P73 (continued)

Outcome Measures and Analysis: Qualitative Thematic review.

Results: Participants (n=20 dyads) provided similar feedback. Youth reported that after the 12-week sessions, they spent more quality time with their family, were more active in meal planning, recipe selection, grocery shopping, table setting, and helping parents prepare family meals. Adults reported that the program had helped them with considering healthy meal planning, cooking more with their children, and with communicating more during meals and less TV time. Both youth and adults reported they would recommend iCook 4-H to others in their community.

Conclusions and Implications: Survey findings add evidence that a year after the sessions, iCook 4-H activities were reflected within the home environment. Based on feedback from both youth and the primary food preparers, participants had positive iCook 4-H experiences and would recommend it to others in their community.

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P74 Factors Affecting Food Pantry User's Self-Management Practice for Type 2 Diabetes and Their Needs for Improvement

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Objective: To explore current type 2 diabetes self-management behaviors, barriers and facilitators of self-management, and perceived needs to improve disease self-management.

Design, Setting and Participants: A qualitative study (seven focus groups) was conducted with 49 food pantry users with type 2 diabetes at food pantry located in inner city. Most participants (aged 54.4±9.0 yr, 39.1 – 82.3 yr) were Black Americans (84%) and 63% had a high school education or less.

Outcome Measures and Analysis: The audio-recorded focus groups were transcribed verbatim and analyzed following content analysis.

Results: The emerging themes suggested that a healthy diet, monitoring blood sugar, medication adherence, physical activity, and follow-up clinic visit were commonly used for self-management of the disease. Key facilitators included support from family and health care providers and reliable transportation for grocery shopping and clinic visit; however, having other multiple chronic diseases/conditions and lack of social support and transportation were identified as barriers. Challenges to healthy eating habits were more often discussed than other self-management behaviors. Diabetes self-management support group sessions led by experts from various health fields in a community setting rather than a clinical setting with open discussion were most frequently suggested as an idea for self-management program.

Conclusions and Implications: The findings may be useful to develop an appropriate intervention program to improve self-management of type 2 diabetes targeting food insecure populations.

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P75 Strategies to Boost Recruitment and Retention in a Community-Based Nutrition Intervention for Low-Income Mothers

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Objective: Public health and nutrition experts in Michigan are assessing the feasibility of Mothers in Motion (MIM), a community-based intervention to prevent excessive weight gain among low-income overweight and obese mothers. MIM promotes stress management, healthy eating, and physical activity.

Design, Setting and Participants: Intervention participants watch MIM DVDs, complete/mail personal planning worksheets, call peer group support teleconferences, and return to their WIC clinics for weight measures. Based on our theoretical framework, focus group and key informant interviews, and a pilot study, we adopted specialized strategies to enhance recruitment, boost participation, and maximize retention. For example, initial in-person contacts are made by peer recruiters who are trained to establish rapport and communicate potential benefits and requirements without hyperbole/pressure and verify understanding of study requirements, incentives and benefits before obtaining consent signatures and completing enrollment forms. Motivational interviewing principles are followed by leaders of peer-support group teleconferences.

Outcome Measures and Analysis: Retention data are tallied from descriptive statistics and participation indicators that are collected by phone and in person during and upon completion of a 16-week program (T2), followed by in-person contacts three months later (T3).

Results: Six hundred twenty one women have been enrolled in the study (62% of eligible contacts expressing initial interest – 133 African Americans, 488 Whites). Based on data from over 500 participants in January 2015, current estimates of overall retention rates are 66% of enrollees for T2 (intervention 63%, comparison 72%) and 60% for T3 (intervention 56%, comparison 67%).

Conclusions and Implications: Theory-based communication strategies from the MIM intervention enhance recruitment and retention in a community-based nutrition program.

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