O40 (continued)

should consider improving service, client relationships with pantry staff/volunteers, the quantity and quality of foods offered, and access to ancillary and external resources.

Funding: NIFA

O41 Food Security Score is Associated with BMI Among Indiana SNAP-Ed Eligible Adults

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Objective: Food insecurity is associated with overweight and obesity among low-income women. The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) aims to improve the diet quality and health of low-income populations; however, little research exists describing body mass index (BMI) among the SNAP-Ed eligible population by food security status. The objective of this study was to determine whether BMI varies by food security status in a sample of Indiana SNAP-Ed eligible adult participants.

Study Design, Setting, Participants: SNAP-Ed eligible adults age ≥ 18 y ($n = 261$) from 31 Indiana counties were recruited to participate in this cross-sectional study from August 2015 to May 2016.

Outcome Measures and Analysis: Baseline food security score (0-10) was assigned for household adults using the 10-item United States Household Food Security Survey. Baseline weight and height was measured by trained paraprofessionals and used to calculate BMI. A generalized linear regression model was used to estimate the association of food security score with BMI.

Results: Participant mean food security score was 4.2 ± 3.0 and mean BMI was 24.1 ± 7.4 (mean $\pm$ SD). Mean BMI was significantly associated with food insecurity score ($\beta = 0.33$; $p = 0.02$) meaning that BMI increased as food insecurity increased among Indiana SNAP-Ed eligible adults.

Conclusions and Implications: Improved food security may be an important factor in assisting SNAP-Ed eligible adults achieve and maintain a healthy BMI, a recommendation of the Dietary Guidelines for Americans 2015-2020.

Funding: Purdue University AgSEED Crossroads support Indiana's Agriculture and Rural Development and the Purdue Health and Human Sciences Cooperative Extension Nutrition Education Program.

O42 Discourse Analysis-A Potential Analytical Technique for Nutrition Research

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Objective: This presentation provides an introduction to discourse analysis, with a case example, to explain the technique and applications in nutrition research.

Target Audience: Nutrition researchers.

Theory, Prior Research, Rationale: A common form of qualitative data analysis in nutrition research is basic inductive, which aims to condense data, establish links to research questions and identify themes. This approach is not designed to capture nuance in displays of emotions, cadence, tone, word choice, or body language, thus limiting nutrition researchers' potential understanding of a participant's experience to only stated and transcribed words. Discourse analysis, a novel form of analysis in nutrition research allows for investigation of the meaning behind participants' words, enabling nuance in investigation of such things as culture and gender norms that might influence word choice or speech patterns. Food insecurity, which refers to food insufficiency related to income is often measured to reflect a household, however, recent research suggests that men and women in similar situations often report severity of food insecurity differently.

Description: Applying discourse analysis to a sample of transcripts from a larger study investigating differences in the experience of food insecurity between partners within a household we contrast the findings to findings drawn using a basic inductive approach.

Evaluation: The case demonstrates how discourse analysis enables researchers to draw deeper meaning from displays of emotion and how it is better for depicting the differences in meaning making that might occur between men and women in reported severity of food insecurity.

Conclusions and Implications: This case example demonstrates the practical application of discourse analysis to community nutrition research.

Funding: None

O43 Consumer Nutrition Guidance: From Pyramid to Plate and Beyond

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Objective: Encourage healthy food and beverage choices with consumer messages and tools that evolve over time with the science of the Dietary Guidelines for Americans and insights from consumer research.

Target Audience: Nutrition educators, health professionals, and Federal staff.

Rationale: The Dietary Guidelines for Americans is written for use by nutrition educators, health professionals and policy makers. Its translation into understandable, actionable consumer messages and guidance is critical to help communicate effectively with the public.