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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