P123 (continued)

Objective: Evaluate the effectiveness of the Stellar Farmers' Market (SFM) program.

Design, Setting and Participants: Mixed-methods including focus groups and a quasi-experiment comparing a control group of market shoppers who had never attended an SFM class, participants who had attended one class, and participants who had attended two or more classes. Eighteen farmers' markets in New York City. 2,063 survey respondents; 47 focus group participants. Farmers' market-based nutrition education and cooking classes paired with a voucher that lowered produce cost.

Outcome Measures and Analysis: Attitudes, self-efficacy and behaviors regarding fruit and vegetable (FV) preparation and consumption. Analysis: Bivariate and regression analysis examined differences in outcomes as a function of number of classes attended. Qualitative data analyzed by key themes.

Results: Attending classes was associated with greater FV consumption, more positive attitudes towards consuming FV and higher self-efficacy to prepare and consume produce. Respondents who had attended two or more classes consumed almost one half cup more FV daily than the rest of the sample. These associations remained after controlling for age, race/ethnicity, education and gender.

Conclusions and Implications: Offering nutrition education and cooking classes at farmers' markets improves attitudes, self-efficacy and behaviors regarding produce preparation and consumption in low-income populations.

Funding: Supplemental Nutrition Assistance Program - Education, NYS Department of Health, NYC Department of Health and Mental Hygiene.

P124 Sanos y Fuertes: An Obesity Prevention Intervention for Latino Families

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Objective: Develop and implement a culturally-tailored nutrition and health intervention focusing on Latino children and their families.

Design, Setting and Participants: Sanos y Fuertes was developed using community-based participatory research principles. A transdisciplinary research team, including community health workers, utilized formative findings and US Dietary Guidelines to develop the curriculum. The intervention consists of a one 2-hour introductory session and one 4-hour educational session over two days. Three assessments (pre- and post-intervention, and 3-month follow-up) are conducted with parents. Recruitment criteria: Latino, parent of a child (ages 2 - 8), and residing in Los Angeles County.

Outcome Measures and Analysis: Self-administered surveys measure determinants of behavior. Adult and child

outcomes: breakfast, dietary intake, physical activity. Adult only: food labels, grocery shopping, MyPlate use. Anthropometric measures via Tanita Scale and waist circumference for adult and child.

Results: Baseline to 3-month follow-up assessments (N = 227) indicate increases in health knowledge ($p < .001$), confidence ($p < .001$) and intentions to engage in healthy behaviors ($p < .001$). Among adults and children, respectively, fruit intake increased ($p < .001$; $p = .001$) as did vegetable intake ($p < .001$; $p < .001$); adults' sugary beverage intake decreased ($p = .038$).

Conclusions and Implications: Sanos y Fuertes shows promise in increasing knowledge, self-efficacy and intentions for healthy behaviors, and behavior change. These changes in nutrition and physical activity-related outcomes may reduce the prevalence of overweight and obesity among Latino families.

Funding: USDA Grant # 2011-67002-30152.

P125 Affective Associations and Reported Intake of Fruit, Vegetables, and Grains in University Students

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Objective: This study examines the relationships between positive and negative affective associations and self-reported food intake in university students.

Design, Setting and Participants: Participants were 438 University of Toledo students enrolled in Spring 2015 nutrition classes. All were 18 years or older and represent a variety of undergraduate majors. Positive and negative affective associations towards fruit, vegetables, and whole grains were measured with the previously validated instrument used by Kiviniemi (2009). Subjects completed an activity to accurately track food with a 3-day diet log and analyze fruit, vegetable, grain, and empty calorie intake with MyPlate.

Outcome Measures and Analysis: Responses to positive and negative affect questions served as predictor variables. Food serving intake data from MyPlate served as criterion variables. Descriptive statistics report frequencies, means, and standard deviations. Multiple regression analyses were used to determine the relationship between positive affective associations and negative affective associations with reported intake of fruits, vegetables, grains, and empty calories.

Results: Data analysis will be completed mid-March. Preliminary results suggest that students are overconsuming protein and empty calories, while under consuming grains, dairy, vegetables, and fruit per the MyPlate guidelines. Generally, students feel the most positive towards fruit. Positive fruit scores were significantly correlated with fruit consumption, while positive vegetable scores did not predict vegetable intake.

Conclusions and Implications: This study explores the independent relationships between positive (e.g.,

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enjoyment of vegetables), negative (e.g., disliking of fruit) affective associations, and reported intake of fruits, vegetables, and grains. Understanding these relationships can help to develop healthy eating interventions for college students.

Funding: None.

P126 Relationship Between Affective and Cognitive Factors in Self-Reported Physical Activity and Food Intake in Adolescents

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Objective: This study examines how affective associations and cognitive beliefs are related to diet and physical activity in adolescents.

Design, Setting and Participants: A convenience sample of approximately 1500 students in 9th-12th grades attending Detroit Public Schools completed a questionnaire during February 2015. The instrument was 18 closed-ended questions to measure feelings and beliefs about food, National Youth Risk Behavior Survey (YRBS) questions regarding diet and physical activity, and demographic information.

Outcome Measures and Analysis: Questions measuring beliefs, positive feelings and negative feelings regarding four domain activities (eating fruits, eating vegetables, drinking soda pop, being physically active) and cognitive questions are predictor variables. YRBS questions assessing behavior related to the four domains are criterion variables. Descriptive statistics report frequencies, means and standard deviations. Chi-square tests assess relationships in the categorical independent variables.

Results: Preliminary results show that approximately 65% of students are not consuming enough fruits and vegetables. Results showed that as student's negative feeling about vegetables (e.g. disgust and sadness) increased, student self-report of eating vegetables decreases ($p < 0.05$). Also, as positive feelings towards pop soda (e.g. joy and delight) increased, reported pop consumption also increases ($p < .01$).

Conclusions and Implications: The results can improve understanding of how feelings and cognitive beliefs are related to diet and activity behaviors in high school students. This research, in a racially and ethnically diverse population of inner city adolescents, provides the opportunity to study individuals not often included in health behavior studies. The findings can be used to develop more comprehensive and effective interventions to change behaviors associated with chronic disease.

Funding: None.

P127 Awareness is Power: Evaluation of an Inner-City After School Program Teaching Nutrition, Mindfulness, and Media Literacy

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Objective: To evaluate the effects of a 5-week after school nutrition class on dietary intake, knowledge of nutrition, weight status, and mindful eating behavior.

Design, Setting and Participants: The experimental group ($n = 21$) was comprised of two sections of a Boys & Girls Club of Trenton after school program site, and control participants ($n = 22$) were drawn from the same program site. The intervention was a five-week discussion-and-activity-based class focused on increasing knowledge and practical skills relating to nutrition, mindful eating, and media literacy.

Outcome Measures and Analysis: Surveys assessing dietary habits, nutritional knowledge, and mindful eating practices were administered to all participants before and after the intervention. Physical measurements and a covert behavioral measure of mindless eating were also taken. Differences in outcome between experimental and control groups were compared using multiple regression, with standard error clustered at the classroom level and while controlling for baseline scores and demographic variables.

Results: The experimental group showed significantly higher comprehension of nutrition facts ($p < .05$), decreased mindless eating on the behavioral test ($p < .05$), and a trend toward higher nutrition knowledge ($p = .13$). No other significant intervention effects were detected.

Conclusions and Implications: This study demonstrates the plausibility and efficacy of working with existing after school programs to implement short-term, interactive classes about healthy eating. While the small sample size and lack of true randomization detract from its validity, this study serves as an example of a nutrition education intervention that uses comprehensive evaluation mechanisms - including self-report, physical, and behavioral measures - to determine intervention effects on knowledge, attitudes, and behaviors relating to nutrition.

Funding: Princeton Center for Health and Wellbeing.

P128 Role of Acculturation on Food Label Use and Understanding of Food Label Information Among Hispanics in the United States

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Objective: Recent estimates suggest that Hispanics are the largest and fastest growing minority group in the United States. Degree of acculturation has been associated with individual differences in health-related perceptions, attitudes, and behaviors among Hispanics. This study examined the role of acculturation on food label use and understanding of label information among Hispanics.

Design, Setting and Participants: The study sample ($n=1,795$) consisted of adults aged 18 years or older in the United States from probability-based online consumer non-volunteer access panels KnowledgePanel® and KnowledgePanel LatinoSM. Sampled panel members were

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