P166 (continued)

Outcome Measures and Analysis: Trained physical education teachers used standardized protocols to measure height and weight of 3rd-5th graders in the fall and spring of the 2012 school year. Data were merged with student socio-demographic factors. Sex- and age-specific BMI percentile was calculated. Multivariate mixed linear models assessed the change in BMI percentile.

Results: Youth BMI percentiles changed significantly ($p < .05$) from fall to spring, increasing by 0.05 for youth participating in CC for 2 years, decreasing by 1.18 for youth participating in CC for 1 year ($p < 0.05$), and increasing by 0.54 for non-CC youth.

Conclusions and Implications: Findings indicate initial exposure to CC may be helpful in reducing BMI percentile, but other factors may be involved following the first year. Additional research is necessary to determine the long-term impact of CC on BMI percentile.

Funding: Piedmont Health Foundation, NIH NIGMS INBRE, Furman University.

P167 Evaluation of the Promotion of Free School Breakfast on Consumption and Perceptions of School Breakfast in a Rural District

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Objective: The objectives of this study were to determine changes in parent and student perceptions of the School Breakfast Program (SBP) and differences in breakfast consumption throughout the year after implementation of universal free breakfast and a small intervention in Stillwater Public Schools.

Design, Setting and Participants: Convenience sampling was used to measure perceptions of SBP among children and parents using an online survey and plate wastes were conducted in three schools at baseline, midpoint and conclusion of the study.

Outcome Measures and Analysis: Chi square analyses were used to measure differences in perceptions of SBP at baseline and conclusion for children and their parents. ANOVA was used to show differences by month for selection and consumption of breakfast meals and nutrients.

Results: Overall, perceptions of school breakfast changed significantly over the study period with lower perceptions seen at conclusion compared to baseline for parents ($n=988$), and no significant differences in perceptions were seen between baseline and conclusion for participating children ($n=797$). No differences by month for selection and consumption of most nutrients were seen, although there were significant differences in average percent of meals consumed by breakfast location ($p < 0.001$).

Conclusions and Implications: By increasing opinions of SBP and promoting consumption of healthy meals, children's nutrition and school performance may improve.

Funding: Oklahoma State University.

P168 Development and Testing of Training Modules Targeting Health Care Providers for the Optimal Implementation of Evidence-Based Dietary Guidelines

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Objective: To develop and test the effectiveness of training-of-trainers (ToT) workshop and supportive training manuals targeting primary health care workers (PHCWs) in Lebanon to optimally implement evidence-based national Food Based Dietary Guidelines (FBDGs).

Target Audience: Health coordinators at the Ministry of Public Health (MoPH) and PHCWs across Lebanon.

Theory, Prior Research, Rationale: According to World Health Organization guidelines, evidence-based FBDGs were developed in Lebanon to promote healthy lifestyles and prevent chronic diseases among adults. Training of PHCWs on effective implementation of FBDGs was needed.

Description: Workshop and ToT manual were developed by a team of nutrition experts from the American University of Beirut, MoPH, and UNICEF. 20 PHCWs participated in the 3-day workshop on FBDGs with supportive educational materials and activities to train other PHCWs on new guidelines for counseling patients.

Evaluation: Pre-questionnaires assessed nutritional knowledge and skills of PHCWs and common nutrition-related health conditions reported in centers. Participants evaluated the content of training sessions and supportive educational materials throughout the workshop. New skills learned and planned trainings conducted at health centers were assessed three weeks post training.

Conclusions and Implications: 62% of participants were involved in assessing dietary intake of patients prior to workshop, yet voiced their need for more training on weight management and dietary guidelines. During the workshop, 90% of participants found the training and manuals to be comprehensible and pertinent to their practice. Post-evaluation, participants had more confidence in planning nutrition programs, conducting lectures, and counseling patients. Participants suggested expanding the workshop to a larger group of PHCWs to prevent chronic diseases in a country undergoing nutrition transition.

Funding: UNICEF and Lebanese National Council for Scientific Research (LCNRS).

P169 Impact of a Seed-to-Table Gardening Program and Scratch-Cooked Meals on School Lunch Consumption in Urban School Students

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