P120 (continued)

shellfish (22%) and uncommon nuts (10%) had the most frequent depiction across countries and art periods, respectively.

Conclusions and Implications: The most commonly depicted food items observed (such as shellfish versus chicken or fruit versus vegetables) are not what historians believe to be the most commonly consumed foods in these countries and time periods. Paintings tended to feature meals with food that may either be aspirational or what the painter considered to be aesthetically pleasing. Care should be taken to not project food depictions in paintings as indicative of what was actually served or eaten in that country at the time.

Funding: Cornell University Food and Brand Lab.

P121 From Fab to Flab: The Calories of Foods Depicted on Magazine Covers Have Increased Over Time

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Objective: The present research addresses if general-type magazines featuring food on their covers have significantly increased in total calories and calories per serving over time compared to niche categories such as gourmet-food and health-focused.

Design, Setting and Participants: Though previous studies have examined changes in portion sizes and caloric density of restaurant foods and related increasing obesity rates, little is known about food from featured magazine recipes in the home. 115 covers of 3 popular food-related magazines spanning a 40-year period were content analyzed by an individual for total depicted calories, calories per serving, and size of foods relative to entire magazine covers.

Outcome, Measures and Analysis: Total caloric values were calculated using nutritional information from the magazines or by using the USDA's standard nutrition calculator. The food:cover ratio was calculated by segmenting depicted food into rectangles and summing and dividing these areas by the entire cover area. Data analysis used statistical descriptive values and linear regressions.

Results: Depicted calories on magazine covers have increased significantly by 41.72% ($p < .05$) in the general-type representative from 1970 to 2010 but not in the gourmet-food and health-focused representatives. Cover percentage changed significantly only for the health-focused magazine by decreasing 5.75% ($p < .01$).

Conclusions and Implications: Since the media often reflects prevailing trends in society, our results suggest these changes parallel perceived norms of homemade food, which consumers may not be wary of. Because the significant changes over the decades are seen in the general-type magazine, the general public may be susceptible to these calorie-dense cues and should be careful when considering calorie content in its home environment.

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P122 My Painted Plate: Art Enhances Nutrition Education with Children

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Objective: This study investigated the impact of visual art on the effectiveness of nutrition education to improve knowledge, self-efficacy, and dietary behavior of children.

Design, Setting and Participants: Pre- and post-tests, three arm intervention: control ($n=23$), standard art ($n=18$), and enhanced art ($n=28$). Six summer day camps, serving primarily children from lower-income households, in the Knoxville area. Day-camp attendees ($N=69$), ages 8-12 years old, were primarily Black (55% black, 30% white, and 15% other) and female (51% female). Six classes, two per week over three weeks, each included 30 minutes of identical nutrition education and 30 minutes of art activities. Art activities included coloring and/or painting non-nutrition related projects for the control groups; coloring MyPlates on paper for the standard art groups; and painting MyPlate onto ceramic plates for the enhanced art groups.

Outcome Measures and Analysis: Assessments at baseline, 3-week post-intervention, and at a two-week follow-up included: nutrition knowledge, self-efficacy, and dietary behaviors. Repeated Measures ANOVA and Chi-Squares.

Results: From baseline to follow-up, participants in the standard and enhanced groups had increased nutrition knowledge ($p > 0.05$) whereas participants in the nutrition education only group had no change in nutrition knowledge. Standard and enhanced groups increased self-efficacy, but did not reach statistical significance ($p = 0.105$). No differences in increases for knowledge or self-efficacy were found between standard and enhanced art groups. No changes in dietary behaviors were observed in any group.

Conclusions and Implications: Inclusion of visual art with traditional nutrition education may be more effective at increasing knowledge than education alone. Nutrition-related art activities should be considered for inclusion in child nutrition education interventions.

Funding: None.

P123 A Mixed Methods Evaluation of a SNAP-Ed Farmers' Market-Based Nutrition Education Program

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