



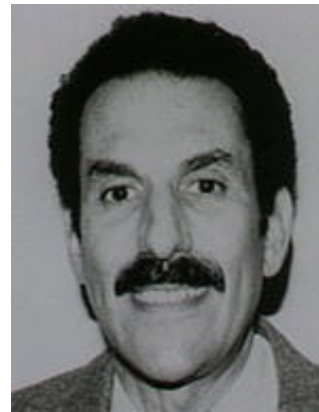
ISBNA Symposium I:

Role of Family in Children’s Physical activity and Nutrition Behaviors

On Thursday, an overflow crowd attended the first symposium at this year’s annual meeting on the “Role of Family in Children’s Physical Activity and Nutrition Behaviors” that Frank Franklin organized, introduced, and moderated. In a brief overview, he reviewed that the aim of the session was to review research and stimulate discussion and future research on the family as a social unit that influences adult and child diet and activity. The talks in the session progressed from etiological studies to intervention studies.

Jane Wardle began the symposium by reviewing “Parental Feeding Style and Children’s Eating and Weight.” Aspects of feeding style that may significantly influence children’s weight trajectories include control (over types or amounts of food), emotional feeding (using food to manage distress), instrumental feeding (using food as reward), and the social structure of eating (e.g. child eating with parents).

Control, which has been operationalized as pressure to eat, restriction or both, is the construct that has attracted most interest. Control has been proposed both as a causal factor in problems of eating and weight, and as a protective factor against the ‘obesogenic’ environment. Jane showed that the evidence from a variety of studies is mixed on whether parental feeding styles are causally linked with obesity risk. Ecological studies suggest that where parental control is higher, obesity rates tend to be lower. Behavior genetic research provides a way of estimating the impact of shared family environment without the need to assess family functioning directly. These studies have found only small effects of shared rearing environment on resemblance in weight, except for one study in young twins. Insofar as feeding style is a shared family phenomenon, its effects are therefore likely to be limited. Cross-sectional commu-



Frank A. Franklin
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nity studies have produced varied outcomes, with some finding a negative association between BMI and parental control, some no association, and others positive. Jane presented longitudinal data that suggested a modest negative association between control and weight gain. Her view was that the most informative design for deducing causal associations would be experimental i.e., modifying feeding styles and assessing the effect on eating and weight.

Volume 4, Issue 1

August 15, 2005

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http://www.isbna.org

Special points of interest:

- Symposia on the Role of Patents in Encouraging Good Nutrition and Physical Activity Behaviors in Children

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Behavioral treatments for childhood obesity provide a possible test, but no studies have directly assessed parental control. However, her recent pilot data from families who have been through the UK version of Epstein's program showed increases in parental control and decreases in children's emotional and instrumental feeding in parallel with decreases in weight. She concluded that the weight of the evidence is probably

**Debbe Thompson** of Baylor University presented on behalf of Karen Cullen. Debbie presented on "Family Environmental Influences on Children's Eating Behaviors." The family environment offers three potential influences on child diet. These influences include the eating environment especially availability and meal preparation. Secondly, parents model eating behaviors. Finally, meal interactions with the child are influenced by parenting style and can influence socialization and reinforce dietary behaviors. The presentation primarily focused on home availability, home accessibility (providing food in a form or location that encourages consumption), home food preparation and eating practices especially fat practices and eating out and modeling. Fruit and vegetable intake (FVI) decrease the risk for cardiovascular disease, cancer and diabetes and higher intake and variety are associated with lower

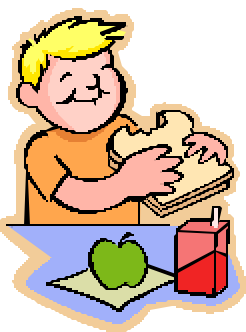
against a simple adverse effect of parental control and that on balance, effects are probably beneficial. However, additional work is needed to distinguish types and intensities of control and to extend the research designs to include intervention studies.

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BMI. However, child FVI in the US is less than half of the recommended. Among 4<sup>th</sup>-6<sup>th</sup> graders, the most frequently available fruits and vegetables were orange juice, apples, bananas, corn, and lettuce. Child reported FV availability related to FVI among girls but not among boys. The relationship was stronger among children with low FV preference. Parent FV modeling and parent reported self-efficacy in planning were associated with child FVI. Home food preparation practices for fat also are important since fat is associated with high energy density of foods and with obesity. Child reported low fat practices were higher in white children with more educated fathers



and were correlated with parent low fat practices. The child fat intake as percentage of calories correlated with child high fat practices and in-

versely with paternal education. Among 8-10 year old African

***"Parental fruit and vegetable modeling is associated with child fruit and vegetable intake."***

American females, low fat and high fat preparation practices were related directly to their percentage fat intake. However, there was no relationship between FV or low fat food availability and intake. Karen suggested that the purchasing and availability of lower fat foods and parental food preparation practices and skills might be targets for intervention.

Restaurant meals are another potential focus for intervention since in the US almost 50% of the food dollar is spent in restaurants with 30%

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of all 4-19 year olds consuming fast food on any day. Those children consuming a fast food meal consumed more energy, fat, and sweetened beverages, and less milk, fruit and non-starchy vegetables. In a study of Houston boy scouts, those who ate meals in restaurants had higher fat practices than those consuming fewer restaurant meals. Across the childhood age range, there is a linear increase in soft drink consumption

**Eva Roos** spoke on "Does Parenting Style Explain Socioeconomic Differences in Raw Vegetable Consumption among Male and Female Adolescents?" There are clear differences in food habits and vegetable intake of households depending on paternal educational status. Her aims were to examine whether other family factors, particularly a family meal pattern of eating dinner at home and parenting style explain these socioeco-



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and decrease in milk consumption. Among 4-6<sup>th</sup> graders higher sweetened beverage consumption is associated with lower intake of fruit and higher intake of high fat vegetables. Karen concluded that families influence children's diet by determining availability of healthy choices in the home and in restaurants and by role modeling and teaching variety, moderation and balance in food intake.

conomic differences and to examine the stability of these associations in 1998 and 2004. Her subjects were 14-15 year old adolescents (N=2400) in compulsory schools in Finland. The nine years of compulsory school are completed by >99% of children in Finland before going to vocational school or to high school and ultimately university after competitive exams. The perceived parenting scale used a parental bonding instrument that assessed parental care and control. When each parenting practice was examined separately, there was a positive gradient of the prevalence of raw vegetable intake with paternal education in male and female adolescents in both surveys and with frequency of cooked family dinner shared with the family and was higher with perceived adolescent autonomy vs. control and with parental care vs. rejecting. She assessed raw vegetable intake because in Finland the greater part of vegetables are consumed raw



*"30% of all 4 to 19 year olds consume fast food on any given day"*

rather than cooked. Usually the raw vegetables consumed at meals are green salads, tomatoes, cucumbers, carrots and cabbage. In the Finnish context, raw vegetable intake is a good indicator of total vegetable intake. In males and females, there were clear and stable independent associations of raw vegetable intake with parental educational level and with family dinner. The association of vegetable intake with parental care was unclear and not stable between the two surveys conducted six years apart. The associations between household educational level and vegetable intake could not be explained by other family factors in girls but among boys, parental care was responsible for some of explanation by in 1998 but not in 2004. The mechanisms for the positive effects of paternal education and the shared family meal remain foci for further research particularly the modeling and communication over the meal.

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**Kirsten Davison** spoke on "Fostering Active Lifestyles among Children: What Makes This Role Difficult for Parents and Are There Ethnic Differences in Barriers Experienced?" While there are multiple benefits of physical activity on the cardio-respiratory system and psychological status, the levels of activity among youth in the US are low. She presented a model of parenting and children's physical activity that included four areas: knowledge and beliefs, modeling, shaping by using reward (e.g., praise and encouragement) and punishment and accessibility. Modeling may influence child physical activity by vicarious learning, and convey the importance of physical activity and support for their child's activity and



by shared family physical activity. Parents promote accessibility by taking children to places where they can be active or enrolling them in activities. Kirsten superimposed on her model several social ecological factors that affect parenting for physical activity. These factors included family demographics, child characteristics including athletic competence, policies including school physical education and the media (e.g., advertising), community characteristics including neighborhood availability and organizational characteristics (e.g.,

school environment or work demands). The aims of her current study were to identify and measure parents' perceived barriers and to relate these perceived barriers to parents' support and promotion of their child's physical activity. With an equal sized sample of white and African American parents of children 5-12 years of age, she conducted nominal group process meetings to identify barriers to supporting active lifestyles among their children. In a second set of parents, she related these barriers to three types of support of activity including modeling, logistic support and restriction of sedentary activity. The barriers that parents defined were categorized using leisure constraint theory into intrapersonal, interpersonal and structural barriers and factor analyzed. Structural barriers including affordability, safety, walkability to parks, weather and time constraints of parents were most common followed by interpersonal barriers including no children to play with followed by intrapersonal barriers including child resistance, media distractions, and parents' attitudes and behaviors. In her sample, the African American parents were lower in socioeconomic status and were more likely to report lack of availability/affordability of clubs and teams and safety concerns. White parents were higher in socioeconomic status and were more likely to report the barriers of lack of children to play with and media distractions (e.g., child more interested in me-

dia). There were no major differences in the three types of activity support or in support between Af-

*"(Parental) Modeling may influence child physical activity by vicarious learning, and convey the importance of physical activity."*



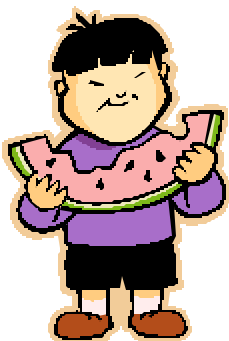
frican American and white parents.

Intrapersonal barriers (e.g. perceived skill, enjoyment, and importance) were more often related negatively with lower levels of support in both race/ethnicity groups of parents. Negative relationships were noted more often in African American parents between modeling and a series of the perceived barriers to support and promote child physical activity. Thus, parents who perceived barriers did less modeling of activity suggesting that the barriers may have had a negative impact on their own activity. Parents who reported higher barriers to support provided lower levels of activity support to their children. Future studies will define the temporal sequence between barriers to support child activity and actual support for child activity and the relationships between these barriers to support child physical activity and measures of child and parent physical activity.

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**Frank Franklin** presented “Intervention Plus: Mother-Child Dyadic Aggregation and Intervention”. In many developed countries, inadequate FVI and high BMI cause major health problems. Familiarity, the combination of the shared family environment and genetics is a significant influence on eating behaviors, food preferences and BMI. Thus, the evidence for familiarity supports the potential to identify and to intervene in high-risk families. The



High 5+ program compared the efficacy on family FVI of a

school-based program and the school program plus a family intervention with a control condition. For the family intervention, a cognitive mapping procedure was used to define facilitators and barriers that explained family FVI and to define four family groups based on these FVI explanatory variables and general measures of family interaction (e.g., cohesion, monitoring and shared activities). The results of these procedures guided the development of the family in-

tervention that was conducted at home. At baseline, higher barriers and lower family interaction were related to higher mother and child BMI and to lower mother and child FVI. In contrast, higher facilitators and availability explained higher mother and child FVI but not BMI. The school plus family condition produced significantly larger increases in parent FVI and child FVI than the school program alone compared to control at one-year follow-up. The efficacy of the intervention was mediated by increased FV availability and by increased intentionality to use and the actual use of the facilitators. We

concluded that mothers were important change agents for improving family FVI through their intentions and their behaviors.

While variation is a nuisance in a randomized clinical trial, it permits definition of predictors of change over time and examination of the interdependence of mother-child dyads. We examined two parallel process growth curve models to measure and model the interpersonal influences on dyadic BMI and FVI. The necessary conditions for dyadic analysis include interdependence where individuals influence each other and where there is ho-

mogeneity in thought, behavior or affect of the dyad. The growth factors include an intercept (the baseline measurement) and the slope (the annual rate of change). In one model the relationship of the dyad was modeled using the correlation of their growth factors and in the second model, parent BMI directly influenced child BMI at each of the three time points. The results of these models showed that higher maternal BMI was associated with higher child BMI at baseline and a slower increase in mother BMI but faster increase in child BMI. These dy-

*“Low FVI and physical activity, and high fat and sweetened beverage intake are associated with high BMI in parents and children and high risk of chronic diseases “*



adic analyses would be strengthened by additional time points, objective measures of dependent and independent variables and inclusion of fathers and siblings. He concluded that there is potential for significant synergy for tailored, family-based, home-conducted interventions that address barriers and facilitators of FVI and general family interaction to positively affect BMI and FVI in both parents and children and to dramatically decrease cancer and cardiovascular disease in high risk families.

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Unifying conclusions that emerged from the varied presentations included: (1) Low FVI and physical activity, and high fat and sweetened beverage intake are associated with high BMI in parents and children and high risk of chronic diseases; (2) familiarity (genetics+ shared family environment) permits the identification of high risk families; (3) parental education, parental modeling of healthy diet and activity, parental control of reinforcements and the

control of the family eating and activity environment (e.g., availability, accessibility, meal preparation and choice of restaurants), and positive family interactions (socialization and shaping) over shared meals and physical activity exert positive effects on parent and child diet and activity; (4) interventions targeted to high risk families and tailored to these positive parenting practices and to help families overcome perceived structural and inter and intrapersonal

barriers are likely to be efficacious; (5) interventions addressing these constructs need to be tested for efficacy in both parents and children as stand alone family/home based interventions and as complements to general interventions in preschools and schools.

**Frank Franklin, M.D., Ph.D.**

**University of Alabama at  
Birmingham**



**Sights and Scenes from Amsterdam**

## Greetings from Deb Bowen

Greetings, from the 4th annual meeting of the International Society of Behavioral Nutrition and Physical Activity. I am sitting in the conference venue, drinking good Dutch coffee and waiting for the final session. Here we have seen 5 keynote addresses, 13 symposia, 8 paper sessions, and over 150 posters. The topics have ranged from research study design issues, measurement of behavior and of behavioral correlates, results of large and small intervention trials, and the role of policy in changing and maintaining healthy behaviors at the local, national and international level. This meeting is, for me, the most exciting of any year, because all of the sessions contain topics that pull my interest and are relevant to our research field. It is a great opportunity to hear a review of the state of the science in our field.

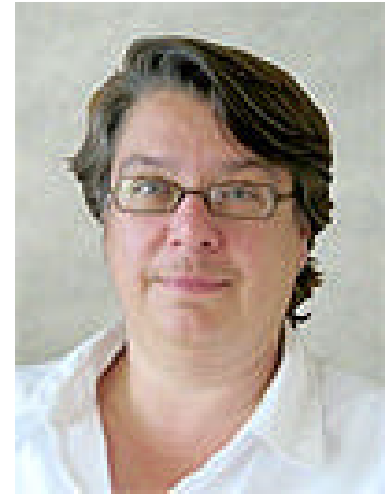
The meeting was a success in other ways. This year saw the most registrations (over 350) the most submissions for participation, and the most number of accepted participants of any meeting. The local organizers chose a venue that was easy to use and access, inviting, and culturally meaningful. Amsterdam is a welcoming city for both Dutch and non-Dutch participants; its citizens have been dealing with tourists for hundreds of years! The package of great science, wonderful colleagues, and exciting city made this year's meeting a positive experience.

The ISBNPA is now over four years old and has become a

stable and important part of the professional lives of many leaders in our field. Membership has risen steadily over the past four years, to a current high of 464. We are now on the view screen of over 50 different organizations, both large and small, all with an interest in our mission. We want to continue to grow in numbers and activities over the next few years, and this seems likely with the progress in the past.

We want to serve our membership better, and one way to do this is to ask for your advice. The email addresses of the new Executive Committee are now on our website, so please use them. We want to hear about different services and activities that you would like us to do. We promise that we will evaluate each of them and see if they fit within our budget, energy, and mission. We want to become the premier organization in this area and we think that the way to do this is to stay true to our mission and to serve our membership so that we continue to attract exciting scientists in the field. We invite anyone that has energy and ideas to get involved with our organization, by letting the new Executive Committee know of your interest.

Thank you for the opportunity this year to get to know many of you and to help continue the hard work of the early presidents as they created and improved the organization. I look forward to many more years of membership and involvement.



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## Report on ISBNPA symposium session: Amsterdam 2005—Kylie Ball

### Socioeconomic variations in diet and physical activity: do they result from individual or environmental factors?

In developed countries, consistent relationships have been documented between socioeconomic status and both leisure-time physical activity and healthy eating: that is, persons of low socioeconomic status are less likely than those of higher socioeconomic status to meet recommended guidelines for both of these behaviours. These associations have been reported across a wide range of indicators of socioeconomic status (e.g. education, occupational status, income). Less well-understood are the mechanisms underlying these associations. In other words, to quote John Lynch and colleagues<sup>1</sup>, why do poor people behave poorly?

This question was the focus of this symposium session at the ISBNPA Amsterdam meeting this

year. Chaired by **Karien Stronks, two speakers – Kylie Ball and Frank van Lenthe** - first provided overviews of the existing empirical evidence supporting the role of individual factors (e.g. knowledge, motivation, self-efficacy) and environmental factors (e.g. availability of facilities, urban design, crime) in mediating relationships between socioeconomic status and physical activity and diet. **Sally Macintyre then moderated an interesting discussion**, in which she included the use of case scenarios to prompt the audience to think about which particular factors should be targeted in efforts to reduce socioeconomic inequalities in health behaviours. For instance, should we focus our efforts on individuals of low socioeconomic status, promoting education programs or strategies to reduce helplessness? How likely are we to be successful in these efforts if we ignore broader factors such as accessibility of healthy opportunities, or labour market and financial



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policies that impact discretionary resources, time, and stress levels?

While there are no simple answers to these questions, it was concluded that it is likely that a combination of individual and environmental factors contribute to socioeconomic inequalities in physical activity and healthy eating behaviours. Future studies incorporating longitudinal data, objective measures and experimental/quasi-experimental designs will be particularly informative in our efforts to better understand and address the increased risk of “unhealthy behaviour”, and the parallel risk of many major chronic diseases, faced by those who are socioeconomically disadvantaged.

1: Lynch, J et al., *Soc Sci Med*, 1997.



## Report on ISBNPA symposium session: Amsterdam 2005—Kylie Ball

### Report on poster session: Amsterdam 2005

One of the key themes recurring in many of the presentations at this year's ISBNPA meeting was the role of environmental factors in influencing physical activity and healthy eating. This is a relatively new and rapidly growing research area, with many exciting and ground-breaking studies underway internationally.

Evidence of a selection of such studies was obvious in several of the conference's poster sessions, including Poster session 1 on Thursday June 16. For example, this session incorporated studies investigating the influences of environmental factors on children's active play (Jenny Veitch and colleagues, Deakin University) and active commuting (Anna Timperio and colleagues, Deakin University); factors associated with walkable neighbourhoods among a sample of adults (Lorinne du Toit and colleagues, University of Queensland and University of Sydney); a systematic review of studies on the effectiveness of workplace environmental modifications for promoting healthy dietary habits and physical activity behaviours (Luuk Engbers and colleagues, EMGO Institute); and a qualitative study investigating residents' and planners' perceptions of the impact of potential environmental changes for promoting physical activity (Trayers and colleagues, Bristol University and Middlesex Univer-

sity).

Collectively this diverse range of studies highlighted the complexity of environmental influences on health behaviours. For example, the two studies of children (Veitch and Timperio) suggested that environmental influences are highly specific to the particular domain of physical activity under study, and comparison with adult literature suggests that those environmental exposures that are most important for physical activity are likely to differ among different target groups (eg children vs adults). Furthermore, as the studies of Engbers, du Toit and Trayers and colleagues suggest, modifying environmental influences to promote healthy behaviour is not always straightforward. Attempts to promote environments conducive to physical activity and healthy eating may not always be perceived as positive or helpful (Trayers); may

not produce the positive social outcomes we might expect (du Toit); and may not always lead to substantial positive behavioural changes (Engbers).

Perhaps one conclusion that can be made with confidence from these interesting and topical studies is that there is strong potential for environmental factors to impact health behaviour, but that much further theory-driven research is needed to better conceptualize and understand the relationships between specific environmental exposures and physical activity and dietary behaviours; and in particular to utilize this evidence to inform and test the effectiveness of environmental interventions in promoting participation in health-enhancing physical activity and eating behaviours.



Posters are an easy way to interact with investigators

## From the incoming President of ISBNPA— Gaston Godin

Although the ISBNPA is a very young association, during the past four years it has successfully held four annual scientific meetings that have attracted several participants from around the world. In the last meeting held in Amsterdam, participants from over 30 countries attended the conference. The quality of the program that our association has offered at each of these meetings has set the tone and this is now acknowledged by everyone. Obviously, this responds to the needs of those who have a strong interest in research and intervention in these two complementary domains: nutrition and physical activity. Nonetheless, much remains to be done and it will be necessary to continue our effort to attract new members in order to have a strong and stable base for the society. Without this strong membership, it will not be possible to organise such high quality scientific meetings. In this regard, I believe that the society should strongly encourage the recruitment of young researchers, as these represent not only a very dynamic group but also would offer them opportunities to share knowledge with experts from around the world.

The journal of the society (IJSBPA: <http://www.ijbnpa.org>) also needs to be supported, not only from membership affiliation, but also in receiving manuscripts from the members. The journal can become a very high quality means

to transfer knowledge and to foster new research ideas.

The next and fifth annual meeting will be held in Boston, July 13-15, 2006. Ron Kleinman, who acted as President in the year 2003-2004, will be the Chair of the local Committee program. He and his group will certainly continue with the tradition of our meeting offering a great venue for the conference. Take the opportunity to play an active role. As a new initiative, this year there will be a call for symposia. These will be evaluated by the program committee in order to complement the program. For criteria for submission go to our web site <http://www.isbnpa.org>.

This year the Society, Wendy Rodgers will coordinate a new Quarterly Newsletter. You are all invited to send her ideas ([wendy.rodgers@ualberta.ca](mailto:wendy.rodgers@ualberta.ca)) and news from your part of the world, so she will be able to provide an informative and stimulating source of exchange among the members.

I also hope that you will visit the web site of the society on a very regular basis. The web site has been highly improved under the leadership of Pedro Teixeira. It is now more informative and easy to use. On the web, you will have access to several documents, including several of the presentations from the last meeting in Amsterdam.

As you can see, the society is quite active in search of new ways to improve its services to the



members and to offer members the opportunity to be active participants.

If you have ideas that you would like to share, do not hesitate to contact me or any of the executive committee members. We want to be at your service and each member of the executive committee is doing everything possible to ensure that the Society will continue to grow and become the place to be...

I look forward seeing you at the Boston conference, July 13-15, 2006.

It is an honour to be acting as president over the next year.

*Gaston*

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## From Ron Kleinman

The opening session of the 4<sup>th</sup> Annual Meeting of ISBNPA began with introductory remarks by Deb Bowen, the current, 2004-2005, President of ISBNPA. She provided an overview of the history of the Society and noted the significant increase in participation in the Annual Meetings over the past 5 years as well as the fact that participants at the meeting this year came from over 30 countries across the globe. Hans Brug, who served as Chair of the Local Organizing Committee, also provided a warm welcome to all on behalf of the partnership of the 5 Dutch academic research centers who comprised the Committee.

The opening address was given by Jaap Seidell, of the Vrije Universiteit Amsterdam, the Netherlands. One of the main themes of this superb presentation was to direct our attention to the fact that using BMI and cross-sectional data as the major identifier of changes in body fat often doesn't permit an accurate examination of the epidemiology or valid identification of effective interventions to reduce the prevalence of obesity or obesity related co-morbidities. In adolescents, for example, the correlation of body fatness and BMI is only 0.4-0.5, which limits the ability to judge the effectiveness of prevention approaches during this age group. Similarly, cross-sectional data on obesity don't reveal the significant increase in body fat that is seen in longitudinal studies of both men and women over 65 years of age. Conclusions

derived from cross-sectional data in this age group unfortunately reinforce the conventional wisdom that weight-loss/obesity prevention efforts aren't necessary or should not be applied to older individuals. However, when attributable risks of heart disease and other weight related morbid conditions are examined, increased body fat, particularly abdominal fatness stands out as a major risk factor.

Professor Seidell also identified young adults as a group particularly worthy of intervention studies to reduce the risk of obesity, since in many populations the period of greatest increase in body fatness occurs during this time of life. Few studies have been directed at this particular cohort, and again the conventional wisdom that weight gain is irreversible in adults may not apply to this population. Other life periods that deserve further investigation include pregnancy and "retirement", which for many marks a change to a sedentary lifestyle. Those who stop smoking are another population of individuals who often experience marked weight gain and little data is available on effective interventions to reduce the risk of this occurring. In all, it is becoming increasingly clear that obesity prevention must be considered as a part of the health and well-being of the entire community and not as an isolated health issue. This means organizing different approaches to this now globally prevalent health threat, in different communities and organizing the response ac-



**Ron Kleinman is Professor of Pediatrics at the Harvard Medical School**

ording to the level of need – complex health problems to be dealt with by health care providers, less complicated problems through self management, prevention by various segments of the community.

### New Newsletter Editor

I've enjoyed serving as the ISBNPA newsletter editor for the last 4 years, but the time has come to pass the torch to **Wendy Rodgers**, Professor Faculty of Physical Education and Recreation, University of Alberta, Edmonton, Alberta.

You can contact Wendy at [wendy.rodgers@ualberta.ca](mailto:wendy.rodgers@ualberta.ca)

I know that you will support Wendy's efforts, as you have supported mine.



Carol O'Neil

## Workshops

A workshop entitled “**Applying Theory in Intervention Development**” was conducted on Wednesday, June 15, from 2:00 to 6:00 PM. The workshop presenters included **Tom Baranowski** from Houston, Texas, U.S.A., **Hans Brug**, from Rotterdam, The Netherlands, **Gaston Godin** from Quebec City, Canada, **Ken Resnicow** from Ann Arbor, Michigan, and forty plus participants from around the world. Tom presented on the mediating-moderating variable model as a conceptual framework for organizing thoughts about interventions for behavior change that integrate theory and education/change procedures. He also presented a new model of program implementation which combines process evaluation with mediating variables to help explain how these interventions work (or when they failed). Hans Brug overviewed diverse determinants of diet and physical activity behavior and reviewed alternative methods for inducing change in these determinants. Ken Resnicow was most controversial by pointing out that current theory is inappropriate for understanding behavior change. He proposed that change was non predictable, almost chaotic, involving epiphanies that people have about change. From this perspective, change cannot be enhanced by “pushing” people in ways we believe they should change. Instead, “pulling” people to repeatedly think about the problem should lead them to finding their own mo-

tivation and their own procedures for achieving change. Gaston Godin provided an overview of both the intervention mapping approach to planning health education programs and the Theory of Planned Behavior as providing the conceptual/theoretical foundation for planning health education programs. A variety of issues were raised by attendees prior to the workshop. For example, one question was why did none of these theories take socioeconomic status (SES) into account. One answer was that SES could be considered a moderating variable. Within that framework, the theoretical models would operationalize the respec-



tive variables in somewhat different ways at different levels of SES. Several participants indicated that they hoped more workshops would be available at next year’s meeting.

**Kunwal Ahmad**



**Relaxing during a break in the meeting**



## More Reports

### LOG ON RATE AND BASELINE CHARACTERISTICS IN A WEB BASED PROGRAM PROMOTING HEALTHY EATING BEHAVIORS TO PARENTS/GUARDIANS OF 8-12 YEAR OLD AFRICAN AMERICAN GIRLS

Log on rate is an important component of Internet-based behavior change programs because log on rate determines program dose. With an inadequate dose, the likelihood of successful behavior change is diminished. Little is known about factors influencing log on rate to behavior change programs. It is likely that computer self efficacy (e.g., confidence in ability to successfully use computers, including hardware and software) influences log on rate. Further, demographic and other computer-related characteristics may also influence log on rate.

The purpose of this presentation was to identify factors re-

lated to log on rate in an 8-week Internet based program promoting healthy eating habits to parents of 8-12 year old African American girls.

The authors reported that 67 mothers enrolled in the program. Analysis indicated that a significant relationship ( $r=.33$ ,  $p=.006$ ) was observed between log on rate and computer self efficacy. Longer computer ( $p<.001$ ) and Internet use ( $p=.008$ ) and higher maternal ( $p=.016$ ) and paternal education ( $p=.003$ ) were significantly related to higher log on rate. Participants with  $\geq 3$  yrs computer/Internet use had  $>30\%$  higher log on rate than those with  $< 3$  yrs. College gradu-

ates had  $>20\%$  increased log on rate than non-degreed participants.

The authors concluded that future web-based interventions should include sufficient computer and Internet training to ensure satisfactory log on rate. Future research is needed to further elucidate characteristics associated with log on rate.

Debbe Thompson, PhD<sup>1</sup>, Karen Cullen, DrPH<sup>1</sup>, Kathy Watson, MS<sup>1</sup> and Ariella Haggard, BS<sup>1</sup>.<sup>1</sup> Pediatrics, Baylor College of Medicine - CNRC, Houston, TX, United States, 77030.

## Upcoming Events

### 18<sup>th</sup> International Nutrition Congress

19-23 September 2005

Durban South Africa

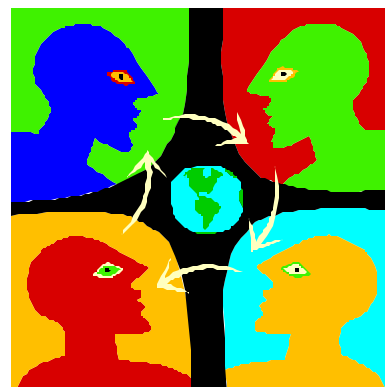
<http://www.puk.ac.za/fakulteite/voeding/iuns>

### Second Food and Nutrition Service (FNS) National Nutrition Education Conference. Nutrition Connections: People, Program, Science, Community

12-14 September 2005 - Hyatt Regency Crystal City, Arlington, VA

Contact Infinity Conference Group, Inc, 1035 Sterling Road, Suite 202, Herndon, VA 20170;

phone: 703 925-9455; fax: 703 925-9453



To learn about other upcoming events: <http://www.dnrc.nih.gov/dnrc/calendar.htm>