P227 The Role of Social Support in Weight Maintenance in a Sample of Premenopausal Women

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Objective: Social support (SS) is an important facilitator in weight loss and weight loss maintenance; however, the role of SS in weight maintenance (i.e., weight gain prevention) has not yet been examined.

Design, Setting, and Participants: The relationship between SS and successful weight maintenance (body weight [BW] change limited to $\pm 3\%$) was explored in 63 premenopausal women enrolled in a 1-year randomized controlled trial. Upon enrollment and completion of the trial, women (mean $\pm$ SD, age: 31.1 ± 8.3 y; BW: 77.3 ± 20.2 kg; body mass index: 28.2 ± 6.9 kg/m²) completed an investigator-designed questionnaire assessing Social Cognitive Theory constructs including SS from family and friends. The questionnaire included 296, 5-point Likert scale (1=lowest; 5=highest) questions; 72 questions addressed SS (42 family SS, 30 friend SS).

Outcome Measures and Analysis: Changes in SS over time were examined using paired t-tests. Independent t-tests and ANOVA were applied to determine differences in SS between weight maintainers (n=38) and non-weight maintainers (n=25) and weight maintainers (n=38), weight losers (n=8, BW change $> -3\%$) and weight gainers (n=17, BW change $> +3\%$), respectively. Significance was set at $P < 0.05$.

Results: Overall, SS scores were low at baseline (total: 1.9 ± 0.7 ; family: 1.9 ± 0.7 ; friends: 1.8 ± 0.8) and did not significantly change over time (total: 1.9 ± 0.8 ; family: 2.0 ± 0.8 ; friends: 1.9 ± 0.9). No differences in total, family or friend SS were observed between weight maintainers and non-weight maintainers or between weight maintainers, weight losers or weight gainers.

Conclusions and Implications: In this study, SS did not influence weight maintenance. Future interventions should focus on increasing SS and using additional methods to further assess the role of SS in weight maintenance.

Funding: NIFA, Illinois Agricultural Experiment Station

P228 Reach of SNAP-Ed Interventions Related to Healthful Food and Beverage Consumption Among Low-Income Mothers in California

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Objective: Examine levels of SNAP-Ed intervention reach in relation to consumption of fruits and vegetables, sugar-sweetened beverages, high-fat foods, and overall healthy eating.

Design, Setting, and Participants: A cross-sectional telephone survey of 6,355 mothers from randomly-sampled SNAP households in California. Dietary behaviors were assessed using the Automated Self-administered 24 hour Recall (ASA24).

Outcome Measures and Analysis: Outcome variables were cups of fruits and vegetables, cups of sugar-sweetened beverages, calories from high-fat foods, and Healthy Eating Index scores. SNAP-Ed intervention reach was calculated as the number of unduplicated SNAP-Ed participants receiving direct education over the number of SNAP-Ed eligible persons in each of the 2,907 census tracts where survey participants lived. Regression analyses controlled for race/ethnicity and education.

Results: Mothers from high-reach versus no/low-reach census tracts ate significantly more cups of fruits and vegetables, consumed fewer calories from high-fat foods, and drank fewer cups of sugar-sweetened beverages. Average Healthy Eating Index scores for mothers from high- versus no/low-reach areas was not significant.

Conclusions and Implications: Our correlational findings for fruit and vegetable consumption replicate those of previous experimental and ecological studies examining the potential effectiveness of SNAP-Ed on influencing eating behaviors. Our study is one of the first to demonstrate a relationship between SNAP-Ed and intake of unhealthful foods and beverages. SNAP-Ed in California in 2014 appeared to be effectiveness in providing mothers with the knowledge and skills to increase and avoid intake of certain types of foods and beverages, but not in changing overall diet quality.

Funding: USDA

P229 “Creating a Colorful Plate” to Increase Fruit and Vegetable Consumption: Does it Work With College Students?

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Objective: This study sought to determine if pursuing the goal to “create a colorful plate” increases fruit and vegetable consumption in college students.

Design, Setting, Participants, and Intervention: College students (n=129) were asked to track their fruit and vegetable consumption twice a week for four weeks as part of their “Wellness Concepts” class project. The students estimated the amount and type of fruits and vegetables on these days. Half the students tracked their consumption and had a goal to “create a colorful plate,” while the other half only tracked their consumption. Diet was tracked using a worksheet and reported using surveymonkey.com.