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Results: The model predicted that for every milligram of beta-carotene, total carotenoids, and alpha-carotene consumed there was an increase in scanner score of 3,354 ($p=.010$), 4,556 ($p=.008$), and 12,299 ($p=.002$). For each serving of total F/V and each cup of high carotenoid containing F/V scanner score was predicted to increase by 3,509 ($p=.001$) and 10,820 ($p=.027$).

Conclusions and Implications: The biophotonic scanner was positively associated with self-reported carotenoid and F/V intake from ASA24-Kids and total F/V intake from FFQ among children age 5 to 17.

Funding: Utah State University.

P166 Assessing Food Behaviors of 5th Grade Students in Pennsylvania Supplemental Nutrition Assistance Program (SNAP-Ed)

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Objective: Conduct needs assessment and determine the utility of an existing tool to evaluate SNAP-Ed for elementary students.

Theory, Prior Research, Rationale: Previous evaluation showed positive effects on behavior mediators (food preference, self-efficacy, attitude, knowledge); however, a tool was needed to document food related behaviors in order to assess behavior change. The School Nutrition and Physical Activity (SPAN) survey, a valid and reliable food behavior questionnaire, was adapted for this project.

Study Design, Setting, Participants, and Intervention: Pennsylvania Nutrition Education Tracks (TRACKS) funds local partners to deliver school-based nutrition education (SNAP-Ed) that addresses statewide program objectives. A shortened version of the SPAN survey was administered to a geo-stratified convenience sample of 1,321 5th grade students in 19 low-income schools (mean free/reduced lunch eligibility of 77.1%).

Outcome, Measures and Analysis: Students reported intake of target foods the previous day. Frequencies for intake categories were calculated.

Results: Mean respondent age was 10.3 years ($SD=0.5$); 50.7% were female. Only 32.4% of students with complete responses ($n=1,307$) for 3 vegetable items (vegetables, beans, French fries) reported consuming vegetables 3 or more times "yesterday"; this percentage drops to 23.5% when French fries are not included. 46.2% consumed fruit and/or fruit juice 3+ times ($n=1,313$). 62.0% reported eating dairy foods (milk, cheese, yogurt) 3+ times ($n=1,312$).

Conclusions and Implications: Few children met recommended levels for vegetable intake, indicating need for effective interventions to support increased intake. The health benefits and potential value of vegetables in obesity prevention initiatives further substantiate the importance of efforts to increase vegetable consumption among school-age children. The SPAN survey is feasible for TRACKS use to monitor nutrition-related behaviors.

Funding: Center for Disease Control and Prevention, Supplemental Nutrition Assistance Program - Education.

P167 Shape Up for Spring: A Comparison of Email and Facebook as Means of Delivering Nutrition and Fitness Education

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Objective: To assess the influence of educational delivery modes (email, Facebook) on nutrition and physical activity knowledge and behavior compared with a control group.

Theory, Prior Research, Rationale: Informed by social cognitive theory, this project builds on research related to social media use in nutrition education.

Study Design, Setting, Participants, and Intervention: Participants were randomly assigned to 1 of 3 groups (Facebook, email or control). Eighteen educational messages were delivered by email or Facebook during the 6-week project. The Facebook group had the opportunity to interact within their group. All groups were eligible for weekly prize drawings. Of the 92 participants (87% female, 31% aged 55 or above) who completed the pre-survey, 85 (92%) completed the post-survey.

Outcome, Measures and Analysis: Online pre- and post-surveys assessed knowledge gain and achievement of nutrition- and fitness-related goals. Frequency data and paired-samples t-tests were analyzed using the SPSS computer program.

Results: Both the Facebook and email groups significantly increased their knowledge scores, but the control group showed a slight decrease in knowledge scores. About 79% of the email group read the majority of the messages, compared with 56% of the Facebook group. About 31% of the control group participants continued involvement in other health-related programs, higher than the email (20.7%) or Facebook (22.2%) groups. The Facebook and email participants rated their goal achievement significantly higher than the control group ($P < .05$).

Conclusions and Implications: To continue to reach new audiences, nutrition educators need to be on the cutting edge of technology use to complement their traditional educational programming delivery, and to reach younger audiences and those in rural, isolated areas.

Funding: None.

P168 Efficacy of Select Components of Established Nutrition Education Interventions for Low-income Youth

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Objective: To explore the associations between select components of varied nutrition education (Nut-Ed) interventions, such as length, time, and intensity, with fruit and vegetable (FV) consumption and physical activity

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