P21 (continued)

importance of images in social media and provide specific information on how they can create these images.

Funding: Rutgers University.

P22 USDA National Agricultural Library Dietary Reference Intakes (DRI) Calculator App

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Objective: Increase access to the Institute of Medicine DRI data in mobile form for healthcare professionals.

Target Audience: Healthcare professionals.

Theory, Prior Research, Rationale: Initially presented in tables, then as a web tool, this mobile app allows professionals easy access to the DRIs for planning and assessing diets. In 2009, the Food and Nutrition Information Center (FNIC) developed a web-based interactive DRI calculator tool. In response to agency support and research showing the rapid growth of mobile devices and its use in healthcare settings, FNIC then created this app for greater usability and ease, saving time in the nutrition care and education process and providing access to credible nutrition guidance.

Description: The app allows users to calculate nutrient recommendations in a convenient format. By entering height, weight, age and activity level, users receive tailored nutrient and calorie recommendations, as well as body mass index. Professionals can use this new app (released in January 2015) as a teaching tool while sharing nutrient recommendation information with patients or clients.

Evaluation: Prior to completion, potential users explored a beta version of the app and then were surveyed. The anonymous survey asked for general impressions, suggested changes, frequency of use, and feedback on features.

Conclusions and Implications: In the first thirty days, the app was downloaded 2,289 times. Based on survey feedback, this app is a useful tool that streamlines the diet assessment and planning process and enhances patient education. Feedback collection and analysis of app metrics will continue to guide enhancements for increasing the app's utility; updated research will be presented in the poster.

Funding: USDA, Food and Nutrition Service, Office of Policy Support.

P23 Sustainability: A Natural Vehicle for Nutrition Education and Outreach at College

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Objective: The participants in this session will identify three nutrition education strategies that they can use to promote sustainability, list one new formal or informal

partner they should reach out to when they return to their home campus or community, and explain how Nutrition Services can enhance sustainability goals that match up with the National Prevention Strategy.

Target Audience: Nutrition professionals bring to the table a social-ecological framework of public health, using the National Prevention Strategy (Office of the Surgeon General, 2013), that can enhance others approaches for the betterment of our entire campus and local Pittsburgh communities.

Use of Theory or Research: Nutrition Services on campus are in position to collaborate and provide leadership on sustainability goals for higher education and the community at large. (Tagtow A & Harmon, 2008) Through the environmental nutrition lens, we support hydration "stations," dining programs to enhance local food sourcing, and community gardening. At Carnegie Mellon University, Nutrition Services has been actively seeking partnerships with our Green Practices Committee, Sustainable Earth, Dining and CMU Community Garden groups.

Description: We will overlap The National Prevention Strategy with the three Pillars of Sustainability (United Nations General Assembly, 2005). We will discuss three key areas of partnership to provide case study, insight and garner feedback on how to expand and embed health, environmental nutrition and well-being messages. This short presentation will showcase 3 events that took place between 2012-2014 on our campus. Food Day, Farmer's Market "Apple Fest" and a peer education promotion of "Meatless Monday." The primary goal of these events was to increase student access to whole fruit and vegetables, and meatless meals while informing students about local food sources and the environmental impacts of food choices.

Evaluation: We evaluated the accessibility of fruit, vegetables and meatless options on campus along with student feedback and evaluations.

Conclusion and Implication: We saw a 75% increase in vegetarian meals offered and the number fresh farmers markets doubled over that time frame. Program evaluation will occur via moderated discussion, to enhance the participant's opportunities to explore the learning outcomes.

Funding: Carnegie Mellon University.

P24 Using Online Recipes to Help People Improve Food and Nutrition Practices

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Objective: This analysis investigates consumers' utilization of recipes offered online.

Target Audience: General population and multiplier groups working with consumers.

Theory, Prior Research, Rationale: The US Department of Agriculture's food guidance system, MyPlate, advises, "When you cook at home, you can often make

Continued on page S20