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descriptive statistics with means and standard deviations. Teachers' attitudes towards nutrition education, nutrition courses in schools and the school food environment, were analyzed by gender using the independent t test.

Results: Teachers strongly agreed that classroom nutrition education is very important, and should be practical; that nutrition taught as a separate subject was more likely to be effective, and government agencies, universities, and teachers should collaborate to provide it. They agreed that the school food environment is important for learning and that sales in the school vicinity should be monitored. Women teachers judged all attitude statements more positively than men, many significantly so.

Conclusions and Implications: Classroom teachers have very positive attitudes towards practical, behaviorally focused nutrition education in the classroom and improving the school food environment. Providing teachers with the necessary curricula and skills and having them collaborate with relevant agencies and organizations may contribute to their effectiveness.

Funding: None.

P155 Barriers to Physical Activity among Low Income Adolescents

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Objective: An exploratory study of Supplement Nutrition Assistance Program (SNAP)-eligible high school students (n=1302) was conducted to identify barriers that stop adolescents from being physically active.

Theory, Prior Research, Rationale: It is well documented that obesity rates are increasing and that adolescents tend to become less active as they age.

Study Design, Setting, Participants, and Intervention: Surveys were self-administered by students under the supervision of the research team at SNAP-eligible sites in five New Jersey counties. Six rounds of cognitive testing for respondents' understanding of question intent and the meaning of terms used in the tool, and corresponding tool revisions as needed, ensured the quality and consistency of survey responses.

Outcome, Measures and Analysis: The survey assessed adolescent's predisposition towards 110 potential barriers using a 5-point Likert scale ranging from "it never stops me from being physically active" to "it always stops me from being physically active". Preliminary statistical analysis included univariate frequency distribution and measures of central tendency.

Results: The most frequently cited obstacles to being physically active were: doing something that is more

fun ($\mu=2.50 \pm 1.37$); feeling lazy ($\mu=2.48 \pm 1.4$); spending time with friends and family ($\mu=2.45 \pm 1.34$); not feeling like exercising ($\mu=2.45 \pm 1.34$); talking on the phone/online or texting ($\mu=2.29 \pm 1.34$); snow outside ($\mu=2.29 \pm 1.45$); rain outside ($\mu=2.24 \pm 1.43$); lacking energy ($\mu=2.23 \pm 1.19$); and feeling tired ($\mu=2.22 \pm 1.24$).

Conclusions and Implications: These barriers that keep adolescents from being more physically active need to be considered in the design of effective physical activity programs for SNAP-eligible high school students.

Funding: None.

P156 Development of Textbook for Improving Preference of Korean Traditional Foods of Schoolchildren

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Objective: This study was conducted to gather information to be used in the development of a textbook for 4th-6th grade school children that would improve encourage increased consumption of Korean traditional foods.

Theory, Prior Research, Rationale: Korean traditional foods are recognized as healthy, but most children tend to avoid eating them. It is important to increase children's preferences for these foods since they are more nutrient dense than "Western foods" imported to Korea.

Study Design, Setting, Participants, and Intervention: A questionnaire was developed to determine cognition, stage of change, degree of preference and interest along with a food neophobia scale and questions regarding interest in Korean traditional foods. Survey participants (n=101) were selected from three elementary schools in Changwon.

Outcome, Measures and Analysis: Data was analyzed with descriptive statistics and χ^2 -test.

Results: Seventy-eight percent of children replied that Korea traditional foods are a heritage from their ancestors. 40% of children were in preparation stage. The degree of preference foods was 3.99 ± 0.98 (maximum score '5' points), the degree of interest was 3.67 ± 0.87 (maximum score '5' points) on Korea traditional foods. FNS was 2.89 ± 0.59 (The highest scale (5points) means 'the lower food neophobia'). The most interesting content was "how to cook." There were no significant differences between the sexes.

Conclusions and Implications: We determined education strategies applicable to textbook development based on this study. This study was showed that most of children had a positive attitude towards Korean

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traditional foods. Schoolchildren can become more motivated to consume traditional foods through specific experiences.

Funding: Seoul Metropolitan Office of Education.

P157 The Effect of SNAP Education in Indiana on Fruit, Vegetable and Whole Grain Eating Behaviors

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Objective: The analyses reported here evaluate the effectiveness of SNAP nutrition education on self-reported eating behavior changes in Indiana.

Theory, Prior Research, Rationale: Supplemental Nutrition Assistance Program (SNAP) encourages adequate nutrient intake in low-income population. Promoting adequate consumption of fruits, vegetables and whole grains is a major goal.

Study Design, Setting, Participants, and Intervention: The intervention was provided through lessons, games and demonstrations, either in groups or individually. Data were collected in 92 counties in Indiana from 2008 to 2011. 2109 individuals who attended at least 4 lessons completed the questionnaires before and after the intervention. Amount and variety of fruit and vegetables, whole grain intake and breakfast pattern were evaluated using paired t-test, independent sample t-test, One Way ANOVA Test and McNemar's Test. Less than half of the participants met the Dietary Guidelines for Americans for these food groups.

Outcome, Measures and Analysis: Amount and variety of fruit and vegetables, whole grain intake and breakfast pattern were evaluated using paired t-test, independent sample t-test, One Way ANOVA Test and McNemar's Test. Less than half of the participants met the Dietary Guidelines for Americans for these food groups.

Results: Less than half of the participants met the Dietary Guidelines for Americans for these food groups. The intake of fruits, vegetables, and whole grains and breakfast frequency showed significant improvement ($p < 0.001$) after the lessons. The largest changes were found in fruits, followed by vegetables and then whole grains. The improvement in fruit variety was higher than vegetable variety. More than half of the participants did not change their breakfast pattern. Almost all gender, races, and age groups improved in all the behaviors ($p < 0.001$), regardless of the number of lessons attended ($p < 0.001$).

Conclusions and Implications: The analysis demonstrates successful behavioral changes following SNAP-

Ed nutrition education. Attention should be given to the 18 years old group, Blacks, White and male participants who tend to had lower intake than other groups. The results suggest that maximizing the number of participants who receive SNAP-Ed rather than the number of classes each participant receives may be the most effective and efficient use of limited educational resources.

Funding: Supplemental Nutrition Assistance Program - Education.

P158 HOPE2 Nutrition-focused Policy/ Curricula Improve Consumption of Nutritious Foods and Dietetic Practices in Elementary Schools

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Objective: To increase the consumption of nutrient-rich foods in school settings.

Theory, Prior Research, Rationale: Childhood obesity continues to be a major clinical and public health issue. Schools provide ideal settings to implement obesity prevention strategies to large and diverse sets of children.

Study Design, Setting, Participants, and Intervention: Healthier Options for People through Extension (HOPE)2 is a 4-year (2009-2012), 6-state (AR,FL,LA,MI,MS,NM) prevention intervention with policy, nutrition, and physical activity components in an elementary school setting targeting ethnically diverse children in Kindergarten-5th grade.

Outcome, Measures and Analysis: Elementary school Foodservice (FS) Managers completed FS Surveys fall/baseline and spring/follow-up, assessing child consumption of nutrient-dense foods (targeted HOPE2 interventions in meals and curricula), use of federal feeding/nutrition programs, and collaborations with outside organizations in support of policy changes.

Results: 38 FS Managers participated in 2010-2011 data collection. Results (2010-2011) of 38 FS respondents show schools serve nutrient-rich foods as part of government-funded programs to model educational activities, such as skinless meats (94.7% 2010; 97.4% 2011), sweet potatoes (100.0% 2010; 97.4% 2011), and spinach (94.7% 2010; 100.0% 2011). Eighty percent agreed/strongly agreed students enjoy and consume fruits/fruit juice, skim/reduced milk, and whole grains. Nutrient-rich sweet potatoes, legumes, and spinach were least liked foods at baseline; but were more strongly preferred by follow-up (increases by 13.5%, 20.0%, and 12.5%,

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