P148 (continued)

estimate adjusted odds ratios (AOR) for consuming SSBs ≥ 3 times/day based on knowledge of SSB-related health conditions using <1 time/day as the reference category.

Results: Overall, 36% of Hispanic adults consumed SSBs ≥ 3 times/day. Although most identified that weight gain (75%) and diabetes (76%) are related to drinking SSBs, only half identified that cavities (57%) and hypertension (41%) are related to drinking SSBs. Even fewer adults identified high cholesterol (32%) and heart disease (32%) as related to drinking SSBs. In crude analyses, lower SSB intake was associated with knowledge of the relationships between SSBs and weight gain, cavities, and heart disease ($p < 0.05$, χ^2 test); however, after adjusting for age, sex, education, marital status, income, weight status, region, country of origin, and acculturation, these associations were no longer significant.

Conclusions and Implications: Most Hispanic adults knew that SSB intake was related to weight gain and diabetes, but knowledge was limited for other health conditions. Knowledge of SSB-related health conditions alone may not be related to reported SSB intake, and therefore insufficient for Hispanic adult behavior change.

Funding: None

P149 Mobile Apps for the Dietary Approaches to Stop Hypertension (DASH): App Quality Evaluation

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Objective: Considering potential for supporting behavior change, DASH app quality was evaluated.

Study Design, Setting, Participants, Intervention: DASH apps were identified (App Store); ranked daily for 1 month, producing 5 top unique free apps and 1 paid app. Searching all DASH apps manually identified four more. Six were excluded: 1 recipe app, 1 required additional equipment, 1 had limited DASH content, 3 included other diets. Dietitians ($n=5$) who used apps at work and with >1 year cardiovascular experience evaluated free apps, 3 also evaluated the paid app, using the previously validated app quality evaluation (AQEL). The female, 31.8 (25-42) year olds had 5.2 (2-12) years' experience (varied settings).

Outcome Measures and Analysis: Two-way random, absolute intra-class correlations, average measures (ICC) assessed inter-rater reliability. AQEL rates 7 domains 0-10: Behavior Change Potential, Function, Adult Appropriateness, Knowledge, Skill, DASH Relevance, and Purpose.

Results: Free app's ICC(7,5) $>.7$, (95%CI .4 to .95); paid app ICC(7,3) $=.2$ (95%CI $-.07$ to $.67$). Removing 1 low rater

improved paid app AQEL reliability, ICC(7,2) $=.95$ (95%CI .65 to .98); 2 free apps improved slightly. AQEL ratings: Behavior all ≤ 6 ; Function and Adult Appropriateness all ≥ 7 ; Knowledge all free apps <6 , paid 7.4 (9.1 with rater removed); Skill all free <6 , paid 8.5 (10 with rater removed); DASH relevance all free <6.5 , paid 7.1 (10 with rater removed); Purpose 6.3 for 1 free app, ≥ 8 all other apps.

Conclusions and Implications: DASH apps that function well technically are available; other quality domains are low in free DASH apps and moderate in knowledge/skill for paid app. Additional DASH-related development to support behavior change seems warranted.

Funding: None

P150 WITHDRAWN