P126 Skills Demonstrated in Cooking Videos in Response to Weekly Cooking Lessons

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Objective: To describe cooking skills youth demonstrated in user-generated videos in response to bi-weekly cooking lessons.

Study Design, Settings, Participants: The iCook 4-H project taught youth (9-10 years old) and their adult main meal preparer how to cook, eat, and play together. Participants received cameras to take home to create videos on topics they learned about in cooking sessions.

Outcome Measures and Analysis: After video narration and coding training, IRR testing revealed >80% agreement across four trained researchers. Participant videos (n=172) were narrated and thematically coded by two researchers independently. A third researcher compared the narrations and codes and resolved any discrepancies. Frequencies of codes were determined using NVivo software.

Results: Cutting, mixing, and measuring were the most frequent cooking techniques demonstrated. Cutting skills were evenly demonstrated among males and females (n=45, n=40, respectively), but females practiced proficient knife skills at twice the frequency of males (n=13, n=6, respectively). Handwashing was actively demonstrated in 27 videos. The recipes prepared were most often low and medium levels of complexity (48.1% and 43.8%, respectively). Of the 66 observations in which a child asked for help, 74.2% were requests from males. Male youth received more positive comments during cooking from an adult than females (n=59 and n=36, respectively).

Conclusions and Implications: The cooking skills demonstrated in these videos provided insight as to what participants learned in the sessions. The skills demonstrated in the videos reflected the content of the curriculum and provide qualitative support for the efficacy of the iCook 4-H program. Differences observed by gender warrant further investigation.

Funding: USDA

P127 The Clean Plate Club's: Multi-Generational Impact on Child and Adult BMI

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Objective: Finishing everything on one's plate is strongly and positively correlated with Body Mass Index (BMI). This study explores the extent to which adults' clean plate tendencies are inherited from their parents and passed onto their children. Such tendencies' relation to BMI of adults and children is also explored.

Study Design, Setting, Participants: One hundred and thirty-six parents completed a written survey about current and past eating habits and self-reported height and weight. Heights and weights of children were measured by researchers.

Outcome, Measures and Analysis: Mediation analyses using PROCESS model 6 were performed with Children's BMI as dependent variable and Grandparents who asked their children to clean plates as independent variable. Parents who cleaned plates, parents' BMI, parents asking to clean plates and children cleaning plates were used a mediator variable (M1, M2, M3, M4, respectively).

Results: Positive correlation was found between parents who were told to clean their plates as children and their current BMI. Parents who recalled their own parents insisting on clean plates did the same to their children. Mediation analysis results shows that there is a process in which parents ask children to clean their plates which positively impacts the next generation repeating the same behavior as their parents. This mediation is moderated by the gender of the kids.

Conclusions and Implications: A vicious circle of parents asking children to clean their plates and the children actually doing it can cause overweight and obese children. More research is needed on plate cleaning as an adopted intergenerational trait and its relation to BMI. Nutrition education could focus on parent-child mealtime dialogue regarding eating behavior.

Funding: None

P128 What Meals on Wheels Volunteers Think about Their Service?

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Objective: Seniors are the fastest growing segment of population in US and living longer. This will create challenges as individuals, families and government struggles to manage the needs and care of people. Meals on Wheels (MOW) plays a critical role in supporting ageing and care within the home. MOW rely on volunteers to deliver the service to the clients. The purpose of this study is to assess the satisfaction of volunteers working with Meals on Wheels.

Study Design, Setting, Participants, Intervention: A 23 questions web based survey was administered using Qualtrics to assess volunteer satisfaction among MOW volunteers. Thirteen statements assessed volunteers training, duties and fulfillment in a 4-point Likert

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scale. Volunteers' overall satisfaction and improvement were measured by six open-ended questions and three questions measured volunteers' demographic characters.

Outcome Measures and Analysis: Data were analyzed using descriptive statistics and chi square tests.

Results: Seventy two volunteers responded to the survey (36% response rate). Most were female (67.2%). More than a quarter of the volunteers were 75+ years old and over 58% were between ages 56-75 years old. Seventy-five percent of the participants had volunteered with MOW for more than one year. All of the respondents reported their volunteering experience with MOW as excellent or good. Responses to the open-ended questions related to overall satisfaction and improvement were generally positive. Further, respondents were positive with their training, duties, and fulfillment of their volunteering with Meals on Wheels. There was no significant gender difference in training received and duties.

Conclusion: Overall volunteers were satisfied with their volunteering with Meal on Wheels. Volunteer satisfaction is essential for sustainability of the MOW.

Funding: None

P129 Plant-based Diets! What Do College Students in Taiwan, Thailand, and the USA Think?

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Objective: The consumption of plant-based diets has health benefits. The purpose of this study was to examine perceived barriers and benefits to the consumption of plant-based diets among college students in Taiwan, Thailand, and the USA.

Study Design, Setting, Participants, Intervention: A purposive cluster sampling was utilized to collect data from a representative sample of college students from Taiwan (534), Thailand (405), and the USA (370) with a response rate of over 95%. This cross-sectional study used a paper/pencil survey with questions on demographics and on barriers and benefits to the consumption of plant-based diets.

Outcome Measures and Analysis: Data were analyzed using descriptive statistics and chi square tests.

Results: For most of the questions about benefits, significant differences were found among all three countries except for decreased saturated fat content, high vitamin and mineral content, and maintaining health, with >80% agreement on these. Country differences were found for all of the barrier questions except whether plant-based diets are expensive; only one third of the students agreed with this barrier. There was a sig-

nificant gender difference for half of the benefit questions for the USA and Taiwan but not for Thailand. Further, over all females have more positive agreement to the benefit questions than males. There were significant gender differences for half of the barrier questions in all countries.

Conclusions and Implications: Most of the students in all three countries perceived the consumption of plant-based diets to have health benefits. Understanding perceived barriers/benefits to the consumption of plant-based diets might help in planning nutrition education to increase consumption.

Funding: None

P130 Survey of Peer Nutrition Education Programming in U.S. Colleges and Universities

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Objective: To determine the availability and usage of peer nutrition education at universities across the country.

Description: Peer education is an effective method of communicating basic concepts related to health. In the university setting, the use of this type of education allows students to apply the knowledge and skills acquired through classroom learning.

Study Design, Setting, Participants: An online survey was created and distributed to nutrition program directors and student health professionals via email and through professional listservs.

Outcome Measures and Analysis: Results were summarized using descriptive statistics.

Results: A total of 79 surveys were completed. Forty-five universities indicated that they have peer education programs, though only 24 schools maintain nutrition-specific programs. Program maturity ranges from brand new to 30 years old. Programs are primarily run through student health centers, as opposed to being housed in academic departments, and typically rely on students majoring in nutrition. There is no specific size of the existing programs, with some having as few as 3 peers and others enrolling as many as 50. The top three topics covered by peers include basic nutrition, reading food labels, and supermarket survival and cooking skills. Obstacles most frequently cited include time required for overseeing peers as well as ensuring that adequate training is provided.

Conclusions and Implications: The variety within existing peer nutrition education programs across the country speaks to the possibilities available to those wishing to add peer nutrition education programs on their campuses. Considering format and best practices of existing programs can help guide other universities wishing to establish their own programs.

Funding: None