P181 (continued)

Conclusions and Implications: Enhanced efforts in teaching consumers to use food labels for dietary purposes are needed.

Funding: None.

P182 Students' Feedback to Improve the USDA Fresh Fruit and Vegetable Program (FFVP) in Indiana

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Objective: To identify salient student responses to program fruit and vegetables (FV) and formulate recommendations.

Design, Setting and Participants: FFVP is a federally-funded free-FV distribution program. Students receive FV as snacks at program schools. Data were previously collected in classrooms from 4-6th graders in 32 randomly-selected Indiana FFVP-schools during academic year 2011-12. Volunteers completed anonymous post-program questionnaires with an open-ended item, "Do you have any comments to make about FFVP?"

Outcome Measures and Analysis: Content analyses were applied to 800 responses that were randomly sampled from 2086 responses. Responses were analyzed to identify themes then summarized within theme.

Results: Among responses, 40% pertained to overall program attributes, 33% to fruit- and 19% to vegetables served in FFVP, with 8% unrelated random comments. Within fruit responses, students most frequently reported liking program fruits with either no reason given (27.4%), flavor (tasty/juicy/sweet:18.5%), or because the program provided types they liked (strawberries/apples; 12.3%). Only 1.1% reported disliking fruit, while 40.7% suggested serving fruit more frequently, and greater variety. Within vegetable responses, students most commonly reported liking vegetables because, either they are healthy for the body (5.7%), or they like certain types of vegetables (carrots/lettuce; 22.8%), and disliking vegetables for either no reason (17.9%) or flavor (nasty/weird-tasting/gross; 19.9%). They suggested vegetable service include dipping sauce (14.8%) and more variety (18.9%).

Conclusions and Implications: Student reports herein (that they like fruit) help explain why this intervention improves fruit intake. Program planners should consider adopting students' salient suggestions to improve the taste of vegetables by service with dipping sauces and providing a wide variety of mild-flavored vegetables.

Funding: None.

P183 The Less the Better? Lipid Effects on Depression in Healthy Population

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Objective: The objective of this study was to examine the relationship among the serum lipid level, diet behaviors and depression.

Design, Setting and Participants: 14,272 subjects who visited to the Seoul National University Hospital Gangnam Center from January 2013 for December 2013 for a routine health check-up were enrolled. 6,635 were female and 7,737 were male. The mean age is 50.28 ± 11.45 years old. Any subject who has medication was excluded.

Outcome Measures and Analysis: All subjects completed Beck Depression Inventory and questionnaire for healthy diet behaviors. The healthy diet behavior was measured by modified "Health eating index". They also completed blood test for lipid profile. Statistical Analysis was performed using the statistical program SPSS.

Results: Partial correlation after adjustment for age was used to evaluate the relationships among the serum lipid levels, the score of healthy diet behaviors and BDI score. The healthy diet behavior score was negatively correlated with BDI score ($r = -0.175$, $p < 0.01$). The Triglyceride (TG) and Low density Lipoprotein (LDL) were negatively correlated with BDI ($r = -0.030$, $p < 0.01$ and $r = -0.037$, $p < 0.01$ respectively).

Conclusions and Implications: We can conclude that there is a significant relationship between low LDL level and depression. Tendency of depression and healthy diet behavior had significant relationship. This study suggests that nutrition educators need to address depression to provide a appropriate guideline for adequate lipid intake.

Funding: None.

P184 Nutrition Education Intervention: Using Train the Trainer Approach to Reach Populations With Low Literacy in Turkana, Kenya

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Objective: The purpose of this study was to improve child feeding practices by educating mothers on optimal child care practices, with an ultimate purpose of reducing stunting rate for under five year old children in Turkana which is currently 35%.

Design, Setting and Participants: Seventy three women with children under 5 years from Turkana County Kenya were randomly selected to participate in this study through community leaders. To ensure sustainability of the learned practices, 5 community health workers underwent the intervention before and with the participants and were provided with teaching materials. The following topics were covered: food selection and preparation, breastfeeding and weaning foods, and hygiene and sanitation. The teachings included cooking demonstration with hands on activities by the women and tasting sessions.

Outcome Measures and Analysis: A questionnaire based on the topics included in the intervention was

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