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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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providers, educators, community service providers, and community leaders. Respondents (N=188) age categories in years were: 18-26 (12%); 27-39 (33%); 40-64 (51%) and 65+ (4%). Survey respondents to gender were 68% female, 32% male (N=191). Ethnicity of respondents was diverse (N=189): 34% White, 28% Hispanic or Latino, 22% Black or African American, 12% Asian, 2% American Indian, and 2% Native Hawaiian or Pacific Islander. To assess their educational needs, respondents were asked to choose topics from a list of 19 health topics, and 20 nutrition and food safety topics. Respondents also provided other topics.

Results: Our findings indicate nutrition and health educational needs for this audience include: understanding a nutrition fact label, vitamin and mineral supplements, diabetes and stress management, food storage; health insurance, immunization, flu/germs/bacteria, mental health, oral health and personal hygiene, respectively.

Conclusions and Implications: Based on survey findings, and in line with the goal to prevent health and nutritional problems, project partners are directing educational programs to priority topics needed by Foreign-born in McDonald County.

Funding: Missouri Foundation for Health

P169 Development and Evaluation of the Children's Sugar Intake Reduction Program

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Objective: We aimed to develop and evaluate a sugar intake reduction program (SIRP) that is designed to increase knowledge, attitude, and skills regarding sugar intake reduction among Korean children.

Target Audience: Korean children aged 5-6 years and their parents.

Theory, Prior Research, Rationale: SIRP was developed based on social cognitive theory. Increasing sugar intake among Korean children is a nutritional concern. Development and implementation of nutrition education program for reducing sugar intake for Korean children is urgently needed.

Description: A total of 101 children aged 5-6 years from 6 preschools participated in SIRP. SIRP consisted of 4 sessions including 10 activities (e.g., story-telling, arts, experiment, checking nutrition facts, pledge) to increase the knowledge, attitude, and skills for reducing sugar intake and was delivered to children at preschools by nutritionists over one month. Three letters were sent to parents throughout the program to inform children's activities at preschools and to provide information on reducing children's sugar intake. A total of 90 children completed the program and 83 parents of these children completed SIRP evaluation survey, which included 5-point scale (1-strongly

disagree to 5-strongly agree) on attitude and behavior changes of their children after this program.

Evaluation: Parents agreed to improve their children's attitude on reducing sugar intake (mean point=4.0) and to decrease children's behaviors related to sugar intake (mean point=3.8).

Conclusions and Implications: The SIRP was well received by children and parents and improved attitude and skills to reduce sugar intake of children aged 5-6 years. Future studies should examine whether SIRP reduces actual sugars intake among children.

Funding: MFDS

P170 Current Status of Food-Related Educational Activities in School Lunch Programs in South Korea

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Objective: This study investigated food-related educational activities related to school lunch program conducted by nutrition teachers or dietitians in South Korea.

Design, Setting, Participants, and Intervention: In December 2015, we conducted a survey with nutrition teachers or dietitians in 112 schools in Gyeonggi Province, South Korea. The self-administered questionnaire comprised questions pertaining to food-related educational activities related to the school lunch programs that had been conducted for the past year. Ninety-one completed questionnaires (43 elementary schools, 33 middle schools, and 15 high schools) were used for the analysis.

Outcome Measures and Analysis: The frequency of educational activities was analyzed and the differences among the elementary, middle, and high schools, with regard to the frequency of the activities as well as other aspects of the activities, were investigated using a χ^2 test or ANOVA.

Results: Food-related educational programs were regularly conducted in only 36 (39.6%) out of the 91 schools. Further, there was a significant difference with regard to the frequency/regularity of the program, according to school level ($p = 0.003$). From among the 15 high schools, regular educational programs were conducted in only three. Information about the nutrition values of the school lunch was provided once a week in all the schools. However, information about the ingredients, recipes, hygiene and safety, and cultural aspects of the school meals was provided less frequently than once a month.

Conclusions and Implications: These results showed that food-related education related to school lunch programs is not adequate in South Korea. There is a need for government support policies to encourage food-related educational activities in schools.

Funding: Gyeonggi Provincial Office of Education