

Journal of the Academy of Nutrition and Dietetics

The premier source for the practice and science of food, nutrition, and dietetics

April 2014

ISSN 2212-2672

eat
right.



PARENTAL PERCEPTIONS OF APPS FOR ADOLESCENT WEIGHT MANAGEMENT



Healthy Lifestyle Behaviors of
Mexican-American and Mexican
Immigrant Fathers and Mothers

Attention to Food and Beverage
Advertisements Measured by
Eye-Tracking Technology

Evaluation of Web-Based,
Self-Administered, Graphical FFQ

Academy Member Benefits Update



HEALTH
NEWS

ELSEVIER



Journal of the Academy of Nutrition and Dietetics

The premier source for the practice and science of food, nutrition, and dietetics



April 2014
Volume 114 / Number 4
ISSN 2212-2672

EDITOR-IN-CHIEF'S STAFF

Editor-in-Chief

Linda G. Snetelaar, PhD, RDN, LD

Associate Editor

Lois Ahrens, RDN, LD

Research Editors

Trudy L. Burns, PhD, MPH

Teresa Marshall, PhD, RDN

Katherine Mellen, PhD, RD, CSSD, LD

Associate Research Editors

Dru K. Mueller, MS, RDN, LD

Donna L. Hollinger, MS, RDN, LD

ACADEMY STAFF

Editorial Director

Jennifer F. Herendeen

Editors

Jason T. Switt

Ryan Baechler

EDITORIAL BOARD

Sandra G. Affenito, PhD, RD

University of Saint Joseph, West Hartford, CT

Tom Baranowski, PhD

Baylor College of Medicine, Houston, TX

COL(Ret.) Gaston P. Bathalon, PhD, RDN

US Army Research Institute of Environmental Medicine, Natick, MA

Suzanne Domel Baxter, PhD, RD, FADA

University of South Carolina, Columbia

Jamie Benedict, PhD, RD

University of Nevada, Reno

Linda Benjamin Bobroff, PhD, RD

University of Florida, Gainesville

Carol Boushey, PhD, MPH, RD

Purdue University, West Lafayette, IN

Shanthy A. Bowman, PhD

Agricultural Research Service, US Department of Agriculture, Beltsville, MD

Denise M. Brown, PhD, RDN, LD

The University of Southern Mississippi, Hattiesburg

Brenda Davy, PhD, RD

Virginia Tech, Blacksburg, VA

Philip M. Gleason, PhD

Mathematica Policy Research, Inc, Princeton, NJ

Anne Gordon, PhD

Mathematica Policy Research, Inc, Princeton, NJ

Patricia M. Guenther, PhD, RD

University of Utah, Salt Lake City

Lisa Harnack, PhD, RD

University of Minnesota, Minneapolis

Jeffrey Harris, DrPH, RD, CNS

West Chester University, West Chester, PA

Linda Knol, PhD, RDN

University of Alabama, Tuscaloosa

Carol Koprowski, PhD, RD

Keck School of Medicine, University of Southern California, Los Angeles

Robert F. Kushner, MD

Northwestern University Feinberg School of Medicine, and Northwestern Memorial Hospital, Chicago, IL

Nicole Larson, PhD, MPH, RDN

University of Minnesota, Minneapolis-St Paul

Marian Levy, DrPH, RD

University of Memphis School of Public Health, Memphis, TN

Diana Mager, PhD, MSc, RD

University of Alberta, Alberta Health Services, Edmonton, Alberta, Canada

Michael J. Merten, PhD

Oklahoma State University, Stillwater

Elizabeth Metallinos-Katsaras, PhD, RD

Simmons College, Boston, MA

Mary C. Naglak, PhD, RD, LDN

Abington Memorial Hospital, Abington, PA

Theresa A. Nicklas, DrPH

Children's Nutrition Research Center, Baylor College of Medicine, Houston, TX

Hollie Raynor, PhD, RD, LDN

University of Tennessee, Knoxville

Marla M. Reicks, PhD, RD

University of Minnesota, Minneapolis-St Paul

Kim Robien, PhD, RD, CSO, FADA

George Washington University, Washington, DC

Shreela V. Sharma, PhD, RD, LD

University of Texas, Houston

Joseph Su, PhD, MPH

National Cancer Institute, Rockville, MD

Frances E. Thompson, PhD, MPH

Applied Research Program Division of Cancer Control and Population Sciences, National Cancer Institute, Bethesda, MD

Cynthia Thomson, PhD, RD

University of Arizona, Tucson

Judith Wylie-Rosett, EdD, RD

Albert Einstein College of Medicine, Bronx, NY

Claire Zizza, PhD, RDN

Auburn University, Auburn, AL

Jamie Zoellner, PhD, RD

Virginia Tech, Blacksburg, VA

EDITOR EMERITUS

Elaine R. Monsen, PhD, RD

PUBLISHER: *Journal of the Academy of Nutrition and Dietetics* (ISSN 2212-2672) is published monthly by Elsevier Inc., 360 Park Avenue South, New York, NY 10010-1710. Periodicals postage paid at New York, NY and additional mailing offices.

POSTMASTER: Send address changes to *Journal of the Academy of Nutrition and Dietetics*, Elsevier Health Sciences Division, Subscription Customer Service, 3251 Riverport Lane, Maryland Heights, MO 63043.

© 2014 by the Academy of Nutrition and Dietetics. All rights reserved. No part of this publication may be produced or transmitted in any form or by any means now or hereafter known, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without permission in writing from the Publisher. Printed in the United States of America on acid-free paper. The Academy of Nutrition and Dietetics is an Equal Opportunity Employer. Telephone: 312/899-0040.

Notice: No responsibility is assumed by the Academy, Editor, or Publisher for any injury and/or damage to persons or property as a matter of products liability, negligence or otherwise, or from any use or operation of any methods, products, instructions or ideas contained in the material herein. Because of rapid advances in the medical sciences, in particular, independent verification of diagnoses and drug dosages should be made. Although all advertising material is expected to conform to ethical (medical) standards, inclusion in this publication does not constitute a guarantee or endorsement of the quality or value of such product or of the claims made of it by its manufacturer.

"The *Journal of the Academy of Nutrition and Dietetics*" is registered in the US Patent and Trademark Office by the Academy of Nutrition and Dietetics.

PRACTICE APPLICATIONS

- 517 **PRESIDENT'S PAGE**
Members Who Have CLIMBed to the Top
- 520 **THE MYPLATE MESSAGE CHRONICLES**
Building the Next Generation through Leadership
Jackie Haven, MS, RD; Shelley Maniscalco, MPH, RD; Sasha Bard, MS, RD; Lauren Wathen
- 522 **TOPICS OF PROFESSIONAL INTEREST**
2014 Academy Member Benefits Update
Ryan Baechler
- 529 **TOPICS OF PROFESSIONAL INTEREST**
Enhanced Bedside Manner Heals Patient—Practitioner Communication
Tony Peregrin
- 533 **BUSINESS OF DIETETICS**
Reinvent Your Résumé
Matthew J. Fox

RESEARCH

- 537 **COMMENTARY**
The Look AHEAD Study: Implications for Clinical Practice Go Beyond the Headlines
Linda M. Delahanty, MS, RD
- 543 **ORIGINAL RESEARCH**
Estimation of Fish Intake in Asian and White Female Adolescents, and Association with 2-Year Changes in Body Fatness and Body Fat Distribution: The Female Adolescent Maturation Study
David E. St-Jules, PhD, RD; Corilee A. Watters, PhD, RD; Rachel Novotny, PhD, RD
- 552 **ORIGINAL RESEARCH**
Validation of a Short, Qualitative Food Frequency Questionnaire in French Adults Participating in the MONA LISA-NUT Study 2005-2007
Jonathan Giovannelli, MD; Jean Dallongeville, MD, PhD; Aline Wagner, MD, PhD; Vanina Bongard, MD, PhD; Brigitte Laillet; Nadine Marecaux; Jean Bernard Ruidavets, MD, PhD; Bernadette Haas, MD; Jean Ferrieres, MD, PhD; Dominique Arveiler; Chantal Simon, MD, PhD; Luc Dauchet, MD, PhD
-  562 **QUALITATIVE RESEARCH**
A Qualitative Study of Family Healthy Lifestyle Behaviors of Mexican-American and Mexican Immigrant Fathers and Mothers
Barbara J. Turner, MD, MSED, MA, MACP; Neelima Navuluri; Paula Winkler, MEd; Shruthi Vale, MS; Erin Finley, PhD
This article has been approved for Continuing Professional Education credit.

ICON KEY



Continuing Education Article



Online Extra



Podcast Online at www.andjrn.org

570 **QUALITATIVE RESEARCH**

A Qualitative, Exploratory Study of Predominantly Female Parental Perceptions of Consumer Health Technology Use by Their Overweight and/or Obese Female Adolescent Participating in a Fee-Based 4-Week Weight-Management Intervention

Amy L. Knoblock-Hahn, PhD, MPH, MS, RD; Cynthia M. LeRouge, PhD

578 **RESEARCH AND PROFESSIONAL BRIEFS**

Attention to Food and Beverage Advertisements as Measured by Eye-Tracking Technology and the Food Preferences and Choices of Youth

Cayley E. Velazquez, PhD, RD; Keryn E. Pasch, PhD, MPH

This article has been approved for Continuing Professional Education credit.

583 **RESEARCH AND PROFESSIONAL BRIEFS**

Factors Associated with Adherence to the Mediterranean Diet in the Adult Population

Maria C. Patino-Alonso, PhD; José I. Recio-Rodríguez; Jose Felix Magdalena Belio; Ruben Colominas-Garrido; Jorge Lema-Bartolomé; Amparo Gómez Arranz; Cristina Agudo-Conde; Manuel A. Gomez-Marcos, PhD; Luis García-Ortiz, MD; for the EVIDENT Group

590 **RESEARCH AND PROFESSIONAL BRIEFS**

Effects of Bolus Rheology on Aspiration in Patients with Dysphagia

Rebecca J. Leonard, PhD; Cheryl White, MA; Susan McKenzie, MS; Peter C. Belafsky, MD, PhD

595 **RESEARCH AND PROFESSIONAL BRIEFS**

Comparing Nutrition Environments in Bodegas and Fast-Food Restaurants

Kathryn M. Neckerman, PhD; Laszlo Lovasi; Paulette Yousefzadeh, MA; Daniel Sheehan, MS; Karla Milinkovic; Aileen Baecker, MPH; Michael D. M. Bader, PhD; Christopher Weiss, PhD; Gina S. Lovasi, PhD; Andrew Rundle, DrPH

603 **RESEARCH AND PRACTICE INNOVATIONS**

HUB City Steps: A 6-Month Lifestyle Intervention Improves Blood Pressure among a Primarily African-American Community

Jamie Zoellner, PhD, RD; Carol Connell, PhD, RD; Michael B. Madson, PhD; Jessica L. Thomson, PhD; Alicia S. Landry, PhD, RD; Elaine Fontenot Molaison, PhD, RD; Vickie Blakely Reed, MS; Kathleen Yadrick, PhD, RD

613 **RESEARCH AND PRACTICE INNOVATIONS**

Evaluation of Web-Based, Self-Administered, Graphical Food Frequency Questionnaire

Alan R. Kristal, DrPH; Ann S. Kolar, MPH, RD; James L. Fisher, PhD; Jesse J. Plascak, MS; Phyllis J. Stumbo, PhD; Rick Weiss, MS; Electra D. Paskett, PhD

622 **RESEARCH AND PRACTICE INNOVATIONS**

The Positive Effects of the Revised Milk and Cheese Allowances in the Special Supplemental Nutrition Program for Women, Infants, and Children

Tatiana Andreyeva, PhD; Joerg Luedicke, MS; Kathryn E. Henderson, PhD; Marlene B. Schwartz, PhD

FROM THE ACADEMY



631 STANDARDS OF PRACTICE & PROFESSIONAL PERFORMANCE

Academy of Nutrition and Dietetics: Revised 2014 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sports Nutrition and Dietetics

Patricia L. Steinmuller, MS, RDN, CSSD, LN; Laura J. Kruskall, PhD, RDN, CSSD, LD, FACSM;
Christine A. Karpinski, PhD, RD, CSSD, LDN; Melinda M. Manore, PhD, RDN, CSSD, FACSM;
Michele A. Macedonio, MS, RDN, CSSD, LD; Nanna L. Meyer, PhD, RDN, CSSD, FACSM

643 PEOPLE & EVENTS

644 ERRATUM

645 NEW IN REVIEW

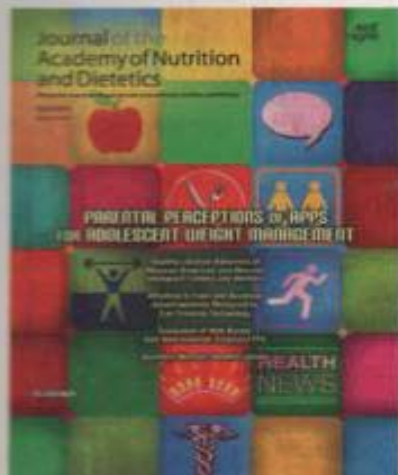
653 CLASSIFIEDS

655 NEW PRODUCTS & SERVICES

660 QUESTION OF THE MONTH

Has the Adult Treatment Panel III Guideline Been Updated?

Wendy Marcason, RDN



ON THE COVER

The feature cover article sought to determine parental views on how technology can support previously learned behaviors that require ongoing management and support beyond formal lifestyle interventions. Parents of overweight and obese adolescents were interviewed about perceived usefulness and planned user-intent of consumer health technology (web and mobile apps) designed for adolescents. The cover image is meant to invoke a mobile interface with various mobile app icons representing health, fitness, nutrition, and social interaction.

