at the start of the event.

# Conference Programs - Sunday, July 31

## Nutrition Literacy: Next Steps in Increasing Capacity with Nutrition Information

12:45 - 1:45 p.m., Sunday, 7/31 | Grand AB | 1 CEU

*Moderator: Karen Chapman-Novakofski, PhD, RD, LDN, University of Illinois at Champaign-Urbana*

*Speakers: Heather Gibbs, PhD, RD, University of Kansas Medical Center; Karina Diaz Rios, PhD, University of California Division of Agriculture and Natural Resources, University of California, Merced*

Americans are bombarded with often conflicting or confusing nutrition information, and many struggle with issues of health literacy. This session will explore the overlap of health and nutrition literacy research and provide educators with ideas and tools for communicating clearly with their audiences. Special emphasis will be placed upon the particular challenges and strategies for reaching Latino populations as well as discussion of a new assessment tool for measuring nutrition literacy.

Learning Objectives:

- Discuss the challenges and consequences of health and nutrition literacy for English and/or Spanish speaking populations.
- Examine a new tool that objectively measures nutrition literacy.
- Identify best practices for communicating with audiences demonstrating low health and/or nutrition literacy.

## Successes and Challenges in Child Nutrition and Opportunities for Nutrition Educators

12:45 p.m. - 1:45 p.m., Sunday 7/31 | Grand C | 1 CEU

*Moderator: Tracy Fox, MPH, RD, Food, Nutrition & Policy Consultants, LLC*

*Speaker: Jessica Donze Black, RD, MPH, The Pew Charitable Trusts; Stephanie Scarmo, PhD, MPH, The Pew Charitable Trusts*

Much has changed in the school nutrition environment over the past five years. Research indicates that school nutrition is a substantial contributor to student health and wellness. Join leaders from the Kids' Safe and Healthful Foods Project (a joint initiative of The Pew Charitable Trusts and the Robert Wood Johnson Foundation) as they discuss the latest about what progress has been made, challenges that remain, and opportunities for nutrition educators to get involved in supporting further progress in child nutrition at the local, state, and federal level.

Learning Objectives:

- Describe three significant recent achievements in child nutrition.
- Discuss three research-based challenges faced by school nutrition programs and opportunities for overcoming them.
- Identify three ways nutrition educators can get involved in supporting further progress in child nutrition at the local, state, or federal level.

### Special Note:

ToBe Fit, The Juggling Nutrition Magician, will do some fun juggling and balancing MyPlate in the Grand Foyer between 2:00 p.m. and 2:30 p.m. courtesy of FoodPlay Productions.

## Summer Food, Summer Moves: Helping Kids Stay Healthy When School is Out

12:45 p.m.- 1:45 p.m., Sunday 7/31 | Nautilus 1&2 | 1 CEU

*Moderator: Maya Maroto, EdD, MPH, RD, USDA Food and Nutrition Service*

*Speaker: Alicia White, MS, RD, USDA Food and Nutrition Service; Sally Spero, Lakeside Union School District; Maya Maroto, EdD, MPH, RD, USDA Food and Nutrition Service*

During the school year, over 30 million children in the United States receive meals through school lunch programs. When the school year ends, food insecurity becomes more prevalent among school-aged children. The Summer Food Service Program and the Seamless Summer Option of the National School Lunch Program help alleviate the summer nutrition gap and make meals accessible to children over the summer months. Offering nutrition education and physical activities at summer meal sites may help increase summer meal participation, while teaching healthy behaviors. This session will highlight new formative research about summer meal programs and practical strategies for nutrition education.

Learning Objectives:

- Participants will be able to describe the USDA summer meal programs and best practices for meal service and nutrition education.
- Participants will be able to discuss formative research findings regarding parents' perceptions about their child's eating and physical activity habits during the summer as compared to the school year.
- Participants will be able to access free nutrition education resources for summer meal programs.

## Meeting

- 2:00 p.m. - 2:30 p.m. | SNEB Website Reveal | All Welcome | Grand AB

## Systems Behavior Change for School Environments: Taking Nutrition Education to the Next Level

2:30 p.m.- 4:00 p.m., Sunday 7/31 | Grand AB | 1.5 CEU

*Moderator: Shannan D. Young, RDN, SNS, Dairy Council of California*

*Speaker: Shannan D. Young, RDN, SNS, Dairy Council of California; Heather Reed, MA, RDN, California Department of Education; Mary Ann Mills, UC CalFresh Nutrition Education*

It's not merely a "best practice" - it's a movement that relies on innovation at the school level to promote a culture of wellness. Starting with a foundation of three organizations whose goals aligned, the Smarter Lunchrooms Movement of California collaborative launched a statewide initiative that integrated nutrition education with the cafeteria environment and wellness policies. Come hear how the real magic gets started when community partners inspire the creativity of school leaders to transform their environments. During this session harvest ideas for how you can develop a systems approach with your nutrition education initiatives.

Learning Objectives:

- Consider how key partners at the state and local level collectively

# Conference Programs - Sunday, July 31

- create a movement for systems behavior change in schools.
- Synthesize ways to innovate nutrition education by integrating with wellness policy and the cafeteria environment to create a culture of wellness in schools.
- Discover how California schools leverage Smarter Lunchrooms Movement to market their nutrition programs within their communities.

*Session supported by the California Department of Education, Dairy Council of California, and UC California Fresh Nutrition Education Program.*

## **Make Real Change: Nutrition Educators as Advocates**

2:30 p.m. - 4:00 p.m., Sunday 7/31 | Grand C | 1.5 CEU

*Moderator: Claire Uno, MLIS Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition, Teachers College, Columbia University*

*Speaker: Jennifer Folliard, MPH, RDN, Academy of Nutrition and Dietetics; Tracy Fox, MPH, RD, Food, Nutrition & Policy Consultants, LLC; Melissa Maulding, MS, RD, Purdue University Extension; Alison Hard, Tisch Scholar, Laurie M. Tisch Center for Food, Education and Policy, Program in Nutrition, Teachers College, Columbia University*

Nutrition education professionals are perfectly positioned to advocate for increased federal support for programs and research in the field. While advocacy can seem daunting and time-consuming, having a strong coalition can provide a framework for action and a stronger unified voice. This session will give participants familiarity with some of the major issues and legislation, highlight potential levers for change, and discuss how we could move forward together to promote nutrition education at the federal level.

Learning Objectives:

- Participants will gain an understanding about policy issues relevant to nutrition education and opportunities to strengthen the field through advocacy (e.g. CNR, DGA, funding for nutrition education research through USDA/NIH/CDC)
- Participants will learn the different ways to be an advocate, including through elected officials and executive branch agencies;
- Participants will learn about and feel more confident to engage in different types of policy approaches, including drafting legislative language, policy papers, testimony, rulemaking comment letters, grassroots advocacy materials and visits with elected officials.

## **Virtual Realities and Digital Health Adaptive Technology for Nutrition and Physical Activity Education (NPAE) across the Life Span**

2:30 p.m.- 4:00 p.m., Sunday, 7/31 | Nautilus 1&2 | 1.5 CEU

*Moderator: Siew Sun Wong, PhD, Oregon State University*

*Speakers: Melbourne Frank Hovell, PhD, MPH, San Diego State University; Jeanne Gleason, EdD, New Mexico State University; Joan Cowdery, PhD, Eastern Michigan University; Walter Greenleaf, PhD, Stanford University; Siew Sun Wong, PhD, Oregon State University*

This session aims to raise awareness and boost understanding of how emerging innovations and applications of theoretical frameworks for behavior are used to engage and retain participants in Nutrition and Physical Activity Education (NPAE) that involve

both the physical and virtual spaces. Learn how instructional design, media, virtual worlds, and virtual reality technologies are designed and applied to change health behaviors and reduce health disparities through innovative health communication modalities and behavior change strategies. Come hear the experts describe how existing and potential applications of virtual reality and digital health technology worldwide can improve NPAE across the life span.

Learning Objectives:

- Learn how emerging changes in theories and frameworks are being used to engage and retain participants across the life span in NPAE that involve both the physical and virtual spaces.
- Learn how instructional design, media, virtual worlds, and virtual reality technologies are designed to change health behaviors and eliminate health disparities through innovative health communication and behavior change strategies.
- Describe the existing and potential applications of virtual reality and digital health technology to strengthen NPAE across the life span.

## **SNEB Awards Presentation and Business Meeting**

4:15 p.m. - 5:15 p.m., Sunday 7/31 | Grand AB | All Welcome

Celebrate the successes of SNEB over the past year and recognize this year's award winners including the Helen Denning Ullrich Award for Lifetime Excellence in Nutrition Education, Mid Career Achievement Award, Scholarship of Teaching and Learning Award presented by the Higher Education Division, Program Impact and Research Awards. SNEB Foundation Scholarships and Higher Education Division Research Awards also presented.

## **Meetings**

- 5:15 p.m. | Resolution Reading | All Welcome | Grand AB
- 5:30 p.m.- 6:30 p.m. | ASNNA | Invitation Only | Nautilus 5
- 6:00 p.m. - 7:00 p.m. Food and Nutrition Education Extension Division | All Welcome | Nautilus 4

## **Sunday Night at the Movies - "Well Fed? The Health and Environmental Implications of Our Food Choices"**

5:30 - 7:30 p.m., Sunday 7/31 | Nautilus 1&2 | 2 CEU

*Moderators: Mary Murimi, PhD, RD, Texas Tech University; Chris Taylor, PhD, RDN, LD, FAND, Ohio State University; Samantha Ramsay, PhD, RDN, LD, University of Idaho*

What better way to expand your thinking than through group discussion after watching select video segments about food choice behaviors and our nation's health! Learn from each other as moderators pose thought stimulating questions and foster intriguing dialogue among attendees. This unique session will both challenge and stimulate your thinking in nutrition education.

Non-fat, low-fat, saturated fat, trans fats, healthy fats - in an era where we seem to be constantly bombarded with often conflicting messages about our diets, is all this information actually making us any healthier? How can we cut through media hysteria and make wise choices about the food we eat, and what impact do our consumption habits have, not just on our own health but that of the planet?

# Conference Programs - Monday, August 1

Presenters on the video: Professor Susan Jebb, Professor of Diet and Population Health, Nuffield Department of Primary Care Health Sciences, University of Oxford; Dr. Tara Garnett, Principal Investigator, Oxford Martin Programme on the Future of Food; Professor Mike Rayner, Principal Investigator, Oxford Martin Programme on the Future of Food and Professor of Population Health, University of Oxford

*Originally recorded November 2014 at Oxford Martin School, Oxford*

## Monday, August 1

### Wake for the Walk...Rise for the Run... For Health, For Fun!! Fun Run benefitting the SNEB Foundation

7:00 a.m. - 8:00 a.m. |  
\$10 registration | Meet in Pavilion  
Exhibit Hall



Milestone Running will be leading our 5k route for running or walking. Proceeds from the event benefit the SNEB Scholarship Fund.

### Meetings

- 7:00 a.m. - 8:00 a.m. | Journal Committee | Committee members only | Spinnaker
- 7:00 a.m. - 8:00 a.m. | Advisory Committee on Public Policy Open Meeting | All Welcome | Nautilus 1&2
- 7:00 a.m. - 8:00 a.m. | 2017 Conference Planning Meeting | All welcome - especially DC area attendees | Nautilus 3
- 7:00 a.m. - 8:00 a.m. | Nutrition Education for Children Division Meeting | All Welcome | Nautilus 4
- 7:00 a.m. - 8:00 a.m. | Public Health Nutrition Division Networking | All Welcome | Nautilus 5

### George M. Briggs Nutrition Science Symposium - Update for Nutrition Educators: The Interactive Role of the Human Microbiome, Nutrition, and Health

8:30 a.m. - 10:00 a.m., Monday 8/1 | Grand AB | 1.5 CEU

*Moderator: Suzanne Piscopo, PhD, University of Malta*

*Speaker: Carolyn M. Slupsky, PhD, University of California, Davis*

Current outcomes from research indicate that the gut microbiota may influence human metabolism. This session is designed to provide a background and overview of the current science focusing on the effect of diet on GI microbiota and the interactive role of GI microbiota and nutrition in chronic disease and health. The session will conclude with “what we do know” and current recommendations for consumers.

Learning Objectives:

- Participants will gain knowledge in the background of microbiota of the gut.
- Participants will gain knowledge on the effects of diet on GI microbiota.
- Participants will gain knowledge on the role of GI microbiota and nutrition in chronic disease and health.

*Session sponsored by the SNEB Foundation*

### Meetings

- 10:00 a.m. | SNEB's 50th Meeting Announcement | All Welcome | Grand AB | Dr. Adrienne White, 2017 conference chair, will share her vision for SNEB's historic 50th annual meeting
- 10:15 a.m. - 11:15 a.m. | Dialogue Now with University of New England | Invitation only | Spinnaker
- 10:15 a.m. - 11:15 a.m. | Weight Realities Division Meeting | All Welcome | Nautilus 4
- 10:15 a.m. - 11:15 a.m. | Communications Division Meeting | All Welcome | Nautilus 5

### Exhibits Open

- 10:15 a.m. - 11:45 a.m., Monday 8/1, Pavilion
- Nutrition Break served 10:15 a.m. - 10:45 a.m.

### Poster Abstracts & Exhibits Open

10:15 a.m. - 11:45 a.m., Monday 8/1, Pavilion | 1.5 CEU

- P131 Alexandria Washington, MPH, PhD student, *An Assessment of Nutrition and Physical Activity Among Black College Women*
- P132 Lanae Ball, PhD, *Design and Implementation of a Garden-Based Service Learning Program for Nutrition and Dietetic Students: A CBPR Approach*
- P133 Betty Izumi, PhD, MPH, RD, *Impacts of a Nutrition Intervention on Attitudes Towards Food Preparation and Liking of Target Vegetables Among Parents in a Home Visiting Program*
- P134 Rocio Mendez, BS, *Cultural Influences on Mindful Eating Among Parents of Elementary School Children*
- P135 Jessica Jarick Metcalfe, MPH, *Children's Food Involvement is Related to Healthier Dietary Behaviors*
- P136 Amanda R. Oakley, BS, *Feasibility of Culinary Skills Peer-Nutrition Education Delivery in Early Adolescent Youth*
- P137 Jennifer Utter, PhD, MPH, *Supporting Families to Cook at Home and Eat Together: Findings From a Feasibility Study*
- P138 Rola Zahr, MPH, RD, *Shaping Students' Food Preferences Through Project CHEF, a Hands-On Cooking and Tasting School Program*
- P139 Gayle Povis Alleman, MS, RDN, *Food Science (STEM) Curriculum for Middle /High School Youth Intensifies Career Interest in Food Science and Food Technology*
- P140 Carol Byrd-Bredbenner, PhD, RD, *Childhood Obesity-Prevention Cognitions of Non-Nutrition Professionals Working With Young Children and Their Families*
- P141 Withdrawn
- P142 Oksana Matvienko, PhD, *Qualitative Analysis of Dietary Behaviors in Picture Book Fiction for 4 to 8 Year Olds*
- P143 Allison Ritter, BS, *Habit Formation for Parenting Practices Designed to Change Youth Vegetable Intake*
- P144 Yukiko Ueda, PhD, *Correlation Between Lunch Choice Behavior and "Values in Food Choice Scale" in Japan*
- P145 Pam Koch, EdD, *Comparison of School Lunch Vegetable Subgroup Consumption in a Naturalistic Elementary School Cafeteria Setting*



International Author



Higher Education Division Research Award



"Rising Star" interested in graduate studies

# Conference Programs - Monday, August 1

- P146 Jennifer Mansfield, BS, *The Effect of School Lunch Interventions and Policy Changes on Student Food Behavior 2006-2016: A Systematic Review* 
- P147 Natalie Masis, MS, *Designing and Evaluating a Training Protocol for Visual Estimation of Fruits and Vegetable Intake Among K-2nd Grade Students*
- P148 Tomoko Osera, PhD, *Nutrition Education in the Classroom Utilizing MyPlate Improves Children's Knowledge of Food Groups and Preferences in Kindergarten*  
- P149 Mariana Perez, MA, *Knowledge, Attitudes and Practices of Nutrition and Physical Activity in Children of Primary Schools in Chiapas, Yucatan and Quintana Roo, Mexico* 
- P150 Elena Serrano, PhD, *National Competitive Foods Standards in Rural Virginia Middle Schools: Smarter Snacking or Compliance Lacking?*
- P151 Jennifer Taylor, MS, *Reliability of a Digital Imaging-Based Method for Estimating Food Selection and Consumption from Children's Packed Lunches*
- P152 Krisha Thiagarajah, PhD, RD, LDN, *Parent Attitudes Toward Meatless Meals at School*
- P153 Christopher Vogliano, MS, RDN, LD, *The Development of a Food Waste Audit Tool for Foodservice Facilities*
- P154 Catherine Wickham, MS, RD, CD-N, *Making It Count: Improving School Nutrition Professionals Knowledge of the National School Lunch Program Requirements*
- P155 Catherine Wickham, MS, RD, CD-N, *FuelUp&Go!: Fueling Adolescents' Food, Beverage, and Physical Activity Knowledge, Attitudes, and Behaviors*
- P156 Jennie Davis, BS, *Ghanaian Nurses' Nutrition and Young Child Feeding Education: Identification of a Need for Further Education*
- P157 Soo-Kyung Lee, PhD, RD, KRD, *Food Allergy Management in School System of Incheon, South Korea* 
- P158 Caroline Webber, PhD, RD, *Two Countries, One Virtual Classroom: A Pilot Study*
- P159 Hiershenee Bhana, MHSc, *In Defense of Food Curriculum: A Formative Evaluation of an Afterschool Middle-School Intervention*
- P160 Hiershenee Bhana, MHSc, *Qualitative Needs Assessment: Pedagogical and Pragmatic Considerations for Afterschool Nutrition Education Programs*
- P161 Pamela Koch, EdD, RD, *In Defense of Food Curriculum: Investigating Students' Understanding and Application of Food Rules in Their Lives*
- P162 Dipti Dev, PhD, *'Let's Work Together Towards Children's Nutrition': Building Bridge Between Child Care Providers and Parents for Promoting Child Health*
- P163 Judy Ensslin, MS, RD, LDN, *Evaluation of the Effectiveness of the Drexel University Eat.Right.Now. High School Curriculum in Pennsylvania SNAP-Ed*
- P164 Stephanie Folkens, BS, AAS, *Online Game to Support Nutrition Education*
- P165 Julie Garden-Robinson, PhD, RD, LDN, *On the Move to Better Health Junior Promotes Behavior Change*
- P166 Annie Hardison-Moody, PhD, *Incorporating Farmers' Market Tours Into the Expanded Food and Nutrition Education Program: Best Practices and Lessons Learned*
- P167 Vanesa Karamanian, MD, MPH, *Nutrition For Life: A Goal-Setting Approach to Delivering SNAP Education*
- P168 Lydia Kaume, PhD, RD, LDN, *Evaluating Nutrition and Health Educational Needs of Foreign-Born in McDonald County Missouri*
- P169 Mi-Hyun Kim, PhD, *Development and Evaluation of the Children's Sugar Intake Reduction Program* 
- P170 Oksun Kim, PhD, *Current Status of Food-Related Educational Activities in School Lunch Programs in South Korea* 
- P171 Sooyoun Kwon, PhD, *Evaluation of an Education Program for Improving Dietary Quality of the Elderly With Risk of Dysphagia in South Korea* 
- P172 Jenna Larsen, MS, *A Train-the-Trainer Nutrition Education Program for Improving Preschoolers' At-Home Diet*
- P173 Doreen Liou, EdD, RD, *Undergraduate College Students' Perceptions of Effective Nutrition Education Interventions*
- P174 Jessica Silldorff, MPH, *Designing Online Nutrition Education for Low Digital Literacy Populations: Insights from the EatFresh.org Mini Course*
- P175 Rachel McBride, BS, *Food Pantries: A Promising Venue for Identifying Those at Risk for Pre-Diabetes*
- P176 Rachel McBride, BS, *Food Pantries: A Promising Venue for Diabetes Prevention Programs with a Health At Every Size® Emphasis*
- P177 Lauren McCullough, MPH, *Positive Results of Single Lessons With Adult Learners of the Supplemental Nutrition Assistance Program – Education (SNAP-Ed)* 
- P178 Katie McGirr, MS, RDN, *Systematic Revision of the Eating Smart Being Active Curriculum to Reflect the 2015 Dietary Guidelines*
- P179 Paula Neira, *Schools With Nutrition Education Program: You Learn You Choose You Change* 
- P180 Christine Nelson, *Connecting Youth to Local Agriculture and Building Developmental Assets Through Nutrition Education*
- P181 Terra Newman, MPH, RD, *Loving Support Award of Excellence in the Special Supplemental Nutrition Program for Women, Infants and Children*
- P182 Bong Nguyen, BS, *Impact of a Nutrition Education Intervention on Nutrition Knowledge and Dietary Intake of Fruits, Vegetables, and Milk Among Fourth and Fifth-Grade Elementary School Children* 
- P183 Withdrawn
- P184 Haeryun Park, PhD, RD, LDN, *Developing a Social Cognitive Theory-Based Nutrition Education Program for Adolescents in Korea* 
- P185 Melissa Pflugh Prescott, PhD, RDN, *Teacher Well-Being Practices are Positively Associated With Teacher Perceptions of Fuel for Fun Tasting Lessons*
- P186 Melissa Pflugh Prescott, PhD, RDN, *School Wellness Programs Provide Resources for NYC Public Schools to Address Components of the District Wellness Policy*
- P187 Magley Quintana, BS, *Healthier Habits: Nutrition Education Through Food Banks in Mexico* 
- P188 Dan Remley, PhD, MSPH, *Two Year Results of an Extension Online Diabetes Education Class*
- P189 Trina Robertson, MS, RD, *Building Healthier Kindergarten Students Through Nutrition Education*



# Conference Programs - Monday, August 1

- P190  Luanda Saltijeral, MA, *Implementation of a Nutrition Education Program in Primary Schools in an Area with Patrimonial Poverty in Monterrey, Mexico*
- P191 Susan Sisson, PhD, RD, LDN, CHES, FACSM, *Childcare Teacher Perceptions of Their Role in Child Health and Nutrition*
- P192 Sarah Stotz, MS, RD, LDN, CDE, SNAP-Ed Eligible *Georgians' Experience Using an eLearning Nutrition Education Program – A Qualitative Study*
- P193  Luiza Torquato, MPH, *The Perspective of the Learner and the Educator About a Food and Nutrition Education Program Developed With Women in Brazil*
- P194 Suzanne van Rijn, MAEd, *Social Media Videos Enhance Face-to-Face Interactions with EFNEP Audiences*
- P195 Brent Walker, MS, RD, *Launching a Comprehensive SNAP-Ed Social Marketing Campaign Utilizing the Cooperative Extension Model*
- P196 Cami Wells, MS, RD, *Food Fun for Young Children Newsletter: Serving Up Healthy Snacks and Meals that Include Healthy Eating Behavior Strategies*
- P197 Lynda Zimmerman, MS, RD, LD, *Nutrition Education to Increase the Self-Efficacy of Low-Income Children to Make Healthy and Safe Food Choices*
- P198  Alexandra Bush-Kaufman, MPH, RD, *Interagency Collaboration to Develop a Healthy Pantry Guide for the State of Washington*
- P199 Priya Khorana, MS, *Recess or Lunch First? Impact on Recess Physical Activity Levels and Pro-Social Behaviors and Classroom Readiness to Learn*
- P200  Sarah Lisson, *Development of a Meal Creation Tool to Assess Knowledge and Preference Among Preschool Children*
- P201 Rebecca Seguin, PhD, CSCS, *HEART Clubs: Encouraging Healthy Eating and Activity in Rural Towns*
- P202 Christopher Sneed, PhD, *Farmers' Market Fresh: Engaging Limited-Resource Families in Tennessee*
- P203 Margaret Udahogora, PhD, RD, *Development of a Jamaican Nutrition Exchange List Using Culturally Accepted Foods*
- P204 Withdrawn
- P205 Oak-Hee Park, PhD, RD, *Measuring the Food Environment of the East Lubbock Community by Using Geographic Information System*
- P206  Amanda D. Peterson, RD, *Teacher Perceptions of Multi-level Policies and the Influence on Nutrition Education in North Carolina Head Start Preschools*
- P207 Diane Smith, RD, MA, *Creating Collaborative Solutions to Food Access Concerns Among Food System Stakeholders Using the Socioecological Model*
- P208 Aner Tal, PhD, MBA, MA, BA, *What Would Brad Pitt Eat? How Popularity Can Make Food Tasty*
- P209 Aner Tal, PhD, MBA, MA, BA, *Tastes Like Who I Want to Be: Making Foods Tastier by Linking to Desirable Social Image*
- P210 Nicholas Younginer, MA, *Conflicting Perspectives on the SNAP Program and Its Participants: Cost, Health, Individualism, and Fraud*
- P211 John Brand, PhD, *More Beer, Less Talk: Modern Beer Advertisements Suggest Larger Consumption Norms*
- P212 John Brand, PhD, *Depicted Versus Stated Serving Sizes: Exaggerated Servings on Packaging Encourage Overeating*
- P213  Karen Davison, PhD, RD, *Relationships Between Previous 12-Month and Lifetime Illicit Substance Use and Food Insecurity in British Columbia*
- P214 Marie Kainoa Fialkowski, PhD, RD, LDN, *Changes in Community Readiness in the Children's Healthy Living (CHL) Program in Remote Underserved Minority Populations of the Pacific*
- P215 Alyce Fly, PhD, *Use of Athlete Heroes to Improve Determinants of Fruit- and Vegetable-Eating Behaviors of School Children*
- P216 Karen Franck, PhD, *The Importance of Cognitive Interviews as a Face Validity Method for Nutrition Education Surveys for Limited-Resource Audiences*
- P217 Katherine Greene, MPH, *The Impact of Smarter Lunchroom Interventions on Vegetable and Fruit Selection and Consumption in Middle School Cafeterias*
- P218 Kathryn Hoy, MFN, RD, CDN, *How the USDA School Meal Guidelines Impact Fruits and Vegetables Selection and Waste in School Cafeterias*
- P219 Alisha Gaines, PhD, *The Smarter Lunchrooms Randomized Controlled Trial: 2014-2015 Process Evaluation Results*
- P220  Matthew Graziose, MS, *School Neighborhood Environment, Cognitive Mediators, and Fast Food Consumption Among Urban Youth: Applying the EnRG Framework*
- P221 Janet Kurzynske, PhD, *Fruit and Vegetable Consumption of Division I Collegiate Football and Volleyball Players Pre and Post Deregulation of Snacks*
- P222 Nicole Larson, PhD, MPH, RDN, *Individual and Environmental Correlates of Adolescents' Energy-dense Snack Food Consumption*
- P223 May May Leung, PhD, RD, LDN, *Mindfulness-Based Pilot Study to Reduce Childhood Obesity Risk in Underserved Urban Children: Preliminary Findings*
- P224 Tonya Horacek, PhD, RD, *College Student's Meal Management and Fast Food Ordering Behaviors*
- P225 Alexandra Lundquist, BS, *An Exploratory Look at Paternal Support for the Breastfeeding Mother During the Transition to Non-Parental Childcare*
- P226 Krystal Lynch, PhD, MPH, *Opportunities to Support Rural Community Health Coalitions in Indiana*
- P227 Catherine Metzgar, PhD, RD, *The Role of Social Support in Weight Maintenance in a Sample of Premenopausal Women*
- P228 Fred Molitor, PhD, *Reach of SNAP-Ed Interventions Related to Healthful Food and Beverage Consumption Among Low-Income Mothers in California*
- P229 Deanne Moosman, MS, *"Creating a Colorful Plate" to Increase Fruit and Vegetable Consumption: Does It Work With College Students?*
- P230  Elizabeth Nix, RD, *The Effect of Descriptive Social Norms on Skin Carotenoid Scores and Fruit and Vegetable Intake in College Students*
- P231 Sohyun Park, PhD, *Knowledge of Health Conditions Related to Drinking Sugar-Sweetened Beverage and Sugar-Sweetened Beverage Intake Among U.S. Adults*

# Conference Programs - Monday, August 1

- P232 Shannon Pierson, BS, *Factors Associated with Emotional Eating and Mindless Eating Among Third-to-Fifth Grade Students*
- P233 Giselle Pignotti, PhD, RD, *Motivations About Fruit and Vegetable Consumption Do Not Translate to Increased Intake Among International College Students*
- P234 Summer Porter, MS, RD, *What We Like and What It's Worth: Preferences and Values of WIC Foods and WIC Food Packages*
- P235 Zubaida Qamar, MS, *Attitudes Affecting Decisions to Consume Fruits and Vegetables in South Asians*
- P236 Rebecca L Rivera, MPH, *SNAP-Ed Improves Long-Term Household Food Security Despite Participation in SNAP or WIC at Recruitment*
- P237 Lauren Sastre, MS, *Nutrition Education Interests, Needs and Perceptions of Newly Arrived Caregivers*
- P238 Lauren Sastre, MS, *Nutrition Experiences and Perceptions of Newly Arrived Youth*
- P239 Rebecca Herne, *Healthy Kids, Health Families - A Paraprofessional-Led Intervention for Low-Income Families With Overweight or Obese Children*
- P240 Emma Simpson, BS, *Perceived Stress, Caffeine Consumption, and GPA of Undergraduate Students at a Large Public University*
- P241 Cassidy Sloat, *Old Tradition, New Perspective: Provider Opinions on the Effectiveness of Yoga as a Treatment Method for Eating Disorders*
- P242 Katherine Speirs, PhD, *Feeding for the Future: Child Care Providers' Feeding Practices and Access to Training*
- P243 Taren Swindle, PhD, *"Fill Their Belly or Expose Them to New Foods?": A Qualitative Study of Early Educators' Nutrition Experiences and Beliefs*
- P244 Serah Theuri, PhD, RD, *The Need to Promote Changes Related to Meeting Dietary Recommendations Among University Students*
- P245 Emily Van Wasshenova, MS, *A Case for Vitamin D Supplementation: Deficient and Insufficient Levels During Pregnancy*
- P246 Heidi Wengreen, PhD, RD, LDN, *Development and Feasibility of a Multi-Media Digital Dietary Assessment Method*
- P247 Jade White, MS, *Campus Environment Perceptions Impact Fruit and Vegetable Intake and Vigorous Physical Activity in College Students*
- P248 Withdrawn
- P249 Taejung Woo, PhD, *Assessment of Stage of Change and Social Cognitive Factors for Increasing Vegetables Preference in Korean Adolescent*
- P250 Priscilla Connors, PhD, RDN, *The Influence of Organic Labeling and Price on Restaurant Menu Choice*
- P251 Withdrawn
- P252 Caroline Dunn, MS, RD, LDN, *A Qualitative Evaluation of Experiences Using eHealth for Weight Loss*
- P253 Alice Henneman, MS, RD, *Using Electronic Mailing Lists to Develop Constituencies, Engagement, and Opportunities for Knowledge and Behavior Change*
- P254 Maggie Moon, MS, RDN, *Consumer Subjective Social Feelings as a Function of Snack Type*

- P255 Kristin Riggsbee, BS, LPN, *Social Media and Dietary Patterns Among College Students*
- P256 Monica Silva, BS, *Cultural Differences Expressed by WIC Participants While Evaluating a WIC App for Nutrition Education*
- P257 Gabrielle Turner-McGrievy, PhD, MS, RD, *Diet Tracking Mobile App Ownership is not Associated With Lower Weight, Energy Intake, or Improved Weight Loss Behaviors*
- P258 Seungmin Lee, PhD, *Development and Application of Web-based Dietary Evaluation System Using Food Frequency Questionnaire for Korean Adolescents*
- P259 Hope Kleine, BS, *Barriers and Facilitators to Weight Maintenance After Reaching a Goal Weight Within a Meal Replacement Program*
- P260 Claire Mademann, RD, *The Undiet Revolution: Impact of a Nutrition and Mindful Eating Intervention on Eating Behaviors and Weight Loss*
- P261 Megan Mueller, MPH, *Behavioral Correlates of Empirically-Derived Dietary Patterns Among University Students*
- P262 Kelly Nemecek, BS, *Content Validity of the Child Nutrition and Physical Activity Screening Tool*
- P263 Brooke Nobles, MS, RD, *The Impact of Health at Every Size Versus a Weight Loss Intervention on Diet*
- P264 Audrey Opoku-Acheampong, MS, *Exploring Healthy Behaviors and Chronic Diseases Risk Factors Among College Students*

## Meeting

- 11:15 a.m. - 12:15 p.m. | Resolution Forum | All Welcome | Grand C
- 11:15 a.m. - 12:45 p.m. | Foundation Trustees | Trustees and scholarship recipients only | Nautilus 3

## Making It Count: Get Online with a Multi-Faceted, Multilingual, Professional Development Program for School Nutrition Personnel

12:45 p.m. - 2:15 p.m., Monday, 8/1 | Grand AB | 1.5 CEU

*Moderator: Sally Teixeira, Massachusetts Department of Elementary and Secondary Education*

*Speakers: Sally Teixeira, Massachusetts Department of Elementary and Secondary Education; Lynne Ivers Thompson, MS, UMass Extension Nutrition Education Program, University of Massachusetts Amherst; Catherine A. Wickham, MS, RD, CDN, UMass Extension Nutrition Education Program, University of Massachusetts Amherst*

The Healthy Hunger-Free Kids Act of 2010 set the framework for healthier school meals. New efforts have also been made to ensure accountability in operating child nutrition programs. This has opened the door for school nutrition personnel to seek professional development opportunities to address these changes as well as new USDA professional standards. Through this program participants will gain a deeper appreciation of the value of professional development. They will experience a selection of Making it Count's multilingual videos, interactive online and site-based activities focusing on new meal requirements, accountability, and accessibility; and review resources (handouts, facilitator guides and more).

# Conference Programs - Monday, August 1

Learning Objectives:

- Gain an appreciation of the value of personnel development and USDA professional standards for school nutrition professionals.
- Increase knowledge of why Making it Count was developed to improve integrity of school nutrition programs.
- Increase awareness of how Making it Count can be used as a multi-faceted, multilingual professional development program for all school nutrition personnel.

## Duplicate Yourself! (How to Reach 100,000+ People by Going Virtual with Your Demos)

12:45 p.m.- 2:15 p.m., Monday 8/1 | Grand C | 1.5 CEU

*Moderator: Joanne Kinsey, MS, CFCS, CWWS, Rutgers Cooperative Extension*

*Speakers: Jesse Sharrard, BA, AST, Greater Pittsburgh Community Food Bank; Joanne Kinsey, MS, CFCS, CWWS, Rutgers Cooperative Extension; Alice Henneman, University of Nebraska-Lincoln Extension*

Eating healthier can be a daunting road to travel. In this session, discover ways that you can apply marketing techniques and toward the glamorization of healthy alternatives, identify credible spokespeople to advance your healthy eating message, and take advantage of free social media tools that can be used to extend and enhance programmatic efforts when demonstrating healthy cooking techniques. Leave this session with a plan for developing your personalized cooking demonstration strategy that can increase the likelihood your clients are able to build and maintain healthy habits they enjoy.

Learning Objectives:

- Participants will understand the direct connection between cooking skills and ability to follow dietary guidelines.
- Session participants will be able to identify three methods of demonstrations using videos, online newsletter, or fact sheet (a method other than face-to-face) that can potentially be used when presenting cooking techniques to consumers/community.
- Participants will observe and identify the differences that graphic design make in a recipe's perceived appeal.

## Global Food Systems: Solutions for a Growing World

12:45 p.m. - 2:15 p.m., Monday, 8/1 | Nautilus 1&2 | 1.5 CEU

*Moderator: Seung-Yeon Lee, PhD, SNEB Division of International Nutrition and Education*

*Speakers: Andrew Jones, PhD, University of Michigan Department of Nutritional Sciences; Angie (Anchi) Mei, AICP, MLA, MCP, International Rescue Committee; Rishi Kumar, The Growing Home*

Nutrition professionals play a role in finding solutions to provide food that is safe and nutritionally sound for the growing population. This session will begin with an overview on food systems and how it impacts public health nutrition at both a regional and global level. Participants will learn the nutritional challenges in feeding a growing population and the health, economic and environmental impacts of our current food system. Speakers will share their approaches used to address the challenges faced in our global food system. A group discussion will follow that allows the audience to interact and brainstorm solutions together.

Learning Objectives:

- Describe the potential implications of food systems in low-income countries, especially agricultural biodiversity, on the quality of diets and the nutritional status of vulnerable populations.
- Learn about the economic and environmental impacts of our current food system and explore local and sustainable approaches used to address these impacts for the benefit of our health.
- Understand the importance of urban farms and gardens as connection points for children to have access to healthy foods and environments.

*Session supported by the SNEB Public Health Nutrition Division and Division of International Nutrition and Education*

## Debate: Weight as a Measure of Health vs. Health at Every Size Concepts

2:30 p.m. 4:00 p.m., Monday 8/1 | Grand AB | 1.5 CEU

*Speakers: Dr. Glenn A. Gaesser, Director, Healthy Lifestyles Research Center at Arizona State University; Dr. Christopher D. Gardner, Director of Nutrition Studies at Stanford Prevention Research Center*

Speakers will:

- Describe their work on obesity and the strategies that they have used, detailing the elements that they found most important including their results.
- Provide evidence based examples that show the relationship between weight status and health in a number of ways including its relationship with chronic diseases.
- As a way of bridging both perspectives, provide a brief aspect of what they think is positive in the Health at Every Size concept.

In the conclusion, they will deliver a clear recommendation of the next practice in fight against obesity and where we need to improve in our practice, measurements, and conclusions. It is imperative that the attendees get clear recommendations of what has worked and where we need to be going in our practice if we want to make a dent in fight against obesity and related chronic diseases.

## Scholarship of Teaching & Learning: Innovative Collaborative Learning Strategies for Nutrition Education

4:15 p.m - 5:15 p.m., Monday, 8/1 | Grand AB | 1 CEU

*Moderator: Natalie K. Cooke, PhD, North Carolina State University*

*Speaker: Natalie K. Cooke, PhD, North Carolina State University; Karla Shelnut, PhD, RD, University of Florida; Marissa Burgermaster, PhD, MAED, Columbia University Medical Center; Amanda Peterson, BS, RDN, East Carolina University; Virginia Carraway-Stage, PhD, RDN, LDN, East Carolina University*

Those teaching nutrition in higher education settings are often asked to produce scholarship while balancing a heavy teaching load. The scholarship of teaching and learning (SoTL) session provides nutrition educators in higher education the opportunity to learn about research-based next practices that can be used to evaluate and improve student-learning outcomes, while producing research suitable for peer-reviewed publication. The focus of this session is to share creative collaborative learning strategies being used in undergraduate and graduate nutrition courses across the nation with an emphasis on topics related to technology, writing, and critical thinking.

# Conference Programs - Monday, August 1

## Learning Objectives:

- Participants will be able to describe the concept of Scholarship of Teaching and Learning.
- Participants will be able to discuss creative approaches to collaborative learning in undergraduate/graduate nutrition courses with an emphasis on topics related to technology, writing, and critical thinking.
- Participants will be able to identify next practices that they may be interested in applying in their classrooms to improve student-learning outcomes.

## MyPlate Promotion Campaign Leverages Key Messages from the 2015 Dietary Guidelines for Americans

4:15 p.m. - 5:15 p.m., Monday, 8/1 | Grand C | 1 CEU

*Speaker: Jackie Haven, MS, RD, USDA Center for Nutrition Policy and Promotion; Kellie Casavale, PhD, RD, US DHHS/ODPHP*

We all eat every day, but how can we help Americans make food decisions that are better for their health? CNPP will share messages gained from consumer insights and discuss how these findings are being used to more effectively reach the public with science-based nutrition messages.

The presenter will share strategies on how organizations, especially those that promote healthy eating messages and products, can use research based on the Dietary Guidelines to influence their audience's behavior toward more healthful food decisions.

## Learning Objectives:

- Review key messages based on MyPlate consumer insights.
- Identify how nutrition educators can leverage MyPlate Campaign to reach a variety of target audiences.
- Examine how MyPlate nutrition messages can reach consumers through gamification technology.

## Childhood Obesity Prevention Research through a Community Context

4:15p.m. - 5:15 p.m., Monday, 8/1, Nautilus 1&2 | 1 CEU

*Moderator: Paula Peters, PhD, Research and Extensions, Family and Consumer Sciences, Kansas State University*

*Speakers: Abby Gold, PhD, MPH, RD, Department of Public Health, College of Health Professions, North Dakota State University; Sandy Procter, PhD, RD, LD, Department of Human Nutrition, Kansas State University; Carol Smathers, MS, MPH, Ohio State University Extension*

Establishing a culture and environment of healthful eating and physical activity focused on preventing childhood obesity is best accomplished with an engaged community team who take action in multiple levels of the socio-ecological construct. Community and environmental assessments within rural, low-income communities provide a broad understanding of needs which in turn inform plans for improvement. Collectively identifying and evaluating resources, developing strong community coalitions and training community coaches to facilitate decision making, enhances community members' enthusiasm to participate and contributes to success. Reliance on qualitative and quantitative data findings secures sustainability and future efforts.

## Learning Objectives:

- Determine whether a new Extension model will be identified as the next practice tool for preventing childhood obesity.
  - Characterize how to effectively increase capacity and engage communities to create and sustain a healthy environment for young children.
  - Define effective collaborations among 7 states with community coalitions and/or community coaches to achieve goals
- SNEB/SNEBF gratefully acknowledges the underwriting of this activity provided by Abbott Nutrition Health Institute. Acceptance of these resources does not imply endorsement of the donor or its mission, products, or services.*



## Meetings

- 5:30 p.m. - 6:30 p.m. | Student Committee Meeting | All Welcome | Spinnaker  
Come learn more about the SNEB Student Committee and opportunities to get involved. You'll also have the opportunity share your input and start planning activities for the student sub-committees to work on, so bring your ideas!
- 5:30 p.m - 6:30 p.m. | NIFA-AFRI Reception | Invitation Only | Nautilus 3

## Early Childhood and Beyond: CACFP Meal Patterns Final Rule, Best Practices, and Resources

7:00 p.m - 8:00 p.m., Monday, 8/1 | Grand AB | 1 CEU

*Moderator: Alicia H White, MS, RD, Chief, Nutrition Education and Promotion Branch, Nutrition, Education, Training, and Technical Assistance Division*

*Speaker: Andrea L. Farmer, MS, RD, LD, Chief, Community Meals Branch, Policy and Program Development Division, USDA Food and Nutrition Service, Child Nutrition Programs; Cheryl Jackson Lewis, MPA, RD, LDN, Director, Nutrition, Education, Training, and Technical Assistance Division, USDA Food and Nutrition Service, Child Nutrition Programs*

This session highlights the Child and Adult Care Food Program (CACFP) Meal Patterns Final Rule that was released in April 2016 and represents the first major changes to meals and snacks since the Program's inception in 1968. Under the new standards outlined in the rule, meals and snacks will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat, and child care sites will also receive increased support for breastfeeding. These new standards will help safeguard the health of infants and children early in their lives and improve the wellness of adults.

USDA will provide an overview of the requirements of the final rule and best practices, showcase training and nutrition education resources to support implementing of the new meal standards, and discuss the value that nutrition educators and nutrition educa-

# Conference Programs - Tuesday, August 2

tion experts can bring to facilities and institutions participating in CACFP. Findings from USDA's formative research study on nutrition, physical activity, and electronic media use in CACFP will also be highlighted to show the challenges that providers face in implementing guidelines as well as their technical assistance needs.

## Tuesday, August 2

### Coffee And... Optimal Nutrition at First Bite: Identifying First Foods for Healthier Lifestyles



7:00 a.m. - 8:30 a.m., Tuesday, 8/2, Grand C | Breakfast served | RSVP required although there is no cost | 1 CEU

*Speaker: Julia Nordgren, MD, Pediatric Lipid Specialist, Palo Alto Medical Foundation*

Nutrient density, texture/consistency and flavor profile are all important considerations when choosing first foods to feed infants and toddlers. Yet, these characteristics may not only be important during the first two years of life. Research shows, babies' diets during the complementary and transitional feeding period may influence eating behaviors in early childhood and later in life. This session will explore the current science investigating optimal first foods to help ensure lifelong healthy eating habits, and provide recommendations on best practices for health professionals to follow when counseling clients and the public.

#### Learning Objectives:

- Amplify science findings to help improve knowledge among health professionals and colleagues on best practices to follow when feeding infants and toddlers.
- Counsel clients and the public on specific food combinations to ensure toddlers and infants are exposed to appropriate textures and flavors, and are meeting nutrient needs.
- Create tools and tips to help caregivers choose optimal foods for their infants and/or toddlers to ensure they are building lifelong healthy eating habits.

*SNEB/SNEBF gratefully acknowledges the underwriting of this activity provided by Hass Avocado Board. Acceptance of these resources does not imply endorsement of the donor or its mission, products, or services.*

### Bee Marks Communication Symposium - Talk Is Cheap: How Can Nutrition Educators Lead Better Food Dialogue

8:30 a.m. - 10:00 a.m., Tuesday, 8/2, Grand AB | 1.5 CEU

*Moderator: Nicole Turner-Ravana, MS., Strategic Nutrition Communications LLC*

*Speakers: Robert C. Post, PhD, MEd, MSc, Chobani, LLC; Tish Van Dyke, Edelman*

Our food landscape reflects a bumpy terrain of debate around the "best" food choices. A variety of communicators are impacting consumer perceptions, values and demands for different foods and expanding the view of why people make the choices they do, whether science-based or not. This session will include a panel discussion around the challenges of compelling yet science-based nutrition communication strategies and include key skill building techniques for the next practice to be more effective as nutrition educators and more influential within your realm of food dialogue.

#### Learning Objectives:

- Identify current communications influences on consumer/public perceptions and behaviors related to nutrition;
- Utilize resources and strategies used in popular media to impact nutrition knowledge;
- Demonstrate key skills and vocabulary that can help them be a more effective communicator within their work.

*Session sponsored by the SNEB Foundation*

### USDA NIFA-AFRI and Team Nutrition Poster Abstracts

10:00 a.m.- 12:00 p.m., Tuesday, 8/2, Pavilion | 2 CEU

Look for QR code artwork in the corner of a poster board. Scan the code with your phone or tablet to link to a full version of the poster artwork online as supplemental material to the abstract in the online edition of the *Journal of Nutrition Education and Behavior* ([www.jneb.org](http://www.jneb.org)). This is a great way to remind yourself of the research you want to review more closely after conference.

#### Team Nutrition

- FP1 Tessa Adcock, MS, RD, LDN, *Kansas Team Nutrition*
- FP2 Gail Anderson, MPH, RD, *Scratch Cooking and Smart Snacks: A Minnesota Team Nutrition Recipe Book*
- FP3 Katie Bark, RD, LN, SNS, *Outcomes From a Montana School Wellness in Action Mini-Grant Program and Implications for Sustaining Long-Term Policy Support*
- FP4 Lynn Boyd, MPH, *South Carolina Team Nutrition 2014: Growing Healthy in Child Care*
- FP5 Patti Delger, RD, LD, *Satisfy Students' Taste Preferences Through Smarter Lunchroom Changes*
- FP6 Kelly Williams, RD, CD, *Creating Wisconsin Smarter Lunchrooms to Increase Student Selection of Healthful Foods*
- FP7 Nick Drzal, MPH, RDN, *Michigan Team Nutrition Boost Breakfast Initiative Increases Breakfast Participation*
- FP8 Elizabeth Foland, MS RD, *Evaluation of Collaborative Efforts Between Foodservice and Family and Consumer Sciences Teachers to Teach Students*

# Conference Programs - Tuesday, August 2

- FP9 Christanne Harrison, MPH, RD, *Successful Smarter Lunchrooms Implementation Through Coach-Guided Assessment and Technical Assistance*
- FP10 Heather Hauswirth, RD, *Take Action in School Wellness: A Training for Colorado Schools and Districts*
- FP11 Alma Hopkins, RD, MEd, LD, *Marketing Events for Salad Bars Show an Increase in Student Participation*
- FP12 Barbara Keen, RD, *Missouri's MOve Smart Child Care Coaching Project*
- FP13 Susan Patton, MS, RD, LDN, *Using Social Media to Educate School Nutrition Professionals*
- FP14 Zainab Rida, PhD, RD, LDN, *Nebraska Team Nutrition Supports Sustaining Healthy Nebraska Schools Through the Coordinated School Health (CSH) Initiative*
- FP15 Megan Olesen, MS, RDN, LN, *South Dakota Team Nutrition: PhotoVoice and Farmers Grow MyPlate*
- FP16 Megan Sweat Lopes, MPH, *Maryland's Team Nutrition Wellness Champions for Change: School-Level Wellness Policy Implementation*
- FP17 Brenda Thompson-Wattles, RD, *Idaho's Chef Designed School Breakfast Workshop*
- FP18 Kathryn Hoy, MS, RD, LDN, *Enhancing Health Choices in South Carolina Schools--Highlights From South Carolina's Team Nutrition Training Efforts to Enrich Cafeterias in Strikeforce Countries*
- NIFA-AFRI**
- NP1 Alyssa Havlovic, MS, RD ACSM EP-C, *Growing Healthy Kids Program Evaluation*
- NP2 Erica Weintraub Austin, PhD, *Field Testing of a Family-Based Media Literacy and Nutrition Program to Prevent Childhood Obesity*
- NP3 Laura Bellows, PhD, RD, MPH, *The HEROs Study: Bridging Home and Preschool Environments to Promote Healthy Eating and Activity Behaviors and Prevent Obesity In Early Childhood*
- NP4 Laura Bellows, PhD, RD, MPH, *Longitudinal Findings from the Colorado LEAP Study: An Obesity Prevention Study in Early Childhood*
- NP5 Annie Harrison-Moody, PhD, *Using Community-Led Mini-Grant Projects to Increase Access to Healthy, Affordable Food and Places to be Active*
- NP6 Holly Brophy-Herb, PhD, *Effectiveness of Supports for Family Mealtimes on Obesity Prevention Among Head Start Preschoolers: The Simply Dinner Study*
- NP7 Carol Byrd-Bredbenner, PhD, RD, FAND, *HomeStyles: Shaping Home Environments and Lifestyle Practices to Prevent Childhood Obesity- A Randomized Controlled Trial*
- NP8 Anna McAlister, PhD, *The Use of Coupons to Motivate Healthier Snack Food Choices Among Children: Results of the CHOMPS Pilot*
- NP9 Susan Evans, PhD, *Fighting Obesity Among Low-Income 9-14 Year Olds: A Home-Based Intervention Using Mobile Phones to Deliver Customized Nutrition Outreach*
- NP10 Catherine Coccia, PhD, RD, *Developing the Mentoring, Education, and Nutrition Knowledge for Teachers to Reduce Obesity Risk in Children (M.E.N.T.O.R.) Project: In-Service and Pre-Service Teacher Needs Assessment Results*
- NP11 Lesley Cottrell, PhD, *Best Practices and Lessons Learned from the Choose to Change Project: Nutrition Education and Interventions for Preschool Children*
- NP12 Sarah Colby, PhD, RD, *A Social Marketing and Environmental Change Intervention: Get Fruved Years 01-02*
- NP13 Jose Condor, BS, *Barriers to the Delivery of Children's Physical Activity in California's Central Valley*
- NP14 Leslie Cunningham-Sabo, PhD, RDN, *Fuel for Fun: Cooking with Kids Plus Parents and Play – Year 4 Achievements*
- NP15 Marsha Davis, PhD, *Using the Child as Change Agent for Preventing Childhood Obesity in Rural Georgia: Year One Home Environment Results*
- NP16 Karina Diaz Rios, PhD, *Spanish Adaptation of My Child at Mealtime: A Feeding Style Self-Assessment Tool for Low-Income Parents of Preschoolers*
- NP17 Sharon Donovan, PhD, RD, *Publication Patterns of PhD Students in the Illinois Transdisciplinary Obesity Prevention Program vs. Traditional Programs*
- NP18 Nancy Findholt, PhD, RN, *Engaging Youth as Advocates to Create Healthy Snacking Zones Around Rural Schools – Year 4*
- NP19 Lori Francis, PhD, *Optimizing a Childhood Obesity Prevention Program Using an Engineering-Inspired Framework*
- NP20 Alisha Gaines, PhD, CHES, *Process Evaluation of the Smarter Lunchrooms Randomized Controlled Trial: Years 1-3*
- NP21 Joan Giampoli, PhD, RDN, *Development of a Mindful Eating Intervention Among Elementary School Children and Their Parents*
- NP22 Katherine Greene, MPH, *Smarter Lunchrooms Randomized Control Trial: Results from Year 3*
- NP23 Erin Hager, PhD, *Approaches to Enhancing Wellness Policy Implementation in Schools to Promote Healthy Behaviors and Prevent Obesity*
- NP24 Linda Whent, PhD, *Purchases Made With a Fruit and Vegetable Voucher Among Mexican-Heritage Households*
- NP25 Tisa Hill, MPH, *Talking to Parents of Middle School Children About How to Support Healthful Food Choices at Home and at School*
- NP26 Sheryl Hughes, PhD, *Use of Engaging Online Videos in Conjunction With New Feeding Content to Enhance a Current EFNEP Program*
- NP27 Pamela Hull, PhD, *Children Eating Well (CHEW) Smartphone Application for WIC-Participating Families With Preschool Children*
- NP28 Ghaffar Hurtado, PhD, *Latino Fathers Promoting Healthy Youth Behaviors*
- NP29 Deborah John, PhD, *Generating Rural Options for Weight Healthy Kids and Communities – Outcomes and Impacts*
- NP30 Mary Wilson, MPH, *COPASCIities: Building Capacity for Food Systems Change for Childhood Obesity Prevention in South Carolina Communities*

## Conference Programs - Tuesday, August 2

- NP31 Lucia Kaiser, PhD, RD, *Niños Sanos, Familia Sana: A Multi-Component Intervention to Prevent Obesity in Mexican-Heritage Children in Rural California*
- NP32 Tandalayo Kidd, PhD, RD, LPN, *A Data Summary of a Community-Based Participatory Research Project Targeted Toward the Prevention of Adolescent Obesity*
- NP33 Julie Lumeng, MD, *Enhancing Self Regulation as a Strategy for Obesity Prevention in Head Start Preschoolers*
- NP34 Rosa Manzo, PhD, *Demographic and Parenting Differences in the Niños Sanos, Familia Sana Communities*
- NP35 Jessica Meendering, PhD, EP-C, *Creating a Transdisciplinary Childhood Obesity Prevention Program: A Focus on Interprofessional Education and the Triple Aim*
- NP36 Mary Jo Messito, MD, *Starting Early/Empezando Temprano: Randomized Control Trial to Test the Effectiveness of an Early Obesity Prevention Program*
- NP37 Claudia Mincemoyer, PhD, *Partnerships to Integrate Health Education for Child Care Professionals*
- NP38 Ruby Natale, PhD, PsyD, *Healthy Caregivers-Healthy Children: A Train-the-Trainer Implemented Childcare Center-Based Obesity Prevention Program*
- NP39  Cassandra Nikolaus, BS, *Impact of a Grocery Store Tour on Parental Perception of Their Adolescent Child's Presence and Role*
- NP40 Rachel Novotny, PhD, RD, LDN, *Year 5 of the Children's Healthy Living Program for Remote Underserved Minority Populations of the Pacific Region*
- NP41 Veronica Oates, PhD, RDN, *Strengthening Youth Active and Media Savvy*
- NP42 Lenna Ontai, PhD, *Correspondence Between My Child at Mealtime Responses and Observed Parent Behaviors During Mealtime*
- NP43 Michele Polacsek, PhD, MHS, *Supermarket Science: Multipronged Approaches to Increasing Fresh, Frozen and Canned Fruit and Vegetable Purchases*
- NP44 Francine Overcash, MPH, *Using In-Home Behavioral Economic Strategies and Enhanced Food Preparation Skills to Increase Vegetable Intake and Variety Among Children*
- NP45 Paula Peters, *Mobilizing Rural Low-Income Communities to Assess and Improve the Ecological Environment to Prevent Childhood Obesity*
- NP46 Lorrene Ritchie, PhD, RD, *Technology and Design Innovation to Support 21st Century School Nutrition*
- NP47 Jennifer Savage Williams, PhD, *The Pennsylvania State University Childhood Obesity Prevention Graduate Training Transdisciplinary Program*
- NP48 Sara Schaefer, PhD, *Niños Sanos, Familia Sana - Impact on Child Physical Activity*
- NP49 Rebecca Seguin, PhD, CSCS, *Innovative Community Supported Agriculture Cost-Offset Intervention to Prevent Childhood Obesity and Strengthen Local Agricultural Economies*
- NP50 Joseph Sharkey, PhD, RD, MPH, *Salud Para Usted y Su Familia [Health For You and Your Family]: Constructive Evaluation of the Program-Planning Stage*
- NP51 Mical Shilts, PhD, *Physical Activity and Screen Time 24-Hour Logs Validate a Brief Activity Tool*
- NP52 Suzanne Stluka, MS, RD, LN, *Voices for Food: Bridging the Gap in Multi-State Collaborative Grant Efforts.*
- NP53 Umekia R. Taylor, MS, RD, CDN, *Connecticut Fitness and Nutrition Clubs In Motion—Prevention of Childhood Obesity via 4-H STEM Clubs in Urban Communities*
- NP54 Margarita Teran-Garcia, PhD, MD, *We Don't Know What We Don't Know: Using Focus Groups to Tailor Nutrition Education in the Abriendo Caminos Community Intervention*
- NP55 Marilyn Townsend, PhD, RD, *Obesity Risk, Parenting and Diet Quality Assessment for Spanish-Speaking Families With Preschool Children: EFNEP, Head Start, Medical Clinic-Year 1*
- NP56 Marilyn Townsend, PhD, RD, *Focus on Snacks: Reliability and Validity*
- NP57 Kerry Vachta, PhD, *Detroit Child Health Incubator Research Project: Creating a Transformational Community*
- NP58 Gregory Welk, PhD, *Implementation Feasibility of School Modules Designed to Enhance the Evidence-Based Switch Obesity Prevention Program*
- NP59 Linda Whent, PhD, *Classroom Teacher Impact on Student Physical Activity*
- NP60 Adrienne White, PhD, RD, LDN, *Cooking, Eating and Playing Together: iCook 4-H Year 4*
- NP61 Siew Sun Wong, PhD, *The WAVE~Ripples for Change: Obesity Prevention in High-School Soccer Players (Year 3 of 5)*

### Oral Abstract Presentations


10:15 a.m. to 11:45 a.m., Tuesday, 8/2 | Grand AB | 1.5 CEU

Moderator: Jamie S. Dollahite, PhD, RD

- O1 Rachel Paul, MS, RD, *#eatinggoodtonight: A Social Media Campaign to Increase Awareness of Unhealthy Late Night Eating Among College Students*
- O2 Marissa Burgermaster, PhD, *Effortful Control Predicts Behavioral Outcomes for Urban Youth Participating in a Childhood Obesity Prevention Intervention*
- O3 Colleen Spees, PhD, MEd, RDN, LD, FAND, *e-Motivational Interviewing Coaching for Cancer Survivors: Feasibility, Preliminary Efficacy, and Lessons Learned*
- O4  Aliza Stark, PhD, RD, *Nutrition Education Works: Increasing Nutrition Literacy and Promoting Healthy Eating in Israeli Adolescents*
- O5  Ann Lin, PhD, MPH, *Nutrition Behavior Modification Through Mobile Technology*
- O6 Teresia Mbogori, MS, *Effects of a Nutrition Education Intervention on Maternal Nutrition Knowledge, Child Care Practices and Nutrition Status*

10:15 a.m. to 11:45 a.m., Tuesday, 8/2 | Grand C | 1.5 CEU

Moderator: Rickelle Richards, PhD, RD, MPH


- O7 Catherine Lillehoj, PhD, *Factors Influencing Nutritional Risk Among Congregate Meal Participants*
- O8  Jennifer Utter, PhD, *Family Meals and Mental Health Indicators of Adolescents: Findings from a National Study*
- O9 Suzanna Martinez, PhD, *What Factors Increase Risk for Food Insecurity Among College Students?*

# Conference Programs Tuesday, August 2

- O10 Sohyun Park, PhD, *Association of Sugar-Sweetened Beverage Intake Frequency and Asthma Among U.S. Adults*
- O11 Elizabeth Lundeen, PhD, *Total Sugar-Sweetened Beverage Intake Among U.S. Adults Underreported When Using One Question Instead of Four Questions to Assess Intake*
- O12 Chelsea Singleton, PhD, MPH, *Racial Differences in Household Food Purchasing Expenditures Among US Adults: Findings from NHANES*

10:15 a.m. to 11:45 a.m., Tuesday, 8/2 | Nautilus 1&2 | 1.5 CEU

Moderator: Sydney Massey, MPH, RD

- O13 Matthew Benson, PhD, *Implementing "Evaluation for Transformation" as a Conceptual Framework to Measure the Impact of the USDA Farm to School Grant Program*
- O14  Breanne Wright, MS, *Diet Quality and Characteristics Differ Among Food Secure and Food Insecure Emergency Food Pantry Users*
- O15 Nicole Larson, PhD, MPH, RDN, *Calorie Labels on the Restaurant Menu: Weight-Control Behaviors and Ordering Decisions of Young Adults*
- O16 Rebecca Rivera, MPH, *SNAP-Ed Program Characteristics Were Not Associated with Improvement in Food Security*
- O17 Christopher Taylor, PhD, RD, LDN, FAND, *Differing Contributions of Food Sources to Dietary Energy, Solid Fat and Added Sugar in U.S. Adults by Food Security Status*
- O18 Being presented as a poster on Sunday, July 31 located after P130

## Conversations with USDA

12:15 p.m.- 1:15 p.m., Tuesday, 8/2, Nautilus 5 | 1 CEU

Moderator: Mallory M. Koenings, PhD, RDN

Speakers: Denise Eblen, PhD; Dionne Toombs, PhD; Deirdra Chester, PhD, RDN; Jane Clary Loveless, PhD, RN, MS, MCHES; Helen Chipman, PhD, RD; Mallory M. Koenings, PhD, RDN

In an effort to ensure the continued high quality of NIFA's Childhood Obesity Prevention programs, NIFA invites input on the scientific priorities for the Integrated Approaches to Prevent Childhood Obesity programs. These programs are fully integrated, coordinating research, education, and extension efforts to combat the challenge of childhood obesity. We will consider comments when we develop future Childhood Obesity Prevention RFAs.

This is an opportunity to express your view point, reactions, and concerns as a stakeholder of the AFRI competitive grants program and provide feedback on current program areas as well as your vision for future nutrition research, education, and extension programs.

## Calling parents and caregivers ... Are you there? ... Can you hear me?

12:45 p.m.- 2:15 p.m., Tuesday, 8/2 | Grand AB | 1.5 CEU  
Moderator: Leslie Cunningham-Sabo, PhD, RDN, Colorado State University

Speakers: Leslie Cunningham-Sabo PhD, RDN, Colorado State University; Kate Cronin, MPH, Department of Family Medicine and Comm Health University of Wisconsin-Madison; Myles Faith, PhD, University of Buffalo-SUNY; Melissa Olfert, DrPH, MS, RDN, LD, West Virginia University; Lisa Franzen-Castle, PhD, RD, University of Nebraska-Lincoln; Barbara Lohse, PhD, RD, Wegmans School of Health and Nutrition, Rochester Institute of Technology

Engaging adults in nutrition education that targets their children has been challenging and frustrating; sometimes sidelining anticipated outcomes. Experienced researchers and practitioners address this issue by discussing the use of social media and text messaging, and describing incentive delivery strategies and dosage options to enhance participation. Learners will be challenged to reconsider accepted practices and utilize new models in designing educational experiences for children that can drive parent/caregiver engagement.

Learning Objectives:

- Describe and discuss social media, text messaging and the dyad model as strategies to engage parents of children in nutrition education programs.
- Examine the role of nutrition education of children in the context of strengthening family relationships.
- Develop ideas for engaging parents/caregivers based on experience from iCook and Fuel for Fun outcome assessments.

Session supported by Wegmans School of Health and Nutrition, Rochester Institute of Technology



## Food Insecurity: Double Burden of Malnutrition

12:45 p.m. - 2:15 p.m., Tuesday, 8/2, Grand C | 1.5 CEU

Moderator: Kavitha Sankavaram, MS, PhD, University of Maryland, College Park

Speakers: Daniel Remley, PhD, MSPH, Ohio State University Extension; Stacia Nordin, BS, RD, *Never Ending Food*; Paige Harrigan, MS, *Save the Children*

Over 800-million people suffer from hunger and nearly two billion people from undernutrition/ underweight putting them at-risk for chronic diseases. This double-burden threatens the economies of countries due to increased healthcare costs associated with nutrition-related illnesses. To meet the challenge of providing nutrition guidance in a world where undernutrition and over nutrition co-exist, nutrition/healthcare professionals must understand the complex interplay of economic/social/environmental and behavioral factors that prevent people from consuming and fully benefiting from healthy diets. This session explores dual paradoxes of obesity/undernutrition and hunger and strategies to improve



# Conference Programs Tuesday, August 2

national and international nutrition programs addressing all forms of malnutrition.

Learning Objectives:

- Explain the dual paradoxes of food insecurity related to obesity and hunger and its connection to health and environmental sustainability.
- Learn about the Rainbow of Colors Choice Food Pantry Model and how it might impact dietary quality and food insecurity.
- Understand processes, research efforts and approaches used to improve national and international agriculture nutrition programs and policies and identify strategies to address all forms of malnutrition.

## **Cognitive Load and Neuro-Economics: Implications for Health Literacy and Nutrition Education Program Design**

12:45 p.m. - 2:15 p.m., Tuesday, 8/2 | Nautilus 1&2 | 1.5 CEU

*Moderator: Alisha Farris, PhD, Virginia Tech*

*Speakers: George Davis, PhD, Virginia Tech; Elena Serrano, PhD, Virginia Tech*

Cognitive load is determined by how much attention, focus, and concentration a decision requires. Neuro-economics is a relatively new field of economics that combines methods and theories from neuroscience, psychology, economics, and computer science to better understand the process of decision-making and the resulting choices. The goal of this session is to provide participants with a foundation in these disciplines to help develop more effective programming. This session will provide an overview of cognitive load and neuro-economics as they apply to food choices and nutrition with opportunities for group discussion to consider applications within programs and also research initiatives.

Learning Objectives:

- To understand the constructs of cognitive load and neuro-economics.
- To identify how cognitive load and neuro-economics help provide insight into food and nutrition choices, particularly among individuals with budget constraints, such as low-income individuals.
- To discuss strategies for addressing cognitive load and neuro-economics within nutrition education programs and research.

## **USDA Funding Opportunities in Nutrition Research, Education, and Extension**

1:15 p.m.- 2:15 p.m., Tuesday, 8/2 | Nautilus 5 | 1 CEU

*Moderator: Marly Diallo*

*Speakers: Deirdra Chester, PhD, RDN; Jane Clary Loveless, PhD, RN, MS, MCHES; Helen Chipman, PhD, RD; Cheryl Jackson Lewis, MPA, RD, LDN; Mallory M. Koenings, PhD, RDN*

This session will provide an overview of USDA nutrition research and programs for conference participants. USDA will share information on research and programs. Following the speakers' presentations an interactive discussion will provide an opportunity to share knowledge with conference participants and strengthen collaboration with USDA partners.

This session will help you identify the differences between USDA research and programs of the AFRI Childhood Obesity Prevention, Function and Efficacy of Nutrients, Community Food Projects, Food Insecurity Nutrition Incentive, Expanded Food & Nutrition Education Program, Food & Nutrition Service, Small Business Innovation Research, and Training & Fellowships.

## **Public Policy Plenary Session - What's on the Menu? Federal Policy Implications and Community Solutions Resulting From National Menu Labeling Requirements**

2:30 p.m. - 4:00 p.m., Tuesday 8/2 | Grand AB | 1.5 CEU

*Speakers: Margo Wootan, DSc, Center for Science in the Public Interest; Megan Mueller, MPH, Tufts University; Pam Smith, RD; Missy S. Nelson, RD, Taco Bell*

This session will highlight how new national menu labeling requirements will affect nutrition information available in various settings. Speakers will discuss the implementation process across settings, the importance of this national public health policy and why nutrition education is a key variable in this policy's ultimate success in driving healthier habits. Community and private sector initiatives will be shared, in addition to research around purchasing behavior and habits.

Learning objectives:

- Understand implications of national menu labeling policy and critical role of nutrition education in its overall success.
- Gain knowledge of Childhood Obesity 180 menu labeling initiative.
- Learn how a leading food company has implemented menu labeling in a chain restaurant.

## **SNAP to it! Collaborating to Enhance School Wellness Policies**

4:15 - 5:15 p.m., Tuesday, 8/2 | Grand AB | 1 CEU

*Moderator: Cheryl Jackson Lewis, MPA, RD, LDN, USDA Food and Nutrition Service*

*Speakers: Erika Pijai, MS, RD, USDA Food and Nutrition Service; Kacie O'Brien, USDA Food and Nutrition Services Western Regional Office; Heather Reed, MA, RDN, California Department of Education; Shannan D. Young, RDN, SNS, Dairy Council of California; Kate McDevitt, UC San Diego School Of Medicine, Center for Community Health*

Local school wellness policies (LWP) are an important tool for establishing healthy school environments. Schools are encouraged to include SNAP-Education coordinators and educators on LWP committees. State and local partnerships that include SNAP-Education providers expand the scope of activities conducted in school settings using policy, system, and environmental change (PSE) efforts. Hear directly from USDA about the new regulation on LWP requirements, useful tools and resources, as well as best practices from state agencies and schools that have leveraged SNAP-Education partnerships to successfully implement and evaluate LWP. Get involved to enhance your wellness policy and create systems-level changes!

# Conference Programs - Tuesday, August 2

Learning Objectives:

- Discuss new requirements for local school wellness policies as a result of the Healthy, Hunger-Free Kids Act of 2010 and the new Federal regulation.
- Identify examples of policy, system, and environmental change efforts in school settings, consistent with SNAP-Ed guidance.
- Access and use technical assistance tools and resources in creating a healthier school environment.

## Initial Results from the Northeast Regional Nutrition Education Center of Excellence (NE-RNECE) Research: Examining the Additive Effect of Direct Nutrition Education and Policy, Systems, and Environmental Changes to Prevent Obesity

4:15 p.m.- 5:15 p.m., Tuesday, 8/2 | Grand C | 1 CEU

*Moderator: Jamie Dollahite, PhD, Cornell University, Division of Nutritional Sciences*

*Speakers: Grace Damio, MS, Hispanic Health Council; Joel Gittelsohn, PhD, Johns Hopkins University, Bloomberg School of Public Health; Mira Mehta, PhD, University of Maryland Extension, Department of Nutrition and Food Science; Geoffrey Greene, PhD, University of Rhode Island, Department of Nutrition and Food Sciences; Tisa Fontaine Hill, MPH, Cornell University, Division of Nutritional Sciences; Sofia Segura-Perez, MS, RD, Hispanic Health Council*

Results from 5 research projects funded by the NE-RNECE will be presented. Projects are designed to build the evidence-base for the additive/synergistic effects of direct nutrition education and policy, systems, and environmental change (PSE) efforts conducted by EFNEP and/or SNAP-Ed by addressing one over-arching research question: Are PSE approaches combined with direct education more effective for obesity prevention than either approach alone? Research settings are in 4 states across the northeastern U.S., range from farmer's markets to healthcare providers to schools, and include diverse low-income populations, e.g. urban Hispanic families, rural white adults, and urban African-American youth.

Learning Objectives:

- Describe 5 research studies designed to assess the impact of combined PSE and nutrition education approaches conducted by EFNEP and/or SNAP-Ed implementing agencies in a variety of settings and with diverse populations.
- Explore initial outcome and process evaluation results from these studies conducted in 4 states across the northeast region of the U.S.
- Learn how ongoing nutrition education programming was leveraged to engage in research designed to build the evidence base for effective programs.

## HomeStyles: A Case Study in Developing a Childhood-Obesity Prevention Intervention

4:15 p.m. - 5:15 p.m., Tuesday, 8/2 | Nautilus 1&2 | 1 CEU

*Moderator: Carol Byrd-Bredbenner, PhD, RD, FAND, Rutgers University*

*Speakers: Carol Byrd-Bredbenner, PhD, RD, FAND, Rutgers University; Jennifer Martin-Biggers, MS, RD, Rutgers University*

The theory-driven HomeStyles intervention enables and motivates parents to shape their home environment and lifestyle behavioral practices (diet, exercise, sleep) using quick, easy, no-cost strategies to prevent excessive weight gain in their preschool children (ages 2-5 years). The session will elucidate the development and implementation of HomeStyles, starting from conceptualization to implementation of randomized controlled trial, using best practices identified in the research literature and by guidance from a panel of experts in health behavior change, nutrition, physical activity, child development, parenting and adult education, including motivational interviewing, healthy behavior change theory, and community based participatory research principles.

Learning Objectives:

- Describe best practices for developing childhood obesity prevention interventions targeting home environments and lifestyle practices.
- Summarize the importance of using social ecological model, social cognitive theory constructs, adult learning theory, community based participatory research, and motivational interviewing to guide intervention development.
- Create and implement interventions using best practices.

## USDA Highlights from the NIFA Childhood Obesity Prevention Program

4:15 p.m - 5:15 p.m., Tuesday, 8/2 | Nautilus 5 | 1 CEU

*Moderators: Deirdra N. Chester, PhD, RDN; Mallory M. Koenings, PhD, RDN, National Institute of Food and Agriculture United States Department of Agriculture Institute of Food Safety and Nutrition*

*Speakers: Janice Emerson, PhD, Tennessee State University; Carol Byrd-Bredbenner, PhD, RD, FAND, Rutgers University; Sharon Donovan, PhD, RD, University of Illinois; Marian Fitzgibbon, PhD, University of Illinois at Chicago; Sheryl Hughes, PhD, Baylor College of Medicine; Deborah John, PhD, Oregon State University; Julie Lumeng, MD, University of Michigan; Jessica Meendering, PhD, EP-C, South Dakota State University*

This session will provide highlights from the research portfolio of the Agriculture and Food Research Initiative (AFRI) competitive grants program – Childhood Obesity Prevention.

Learning Objectives:

1. Articulate new knowledge of behavioral, social, cultural and/or environmental factors that influence childhood obesity.
2. Describe the impacts of family, peer, community and/or school based interventions for preventing childhood obesity.

# Conference Programs - Wednesday, August 3

## Developing and Promoting Sustainable Dietary Guidance

8:00 a.m. - 12:00 p.m., Wednesday, 8/3 | Grand Ballroom C | \$75 per person/ Breakfast included | 4 CEU Reservation Required

*Moderator: Justin Fast, SNEB Division of Sustainable Food Systems*

*Speakers: Hugh Joseph, PhD, Tufts University, Friedman School of Nutrition Science & Policy; Jennifer L. Wilkins, PhD, RD, David B. Falk College of Sport and Human Dynamics; Syracuse University*

With SNEB now developing a position paper concerning sustainability, this is the perfect time to reflect on ‘sustainable diets’, a term introduced by Joan Gussow & Kate Clancy in ‘Dietary Guidelines for Sustainability’ (JNE, 1986). It took until 2015 before a serious effort was made (but ultimately rejected) to include sustainability in the 2016 Dietary Guidelines for Americans (DGA).

Recent years have seen the emergence of several sustainable dietary guidelines, issued primarily by NGOs. However, many were based on limited evidence and omitted issues such as climate change, biodiversity and food security. Their development often reflected a lack of expertise relative to what goes into producing the DGA, resulting in weaker scientific standards of evidence. This suggests that intermediary roles for qualified professionals can be important to the guidance development process and to the integrity of guidelines. ‘Tufts Sustainable Diets Project’ (TSDP) is designing a framework to facilitate development of rigorously-designed sustainable dietary guidance that involves roles for professional intermediaries.

This workshop will address sustainable diets and associated guidelines development. We will initially explore key elements of sustainable diets and their connections to food systems. Participants will then be led through a decision-making exercise to navigate the links among global systems, food systems, and diets from sustainability approaches. Finally, we will address together the potential for Division of Sustainable Food Systems members to develop a set of sustainable dietary guidelines, in sync with the emerging TSDP Framework protocols. If supported, an initial one-year action plan will be a key outcome of this workshop.

*Session sponsored by the Division of Sustainable Food Systems*

## Integrating Movement into Nutrition and Gardening for Nutrition Education

9:00 a.m. - 10:30 a.m., Wednesday, 8/3 | Nautilus 1-2 | \$35 | Reservation Required | 1.5 CEU

*Speakers: Carol R. Miller, RD, MEd, LDN, University of Maryland Extension, Food Supplement Nutrition Education; Jane Kostenko, MEd, BS, BA, University of Maryland Extension, Food Supplement Nutrition Education*

Are you looking for ways to add movement to your students’ nutrition and gardening for nutrition lessons? Participants attending this interactive session will learn about the science supporting physical activity and classroom movement, discuss examples of how to engage youth in movement and identify opportunities to integrate movement in their nutrition education teaching. Lessons will be demonstrated using Maryland SNAP-Education resources for elementary

aged youth.

Learning Objectives:

- Participants will be able to describe the difference between physical activity and movement and explain at least two benefits from incorporating either into nutrition and gardening education.
- The participants will be able to provide a minimum of three specific lesson-related nutrition and/or gardening movement examples they can implement with their students.
- Participants will be able to reference resources available to nutrition educators to integrate movement in their nutrition and gardening for nutrition lessons.

## Tour to Coastal Roots Farm: Nourishing Connections

9:00 a.m. - 3:00 p.m., Wednesday, 8/3 | Offsite - Meet in the Grand Foyer | Registration Required | \$75 per person - transportation and lunch included | 4 CEU

As access to fresh fruits and vegetables becomes more challenging, particularly in urban areas, community gardens are increasingly important. Jewish community farms are a fast-growing segment of community farms that seek to cultivate more than just produce.

- Understand the way a nonprofit community farm and education center can nourish connections—to individuals, their neighbors, and the land.
- Become familiar with the Jewish wisdom and centuries-old agricultural traditions that contribute to the success of Coastal Roots Farm.

Coastal Roots Farm is part of a growing movement of Jewish community farms around the country with the goal of becoming a model for community farming and creative Jewish expression, both at home in Encinitas, California, and around the world. Participants will have the opportunity to learn about the philosophies and practices behind these unique community gardens.

Please be aware that by registering for this Society for Nutrition Education and Behavior event, you consent to your likeness being used, without compensation, in any and all media types for use in/on Society for Nutrition Education and Behavior materials, whether now known or hereafter devised, for eternity, and you release the Society for Nutrition Education and Behavior, its successors, assigns and licensees from any liability whatsoever.

# Ancillary Meetings

## Saturday, July 30

7:15 a.m.- 5:00 p.m.	Team Nutrition.....	Nautilus 3 .....	(invitation only)
3:15 p.m - 4:30 p.m.	Leadership Workshop .....	Spinnaker.....	(invitation only)

## Sunday, July 31

7:00 a.m. - 8:00 a.m.	ACPP Committee .....	Nautilus 3 .....	(committee only)
7:00 a.m. - 8:00 a.m.	Mentor/Mentee Meetup.....	Nautilus 5	
10:15 a.m. -11:15 a.m.	Nutrition Education with Industry Division Meeting.....	Nautilus 3 .....	(all welcome)
10:15 a.m. - 11:15 a.m.	Sustainable Food Systems Division Meeting.....	Nautilus 4 .....	(all welcome)
10:15 a.m. - 11:15 a.m.	Systematic Review Planning Meeting .....	Nautilus 5 .....	(all welcome)
11:30 a.m.-12:30 p.m.	Nominating Committee .....	Nautilus 3 .....	(committee only)
11:30 a.m.-12:30 p.m.	Multi-State Research Group.....	Nautilus 4 .....	(invitation only)
11:45 a.m. -12:45 p.m.	Student Mixer - .....	Harbor's Edge Restaurant	
	Place lunch order at registration desk by 10:30 a.m. ....	all students welcome	
2:00 p.m. - 2:30 p.m.	SNEB Website Reveal.....	Grand AB.....	(all welcome)
4:15 p.m. - 5:15 p.m.	SNEB Awards Presentation and Business Meeting.....	Grand AB.....	(all welcome)
5:15 p.m.	Resolution Reading .....	Grand AB .....	(all welcome)
5:30 p.m. - 6:30 p.m.	Elsevier.....	Spinnaker .....	(invitation only)
5:30 p.m. - 6:30 p.m.	ASNNA.....	Nautilus 5 .....	(invitation only)
6:00 p.m. - 7:00 p.m.	Food and Nutrition Extension Education Division Meeting.....	Nautilus 4 .....	(all welcome)

## Monday, August 1

7:00 a.m. - 8:00 a.m.	Journal Committee.....	Spinnaker .....	(committee only)
7:00 a.m. - 8:00 a.m.	Advisory Committee on Public Policy Open Meeting .....	Nautilus 1&2.....	(all welcome)
7:00 a.m. -8:00 a.m	2017 Conference Planning Committee .....	Nautilus 3 .....	(all welcome especially DC area members)
7:00 a.m. - 8:00 a.m.	Nutrition Education for Children's Division Meeting.....	Nautilus 4 .....	(all welcome)
7:00 a.m. - 8:00 a.m.	Public Health Nutrition Division Meeting .....	Nautilus 5 .....	(all welcome)
10:15 a.m. - 11:15 a.m.	Weight Realities Division Meeting.....	Nautilus 4 .....	(all welcome)
10:15 a.m. -11:15 a.m.	Communications Division Meeting.....	Nautilus 5 .....	(all welcome)
11:15 a.m. - 12:15 p.m.	Resolution Forum.....	Grand C.....	(all welcome)
11:15 a.m.- 12:45 p.m.	SNEB Foundation Board of Trustees Meeting.....	Nautilus 3 .....	(invitation only)
5:30 p.m - 6:30 p.m.	Student Committee .....	Spinnaker.....	(all welcome)
5:30 p.m - 6:30 p.m.	AFRI Reception .....	Nautilus 3 .....	(invitation only)
6:15 p.m.	Past Presidents' Meeting & Dinner .....	Meet at Hotel Foyer....	(invitation only)

## Tuesday, August 2

7:00 a.m. - 8:00 a.m.	Healthy Aging Division Meeting.....	Spinnaker .....	(all welcome)
10:15 a.m. - 11:15 a.m.	EFNEP.....	Nautilus 3 .....	(invitation only)
10:15 a.m. - 11:15 a.m.	Division of International Nutrition Education Meeting .....	Nautilus 4 .....	(all welcome)
11:45 a.m. -12:45 p.m.	SNEB Board of Directors Meeting.....	Spinnaker.....	(committee only)

# SNEB Leadership 2015-2016

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## Volunteer with SNEB

SNEB relies on volunteers for all types of tasks. Volunteering for SNEB is a great chance to meet other members, practice a skill and build your resume.

In order to help you decide how SNEB involvement fits into your schedule, look at the opportunities grid at <http://www.sneb.org/members/volunteer.html>. Some tasks only take 15 minutes and can be done just once. Other tasks might need to be done for one hour each month.

You decide what is right for you and everyone's help adds up to real progress towards SNEB's mission of promoting effective nutrition education and healthy behavior through research, policy and practice.

If you have questions about any of the tasks posted online, email the office at [info@sneb.org](mailto:info@sneb.org).

## Organizational Membership

We value the free exchange of ideas, opinions, and research that advances knowledge in nutrition and health. These ideas provide a unique forum for your organization to experience innovative strategies in nutrition education, as well as allow you to participate in expressing a range of views on important nutrition issues. We invite you to become involved in the Society and our Foundation.

Canned Food Alliance

Dairy Council of California

Laurie M. Tisch Center for Food, Education & Policy,  
Teachers College Columbia University

National Dairy Council

Organic Valley

Share Our Strength's Cooking Matters

The University of New England

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## Announcing the Fall 2016 Journal Club

### Health Behaviors Across the Lifespan: Education, Theory, and Policy



This is the eighth in a series that SNEB is hosting a JNEB Journal Club webinar series. Based on member interest, the fall series will focus on the topic of Health Behaviors Across the Lifespan: Education, Theory, and Policy. The series begins September 12 and will be held each Monday at 12 noon ET.

The webinars will host nutrition education and health behavior experts who will share their research that uses education, theory and/or a policy approaches focused on improving the health of individuals across the lifespan. These informative educational workshops will provide valuable learning opportunities for participants to learn the latest hot topics in the nutrition and health field. Participants can also receive CPEs by attending these educational webinars.

Remember that SNEB members attend webinars free as a benefit of membership and can access recorded sessions free at any time. If you would like to be registered for the entire fall webinar series, email [rdaeger@sneb.org](mailto:rdaeger@sneb.org).

For more information go online to <http://www.sneb.org/journal-club-webinar-series/> or contact the SNEB office at [info@sneb.org](mailto:info@sneb.org) or call 317-328-4627.



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First Deadline for Abstract Submissions:

Monday, January 23, 2017

Late Breaking Research Abstract Deadline: March 1, 2017

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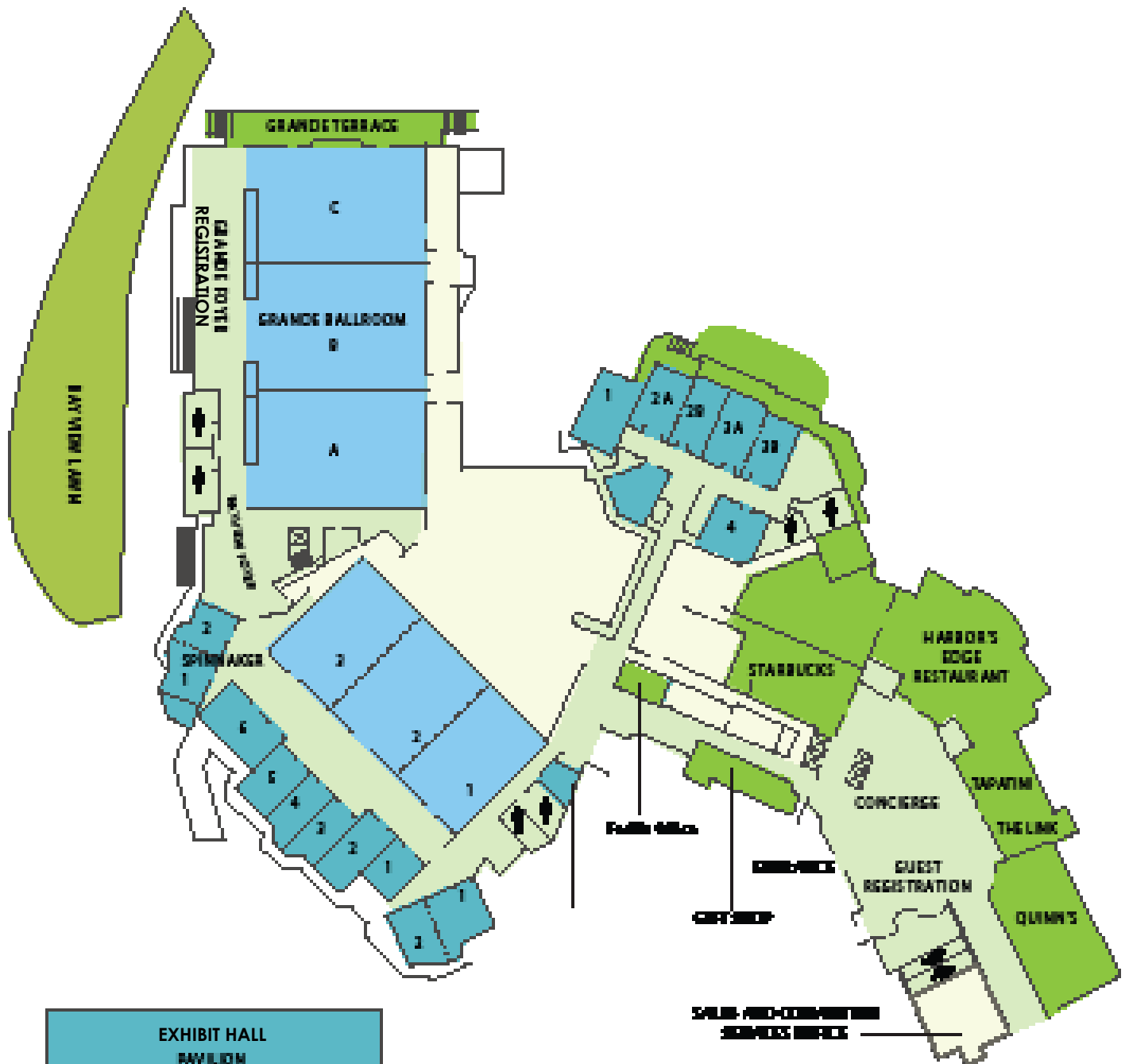


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