P234 (continued)

Results: Most participants (74%) were African American/Black, while 15.6% were White/Caucasian, 1% Asian, and 8.4% mixed race/other. Foods rated most frequently by participants as 'very much like' were fresh fruits and vegetables (82.3%), infant formula (80.2%), jarred baby foods (78.1%), and eggs (75%), compared to only skim/1% milk (31.1%) and brown rice (35.4%). Over half of participants (51%) said the infant food package was worth more than \$100, while the most frequent response for the value of the women and child packages was 'don't know'.

Conclusions and Implications: This study provides greater insight into how participants value WIC foods. It is important to understand participants' perceptions of the benefits provided in WIC to inform interventions that improve participation and retention in WIC.

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P235 Attitudes Affecting Decisions to Consume Fruits and Vegetables in South Asians

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Objective: To determine the factors associated with decisions regarding vegetable and fruit (FV) consumption in South Asians (SA).

Design, Setting, Participants, and Intervention: FV consumption according to recommended guidelines is associated with improved health and lower disease rates. SA population is genetically predisposed to conditions such as heart disease and diabetes which are closely linked with diet. In this part of study, factors affecting decisions to eat FV were examined in 59 SA (mean age=25 years) completing a self-reported validated survey (developed by Norman and colleagues) and Theory of Planned behavior used as theoretical framework for the study.

Outcome Measures and Analysis: Basic descriptive statistics were computed for demographics and relationship among healthy and unhealthy opinions/attitudes towards FV intake was measured by Pearson's correlations.

Results: It was found that out of the 8 factors important for decision of FV consumption, 5 were significantly correlated with vegetable intake. Having more energy ($r=0.249$, $p=0.031$), doing something good for body ($r=0.346$, $p=0.004$) and weight management ($r=0.251$, $p=0.03$) were positively related to current vegetable consumption indicating individuals with these healthy attitudes towards FV tend to have better vegetable intake. Additionally, significant inverse relationship was found among time utilized in preparation of FV ($r=-0.249$, $p=0.032$) and choosing sweets/snacks instead of FV ($r=-0.260$, $p=0.026$) with vegetable intake. These suggest that those who had lower unhealthy attitudes towards FV tend to have better vegetable intake. Consumption of fruit was not significantly associated with any of the factors affecting consumption decisions.

Conclusions and Implications: Results from this study suggest utilizing factors associated with increased vegetable consumption when developing nutrition education programs for SA.

Funding: None

P236 SNAP-Ed Improves Long-Term Household Food Security Despite Participation in SNAP or WIC at Recruitment

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Objective: To determine the association of participation in the Supplemental Nutrition Assistance Program (SNAP) and Special Supplemental Nutrition Assistance Program for Women, Infants, and Children (WIC) at recruitment with long-term food security among households with children in Indiana after a SNAP-Ed intervention.

Design, Setting, Participants, and Intervention: A randomized, controlled nutrition education intervention study using SNAP-Ed as the intervention was implemented across 38 Indiana counties from August 2013 to March 2015. Study participants ($n=575$) were low-income SNAP-Ed eligible adults ≥ 18 years with ≥ 1 child living in the household. SNAP-Ed paraprofessionals recruited and randomized participants to the control or intervention group who received ≥ 4 SNAP-Ed lessons over 4-10 week intervention period. All participants completed a baseline, post-intervention, and 1 year follow-up assessment.

Outcome Measures and Analysis: Household food security score was assigned using the 18-item United States Household Food Security Survey Module. Linear mixed regression models adjusted for baseline SNAP and WIC participation (coded yes, no) in addition to other household characteristics and were used to compare study treatment group and baseline SNAP and WIC participation over time on household food security score. Results were considered significant at $p \leq 0.05$.

Results: Participation in SNAP (63% prevalence) ($p=0.4$) and WIC (59% prevalence) ($p=0.2$) at baseline were not significantly associated with improvement in household food security from baseline to 1 year follow-up by 1.2 ± 0.4 units (Mean $\pm$ SEM; $p < 0.01$).

Conclusions and Implications: SNAP-Ed improved household food security despite participation status in either SNAP or WIC upon recruitment into the program.

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P237 Nutrition Education Interests, Needs and Perceptions of Newly Arrived Caregivers

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