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fruit/vegetable intake, and increase family meals), and increase physical activity (adults 30-60 minutes, children 60 minutes, most days of the week).

Theory, Prior Research, Rationale: Multiple factors can contribute to childhood obesity, including diet, minimal physical activity, home environment, parental modeling, and family mealtime practices. Family meals can serve to promote healthy behaviors and strengthen family connectivity. Sustainable wellness behaviors are more often achieved with family participation.

Description: Family, Food, & Fun! is a four-week family wellness education program in Killeen, TX. Families receive health lessons reinforced with interactive cooking and fitness demonstrations. Children participate in a cooking competition at the end of the program, judged by local celebrities.

Evaluation: Participant data collected at weeks 1 and 4, and 12 months include a fitness assessment, biometrics, physical activity tracker data, and daily food/activity journals. Preliminary data indicate participants significantly improved on the fitness assessment by the end of the four week program ($p=0.0002$). Dietary, biometric, activity tracker and long-term follow-up data are currently being analyzed.

Conclusions and Implications: Family, Food, & Fun! is a family-centered wellness education program targeting a low-socioeconomic community and promoting healthy eating behaviors, physical activity and family connectivity. The results of this program will be applicable to healthcare and community organizations focused on wellness promotion and obesity prevention in children.

Funding: None

P37 A Novel 12 Week, Dietitian-Led Nutrition Curriculum Beneficially Modulates Nutrition Behavior in Older Adults Attending Community Cardiac/Pulmonary Rehabilitation

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Objective: To examine the effect of a novel 12 week, dietitian-led nutrition curriculum on dietary change.

Description: Pilot interventional study. Community based, cardiac and pulmonary rehabilitation programs with participants that were ambulatory, older adults with chronic cardiac and/or pulmonary disease. Twelve short (~10min) weekly talks on diverse nutritional topics delivered by a registered dietitian (CPK). Topics were aimed to be most relevant for older adults, those with chronic cardiac/pulmonary and those exercising regularly.

Outcome Measures and Analysis: Demographics and attitudes to the seminar were collected with a self-reported questionnaire.

Results: One hundred and twelve (83 male) attended >75% of talks. The weekly talks were rated as excellent by 38, very good by 52 and good by 13 subjects. Further, weekly talks were rated as very useful, quite useful or useful by 33, 37 and 34 subjects as well as very practical, quite practical or practical by 66, 35 and 6 subjects respectively. One hundred percent of respondents would recommend the 'curriculum' to a friend. Eighty-seven of 102 subjects reported having changed their dietary habits since the beginning of the curriculum. The largest reported changes were increased consumption of plant protein ($n=37$), fruit and vegetables ($n=35$) and whole-grains ($n=11$).

Conclusions and Implications: Nutrition has a major influence on incidence and progression of cardiorespiratory disorders. However, work from our group and others demonstrates both suboptimal nutritional knowledge and behaviours in these cohorts. Rehabilitation programs offer a unique and promising opportunity to provide targeted, evidence-based nutritional advice and potentially modify nutritional behaviours.

Funding: None

P38 An Apple a Day and Other Wisdom from a Century of Healthful Advice

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Objective: Can a century of dietary guidance help today's Americans to eat healthfully?

Theory, Prior Research, Rationale: Twitter can help today's young adults learn from historical guidance to economically prepare nutritious seasonal foods and reduce waste.

Description: Increased interest in buying, preserving and reusing seasonal and locally produced food is an American value shared between generations past and present. Dietary guidance still plays a major role in protecting the health of Americans. A review of educational materials within the NAL Historical Dietary Guidance Digital Collection (HDGDC) provides practical guidance on selection and preservation of peak produce, cooking methods of less expensive protein sources and healthful alternatives to commercially prepared foods. These lessons are the necessary foundations to implementing current dietary guidance. A monthly calendar of tweets will be shared highlighting the resources available to answer practical questions related to food purchase, preparation and preservation with the ~ 50,000 followers of @Nutrition_gov.

Evaluation: The power of Twitter to reach people with messages that are shared amongst young audiences has been growing. The number of retweets within the test month will be the metric used to determine whether

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HDGDC is a valuable asset for implementation of current dietary guidance.

Conclusions and Implications: Nutrition.gov will monitor a baseline of tweets during a select month in 2017. A calendar of tweets based on dietary guidance advice for food selection, preparation and preservation will be shared on a weekly basis. If retweets increase within the test month over the baseline month, it can be concluded that advice from the HDGDC was useful in implementing current dietary guidance.

Funding: USDA

P39 Are Demographic, Psychosocial, and Behavioral Factors Associated with Urinary Salt Excretion in Japanese Workers?

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Objective: Although high salt intake is a major public health problem, little is known about the predictors of salt intake in Japanese. The present study aims to investigate the association of demographic, psychosocial, and behavioral factors with urinary salt excretion in Japanese workers.

Study Design, Setting, Participants: From September to November 2014, a self-administered questionnaire was completed by Japanese workers at 8 workplaces in Niigata, Japan.

Outcome Measures and Analysis: Demographic factors (shift work, household income, family structure, the person responsible for cooking, and smoking habit) were assessed by questionnaire. Psychosocial factors (self-efficacy, perceived social support, and knowledge) were measured using a scale similar to items from an existing scale. Behavioral factors (intake frequency of foods and alcohol, and general dietary behavior) were assessed using a validated, brief-type self-administered diet history questionnaire. Estimated 24-hour urinary salt excretion was calculated from sodium and creatinine concentrations in second morning void or spot urine samples. Analysis of covariance was used to examine the association of factors with urinary salt excretion while adjusting for age and body mass index.

Results: Of 457 respondents, 406 participants' data were analyzed. Urinary salt excretion was not associated with any demographic and psychosocial factors. The intake frequency of pickled vegetables and buckwheat noodles, and the amount of soup consumed with noodles were significantly and positive association with urinary salt excretion in women. Conversely, amount of soy sauce and Worcestershire sauce used at the table was significantly and negative association with urinary salt excretion in men.

Conclusions and Implications: The association with salt intake was found only behavioral factors in Japanese workers.

Funding: JSPS

P40 Awareness and Misconceptions of Dietary Supplement Health Risks Among Soldiers

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Objective: Dietary supplement (DS) use in the Army is very high (64%), and soldiers are much more likely to use them than civilians, particularly to increase muscle mass, lose weight and enhance performance. Such products are more likely to be associated with adverse health effects. A mixed-methods study was conducted to examine soldier beliefs regarding DS safety and its effect on use, and to aid formulation of evidence-based education and policy.

Study Design, Setting, Participants: Two hundred and eighty nine Soldiers from three Army installations were stratified by gender and rank. Surveys were administered to screen a subset sample (n=129) for semi-structured focus groups (14 total) based on DS usage.

Outcome Measures and Analysis: A thematic analysis was conducted on the discussion transcripts. Themes regarding safety are presented.

Results: DS-users cited personal responsibility, self-education, and trial-and-error as primary factors in preventing adverse effects, over medical guidance or government regulation. Soldiers were aware of DS-related adverse events including fatalities in the Army, yet DS-users mainly assigned responsibility for these to improper DS use rather than product-related risks. DS-users acknowledged long-term health risks, yet placed greater importance on perceived short-term gains in performance, fitness, and appearance.

Conclusions and Implications: Soldiers view DS as effective for self-improvement, acknowledge long-term health risks and assume acute adverse effects are preventable, yet report confusion regarding ingredients and regulations. Among soldiers, knowledge and misconceptions regarding safety varies greatly and may result in risky decision-making. Soldiers would benefit from DS education to improve healthy decisions. Support-USAMRMC. The views expressed in this abstract are those of the author(s) and do not reflect the official