P141 (continued)

Objective: Evaluation of a classroom-based, teacher-facilitated, nutrition intervention aimed to improve healthy behaviors and knowledge about healthy eating.

Theory, Prior Research, Rationale: Social-ecological model based community-based program designed to be lower-cost, high reach, and align with Common Core standards.

Description: Target audience was students 7-14 years of age (n=367) during school year 2015-2016 in under-served schools in Chicago and Miami. Common Threads' Small Bites community-based program teaches students nutrition through eight 1-hour lessons combined with hands-on snack preparation. Teachers were trained to deliver Small Bites and received grade-appropriate curriculum to teach in their classrooms.

Evaluation: Small Bites effects were assessed using a quasi-experimental, pre-post survey design. The majority of participants qualified for free- or reduced-price lunch (84%). Binary and count variables were assessed with generalized linear mixed models, ordinal variables with cumulative logistic mixed models. Participation in Small Bites resulted in a net increase in students with improved nutrition knowledge (32%, $p < .001$) and higher odds of answering individual questions correctly (all $p < .001$). Net number of students who consumed a greater variety of colored vegetable groups at least once the previous day increased after programing (9%, $P=0.03$) and amount consumed of each vegetable color group increased for two out of four vegetable groups ($P \leq .001$). The odds of a student reporting agreement with the statement "I show my family how to cook at home" increased after programing (OR=1.47, $P=.05$).

Conclusions and Implications: Small Bites increased nutrition knowledge, vegetable intake, and healthy behaviors, supporting nutrition education as an important step in healthy behavioral changes.

Funding: Walmart Foundation; Whole Kids Foundation

P142 The Challenge of Increasing Fruit and Vegetable Consumption Among Jamaican Adults

Vanessa White-Barrow, MS, BS, vanowhite@gmail.com, University of Technology, Jamaica, 237 Old Hope Road, Kingston 6, Kingston, Jamaica; Kerry Weatherly, MS, RD, University of Technology, Jamaica; Novelette Mattis-Robinson, MPH; Renelle Aarons, MS; Fitzroy Henry, PhD

Objective: Compare the Transtheoretical Model (TTM) stages of change (SOC) for fruit and vegetable consumption among Jamaican adults and evaluate the dominant factors influencing each SOC.

Study Design, Setting, Participants: A household based cross-sectional survey among 1,057 adults 18 - 69 years selected from five parishes in Jamaica, was conducted using an interviewer administered questionnaire over a five month period.

Outcome Measures and Analysis: Socio-demographic, height, weight, fruit and vegetable consumption SOC, self-

efficacy, positive perceptions, barriers and social support data; were collected. Overweight and obesity were defined based on BMI while fruit and vegetable consumption SOC were scored then analysed using Chi-square, analysis of variance and regression.

Results: Fruit and vegetable consumption of few respondents (20.5%) were in the action/maintenance SOC and significantly more females were in contemplation/preparation ($\chi^2 = 12.98$; $p = 0.01$). No significant differences were observed in SOC for fruit and vegetable consumption by BMI status. A significant increase in fruit and vegetable consumption self-efficacy scores was detected from pre/contemplation to action/maintenance ($F=51.13$, $p < .001$). Significant differences were seen in mean scores for the perceived benefits of fruits and vegetables by SOC ($F=23.22$, $p < .001$). Adults in pre-contemplation were more likely to perceive barriers than those in the action/maintenance SOC ($F=20.03$, $p < 0.001$); and minimal support from family (mean score 10.59 of 21) and friends (8.57 of 21) was reported.

Conclusions and Implications: Females are least likely to start or maintain participation in programmes designed to increase fruit and vegetable consumption. Community based interventions designed to build self-efficacy and involve social support systems may successfully address this.

Funding: University of Technology, Jamaica Research Development Fund

P143 The Effect of Low Sodium Policy in Congregate Meal Program: A Pilot Study

Hee-Jung Song, PhD, hjsong@umd.edu, University of Maryland College Park, 0112 Skinner Building, Department of Nutrition and Food Science, College Park, MD 20742; La Tayna D. Clark, MS, LDN, RD, Anne Arundel County, Maryland; Amanda Ashley, University of Maryland College Park; Gwyneth Bradshaw; Allie Hosmer; Penelope Taylor

Objective: Since 2014, the Older American Act Nutrition Program (OAANP) in Maryland has implemented a low-sodium policy for congregate meals, but no evaluation has been conducted. This study presents the findings of the low-sodium policy and discusses a possible senior center-based hypertension program while supporting the intent of the policy.

Study Design, Setting, Participants: Using pre, post-study design, data were collected from hypertensive older adults who consumed congregate meals on a regular basis (n=67) before and after policy implementation. Paired t-test and Wilcoxon signed ranks test were used for data analysis.

Outcome Measures and Analysis: The Block sodium screener and a structured questionnaire and were used to estimate dietary sodium intake and other hypertension risk factors including BMI, self-care behaviors, medication taking, and hypertension knowledge.

Continued on page S80