O3 (continued)

were categorized in 4 levels as categories with the lowest showing 0%-25% compliance and the highest showing 75%-100% compliance. For the Saudi policy, 44.7% (34) of the schools scored in category 2, 50% (38) scored in category 3, and only 5.3% (4) scored in the highest category 4. For the IOM standards, 96.1% (73) of the schools scored in category 1, and only 3.9% (3) scored in category 2.

Results: The IOM focuses on nutrients of food that should be offered in schools, while the Saudi policy focuses on food sanitation, and identifying foods that should not be offered in school and not what should be offered.

Conclusion: Because the Saudi dietary guidelines are based on the American guidelines, the Saudi Ministry of Education supported this study. The investigators will provide the ministry with a designed policy and recommendations.

Funding: The Saudi Arabian Cultural Mission (SACM).

O4 The Influence of Community Food Security Initiatives and Diet-Related Social Cognitive Factors on Dietary Intake in Low-Income Individuals

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Objective: Around the US, communities are implementing food security initiatives to sustainably address food insecurity. In Dayton, Ohio, initiatives such as subsidized community-supported agriculture, community gardens, and farmers' markets have been implemented to increase healthy food access to low-income populations. In the present study, researchers compared fruit and vegetable intake and diet-related social cognitive factors among participants and non-participants of community food security initiatives.

Design, Setting and Participants: The research team identified the 10 zip codes in Dayton, Ohio, with the lowest income. Participants (>18 years old) were recruited through community food security initiatives and community events identified within the target zip codes. Each participant completed the Eating at America's Table fruit and vegetable food screener, Dewar's social cognitive questionnaire for dietary behaviors and a socio-demographic questionnaire. Participants were divided into one of three groups based on community food security initiative participation: > 2 community food security initiatives (n=41), 1 initiative (n=44) or no initiatives (n=34).

Outcome Measures and Analysis: A multiple regression was utilized to determine predictors of fruit and vegetable intake among groups controlling for age, education and income. Independent variables included social cognitive score for dietary behavior and community food security initiative participation.

Results: The model was significant at $R^2=.09$, $F(4, 117) = 2.85$, $p=.03$. The social cognitive score was positively associated with fruit and vegetable ($p < .01$) intake although community food security initiative participant did not show a significant correlation.

Conclusions and Implications: Increasing diet-related social cognition in participants of community food security initiatives may be an important factor in promoting fruit and vegetable intake.

Funding: University of Dayton.

O5 Utilizing Technology to Assess Local Food Needs: Interactive Maps of Food Pantry Locations Identify Gaps in Area Served

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Objective: Food for Thought is a mobile food pantry located in Toledo, OH that hosts 24 mobile pantries in the surrounding area. The purpose of this project was to map the Food for Thought service area in relation to USDA defined food deserts to determine if the mobile sites were serving the areas of most need of food resources.

Design, Setting and Participants: To determine the distribution of new and existing mobile sites Food for Thought used Geographical Information System (GIS) to map the location of each pantry site with known food deserts.

Outcome Measures and Analysis: Using ArcGIS, the location of the food pantry sites were geocoded and examined compared to USDA defined food deserts. Multiple maps have been created to include a 1 mile and 5 mile radius surrounding each mobile pantry to gain insight on realistic coverage for clients with barriers to transportation. This has allowed for evaluation of the existing food pantry locations and offers ideas for establishing additional sites.

Results: Based on results, Food for Thought determined a number of current mobile food pantries are in areas that are not food deserts, while other areas of food desert lack pantry coverage.

Conclusions and Implications: Food for Thought has implemented a plan to ensure that there is coverage in all existing food deserts in the surrounding area. GIS mapping can ensure that community efforts to increase food access are placed in the locations with greatest need.

Funding: None.

O6 The Healthy Diva Beauty Salon Pilot Project

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Objective: To evaluate if the beauty salon intervention had a positive impact on the health knowledge, attitudes, and behaviors of low-income African-American women through social marketing and environment changes coupled with the use of text messaging and online components.

Target Audience: African American women who frequent beauty salons.

Theory, Prior Research, Rationale: Research shows that African American women's hairstyles can be a barrier

O6 (continued)

to participating in physical activity. In the African American community, beauty salons have historically been a trusted environment for candid talk about a variety of issues.

Description: Healthy Diva Beauty Salon Project recruited 109 African American woman from 15 salons in San Diego, California to participate in the “60-Day Healthy Diva Challenge.” The intervention included the following components: Stylin’ For Life magazine, Mirror Messages, two meet-up groups, text messaging program and a Healthy Diva Challenge blog. The evaluation included a pre-post survey analysis of participant’s change, including a Personal Health Assessment, and specific feedback on the intervention.

Evaluation: Participating women responded positively to the “Healthy Diva” brand, were excited to join the challenge, enjoyed the program, and made positive changes in their diet and physical activity behaviors. Specifically, participants increased total fruit and vegetable consumption, decreased consumption of sugar sweetened beverages, increased availability of fruits and vegetables at home, and increased their exercise.

Conclusions and Implications: The Healthy Diva Beauty Salon Project was a successful pilot project for participating African American women. Expanding the social media presence, specifically a stronger presence on Facebook and additional support between meet-ups would be key components when scaling up this project.

Funding: California Department of Public Health.

O7 Blueprint for Creative/Innovative Success in Nutrition Education: What Works and Future Strategy of an Online Graduate Program

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Objective: The results of successful best practices and high impact teaching strategies of a creative and innovative master’s program in nutrition education are shared. Development, implementation, and future plans are highlighted. This is for consideration of using a proven format—online—for student success as indicated by student engagement and satisfaction as well as professor evaluations of student learning.

Target Audience: The target audience includes current and future educators, program developers, and practitioners, as well as students of nutrition who want an alternative to on-the-ground classrooms. This in turn can help meet demand for capacity building in nutrition.

Theory, Prior Research, Rationale: These best practices—what works—are based in part from preliminary work by the Society for Nutrition Education and Behavior on nutrition education competencies to the Sloan Consortium on online education, from Kuh’s high impact practices to a new strategy—gamification—by Sheldon and Kapp.

Description: A brief history is illustrated of the course development, successful online teaching techniques prac-

ticed, and a cutting-edge high impact strategy recently developed to continue creativity and innovation.

Evaluation: The courses and teaching techniques were initially evaluated by internal University committees, an external reviewer, and a State Education Department. Once implemented, each course (8 so far) was evaluated by enrolled students (n=51) through formative, summative, and post course surveys.

Conclusions and Implications: Results indicate high satisfaction and show that asynchronous collaborative learning in a high-tech format is preferred to other techniques and is effective in student success. This particular narrative can be a blueprint for current and potential programs to take nutrition education to the next level and into the future.

Funding: Adelphi University.

O8 Teaching Parents About Responsive Feeding Through a Vicarious Learning Video

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Objective: Responsive feeding practices (FPs) promote healthy weight and eating behaviors among preschoolers (2-5 years). This study aimed to test a vicarious learning video on parent responsive feeding knowledge and beliefs.

Design, Setting and Participants: Participated via the web. Parents of preschoolers. The 20-minute experimental video featured children responding positively (e.g., eating vegetables) to responsive FPs and negatively (e.g., refusing food) to unresponsive FPs. The control video was about the education system.

Outcome Measures and Analyses: Knowledge and beliefs about unresponsive FPs (encouragement, control, pressure, weight-based and fat restriction, and instrumental and emotional feeding) and responsive FPs (covert control and monitoring) were measured one week before and immediately after intervention. A series of one-way ANOVAs were used to examine group differences on outcomes.

Results: Participants (n=50) were white (74%), married (96%), and 90% had at least a college degree, and 88% had income greater than \$50K/yr. Knowledge (p=.03) increased and beliefs about some unresponsive FP’s [encouragement (p=.03), control (p=.02), pressure (p=.01), and weight-based restriction (p=.003)] decreased more among experimental than control parents. Beliefs about remaining FP’s did not significantly change (p-values were greater than .05).

Conclusions and Implications: Responsive feeding knowledge and beliefs that were changed with the vicarious learning video were related to responsive FPs that were directly portrayed in the video. Vicarious learning may not be the optimal strategy for changing beliefs about subtle FPs (e.g., covert control) which are difficult to model. Vicarious learning videos may be an

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