P165 (continued)

Conclusions and Implications: Nationally, about 17% of children ages 2 to 19 are considered obese, and food and fitness behaviors play key roles in maintaining a healthy weight. Classroom nutrition education with parent involvement can promote positive individual and family behavior change.

Funding: None

P166 Incorporating Farmers' Market Tours Into the Expanded Food and Nutrition Education Program: Best Practices and Lessons Learned

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Objective: To improve fruit and vegetable consumption among low-income consumers through guided tours of farmers' markets, implemented as part of the Expanded Food and Nutrition Education Program (EFNEP).

Target Audience: Low-income families with children.

Theory, Prior Research, Rationale: Research indicates that low-income consumers are less likely to shop at farmers' markets and that these populations are often those with the lowest intake of fresh fruits and vegetables.

Description: Project was piloted in six counties in North Carolina. EFNEP Program Assistants (PAs) received training and partnered with a local Cooperative Extension agent to deliver a farmers' market tour at the mid-point of a nine-lesson series on healthy eating. Sixty-five participants completed the series. Classes were conducted at two food pantries, an on-site Women Infants and Children (WIC) office, a substance abuse residential program, a church, and a Latino community center.

Evaluation: Pre- and post-class series behavior change assessment and dietary recall. Evaluation data shows that 35% of participants improved fruit intake and 56% improved vegetable intake. Interviews with all six PAs found that participants: plan to visit the farmers' market again in the future, tried new recipes with foods purchased at the market, and learned how to talk with and ask questions of farmers' market vendors.

Conclusions and Implications: Farmers' market tours are an effective strategy for increasing fruit and vegetable consumption and familiarity with local foods, when carried out as part of a series of nutrition education classes.

Funding: North Carolina State University

P167 Nutrition For Life: A Goal-Setting Approach to Delivering SNAP Education (SNAP-Ed)

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Objective: Nutrition For Life (NFL) is a theory-based SNAP-Ed nutrition education program that uses a goal-setting curriculum to facilitate changes in lifestyle behavior and reduce risk factors for common chronic diseases.

Target Audience: Low-income SNAP-eligible adults at community health centers in Philadelphia, Pennsylvania.

Theory, Prior Research, Rationale: The NFL curriculum and evaluation were developed using a Theory of Planned Behavior framework to address the influences of attitudes, subjective norm and perceived control on lifestyle behavior. In addition, a goal-setting approach was used to plan and develop program lessons and evaluation tools.

Description: A 4-part nutrition education curriculum was developed and implemented in four consecutive weeks at two community health centers. The sessions were delivered in a group setting and focused on nutrition, physical activity and meal planning techniques. At the end of each session, participants were presented with a list of three healthy behaviors related to the lesson material and asked to select one behavior to work on during the time between sessions.

Evaluation: Pre/post self-administered surveys were collected from 98 individuals, of which 72 completed the 4-part series. Participants were primarily female (80%), non-Hispanic black (75%) and ranging from 45 to 54 years old. Participants showed significant improvement in knowledge, self-efficacy and behavior related to nutrition and physical activity. Specifically, participants increased total fruit and vegetable consumption, decreased consumption of sugar sweetened beverages, increased the utilization of meal planning techniques, and increased their exercise.

Conclusion and Implications: The application of specific goals provides a potential strategy for organizing nutrition and physical activity information into practical and manageable steps for at-risk populations.

Funding: Supplemental Nutrition Assistance Program - Education

P168 Evaluating Nutrition and Health Educational Needs of Foreign-Born in McDonald County Missouri

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Objective: The objective of the study is twofold: understand health educational needs among foreign-born residents of McDonald County Missouri, and prevent health and nutrition problems through educational programs.

Design, Setting, and Participants: A survey was administered to residents of McDonald County N=191 using print copies of a survey translated into major languages of the foreign-born residents: Spanish, Somalian, and Karen, and online using Qualtrics. Respondents were foreign-born residents living and working in the county (64%), and non-foreign-born (36%) mainly health

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