P86 (continued)

recruited from the WIC program at a community health center.

Outcome Measures and Analysis: The knowledge section of the self-reported questionnaire consisted of three scales (32 items) that assessed general knowledge of anemia, knowledge of anemia during pregnancy, and knowledge of iron rich food sources. Participants' demographic data was collected, and blood hemoglobin levels were recorded. Descriptive and inferential statistics were used to analyze data. Principal Component Analysis was used to validate the three knowledge scales, and to transform participants' scores into tertiles, namely poor, adequate and good. Inter-item reliability was evaluated using the Cronbach's α .

Results: Seventy-eight percent of participants had normal blood hemoglobin levels, while 22% were anemic. Although 83% of participants had adequate knowledge (responded correctly to 67% of the questions) of anemia, anemia during pregnancy, and iron rich food sources, only 5% had good knowledge of these factors.

Conclusions and Implications: The 22% prevalence of anemia in our sample of pregnant women is higher than the 17% reported nationally. These results suggest that pregnant women participating in the WIC program can benefit from more targeted nutrition education on anemia prevention and iron rich food sources.

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P87 Longitudinal Evaluation of Fruit and Vegetable Preferences Among K-2nd Grade Students Participating in the Fresh Fruit and Vegetable Program (FFVP)

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Objective: To evaluate fruit and vegetable preferences over time, with repeated experience, as part of the Fresh Fruit and Vegetable Program (FFVP).

Study Design, Setting, Participants, Intervention: Fruits (F=28) and vegetables (V=29) were distributed twice a week, over 35 weeks, at a participating FFVP-school (n=236 students, 12 teachers, K-2nd grade). A 3-point Likert emoticon scale was used to evaluate student FV preferences.

Outcome Measures and Analysis: Preference ratings were analyzed, over 35 weeks, by descriptive statistics, Spearman's rho correlations, Mann-Whitney U, and linear regression with predictor variables including grade level, fruit or vegetable served, and time (week).

Results: For the 57 different FV rated for preference, ratings (n=10,335, F= 5,121; V=5,214) revealed that F had higher frequency of children choosing "I like it" than for V (78% F; 38.2% V). Preferences for F were higher ranked than for V ($p<0.01$) and liking distribution (liked, okay, didn't like) was different between F and V ($p<.001$). Significant relations were found between liking and: grade ($r=-0.02$, $P=0.02$), and time ($r=-0.09$, $p<0.001$). Models indicated that V served (compared to fruits; $\beta=-.40$), time point ($\beta=-.07$), and grade level ($\beta=-.02$) accounted for significant variance for preference ratings ($R^2=0.17$, $p<.001$), indicating that preference ratings went down over time. When modeled independently, this remained true for V ($R^2=0.007$, $p<0.001$), but only time remained significant in the F preference model ($R^2=0.008$, $p<0.001$).

Conclusions and Implications: Fruits were preferred over vegetables. Overall preference ratings were negatively impacted by time, grade level, and vegetables served. Being exposed to a variety of FV, generally, did not improve ratings for vegetables.

Funding: University of Illinois Extension

P88 Maryland Expanded Food and Nutrition Education Program Participants Show Improved Diet Quality as Determined by HEI Scores

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Objective: To evaluate the effectiveness of Expanded Food and Nutrition Education Program (EFNEP) by comparing participants' overall diet quality using Healthy Eating Index Score (HEI) when entering and exiting the program. Target audience were limited income families of various races/ethnicities: Caucasian, Black or African American, Asian, Multiple Races, Hispanic/Latinos.

Theory, Prior Research, Rationale: This study used the socioecological model as its theoretical foundation. Evidence suggests that an individual's level of nutrition knowledge has important influence on their HEI Score.

Description: HEI provides an overall picture of the types and quantity of foods people eat, their compliance with specific dietary recommendations, and the variety in their diets. Other factors explaining variations in HEI's across individuals are income and education levels, race, ethnicity, and age. In this study, pre- and post-test data collected from participants of various race/ethnicities were compared.

Evaluation: Secondary analyses were performed on data collected from 2013-2016. Dietary recalls were collected by paraprofessionals. Outcome measures were the differences between HEI-2005 scores at entry and exit. Significance between each group was

Continued on page S58