P143 (continued)

questionnaire which was developed by the researchers specifically for this study and analyzed using descriptive statistics, and Kruskal Wallis H test.

Results: Optimal nutrition ranks first by 50% in the list of what women are curious about nutrition issue. Slightly more than half the participants (52%) reported irregular and unbalanced eating habits and as the causes of their weight gain. Owing to environmental factors (33%), they could not give up their current eating habits that they thought were the reasons for their weight gain. Their preferred methods of weight loss included working out (30%), surgical operations (19%), and dietitian-guided weight loss (17%). The nutrition knowledge point was found “good” (12%). It was observed that the points taken from the nutrition knowledge test by women did not have been significantly differentiated according to marital status, educational status and age ($p>0.05$)

Conclusions and Implications: It is necessary to enhance women's knowledge about nutrition and that not only knowledge but also environmental factors can play a key role in changing eating behaviors.

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P144 Adventurous Eating: Expand Your Palate, Not Your Waistline

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Objective: To examine the relationship between adventurous eating and body mass index (BMI) and to describe differences between adventurous and non-adventurous eaters.

Study Design, Setting, Participants, and Intervention: Participants were 501 diverse young women (mean age= 26.8, mean BMI=25.96). Survey measures assessed participants' eating adventurousness, perceptions of novel foods, height/weight, lifestyle and psychological characteristics.

Outcome, Measures and Analysis: Eating adventurousness was assessed by asking if participants had tried some novel foods (e.g., seitan, beef tongue, polenta) (range 0-16). Linear regressions were run to examine associations between eating adventurousness and BMI. To examine mean differences between adventurous and non-adventurous eaters, ANOVAs were run for each of the lifestyle and psychological variables, as well as perceptions of novel foods.

Results: Eating adventurousness was significantly associated with BMI, in that adventurous eaters had lower BMIs ($B = -0.191$, $t(499) = -2.796$, $p < 0.01$). Adventurous eaters ($n=135$) had significantly higher means on cooking to connect with their heritage, hosting friends for dinner, how physically active they were, how particular they were about the healthfulness of food, and enjoyment of trying new things, as compared to non-adventurous eaters

($n=366$). Adventurous eaters had lower means on importance of new foods being those that celebrities eat, importance of a new food being inexpensive, importance of a food being nicely packaged, and the importance of a new food being easy to fix.

Conclusions and Implications: Adventurous eating is associated with lower BMI. Identification of characteristics that differ between adventurous and non-adventurous eaters may illuminate target areas for weight management. Promoting adventurous eating may be a way to help individuals lose/maintain weight without feeling as restricted.

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P145 Initial Testing of DANEH, Developing and Assessing Nutrition Education Handouts

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Objective: The objective of this study was to determine the inter-rater reliability of a new tool, Developing and Assessing Nutrition Education Handouts (DANEH).

Study Design, Setting, Participants, and Intervention: Twenty dietetic interns were recruited to each assess 10 handouts using DANEH. DANEH consists of five constructs: content, behavior focus, cultural sensitivity, written word, and organization/readability, with a total of 21 qualities. For each quality, the rater determined if the handout met the criterion with a “yes” or “no” response, and entered scores into an online survey. Along with the assessment of each criteria, comments and total score (number of yes responses) were collected. A total score of 16 was established as the cut-point for approving a handout—interns described why they did or did not approve the handout along with the score.

Outcome, Measures and Analysis: The main outcome was absolute average inter-class correlation (ICC). The total score was determined for each handout and reviewer. Four reviews on each of 35 handouts were compared using the ICC. The reviewers' assessment of whether to accept or reject the handout and the total score were compared using ICC.

Results: The average score was 18.0 ± 2.6 . The ICC for total score was 0.654, indicating good agreement. The ICC for approval was 0.469, indicating fair agreement.

Conclusions and Implications: These results suggest DANEH has good inter-rater reliability for assessing nutrition education handouts; however, the cut-point established for approval/disapproval in this initial testing may be incorrect. Future work with DANEH will test inter-rater reliability among RDN reviewers, attempt to establish the ideal cut-point for approving handout, and test individual criterion reliability.

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