P9 (continued)

facilities (DFAC) are a common source of dietary intake and DFAC culinary staff often provides nutrition information to service members during meal selection. However, it is uncertain if staff members possess a higher nutrition knowledge (NK) than their patrons.

Objective: Evaluate and compare the NK of DFAC staff members and their patrons.

Study Design, Setting, Participants, Intervention:

A 19-question true/false military NK survey was administered to 48 staff and 125 patrons at Fort Carson, CO. A confidence score was also included to stratify NK scores. Possible question outcomes were confident and correct (CC), confident but incorrect (CI), unconfident and correct, or unconfident and incorrect. Data analysis was restricted to CC and CI responses. Volunteers were predominately male (71%), junior enlisted Soldiers (90%) between the ages of 18 and 34 years.

Outcome Measures and Analysis: Descriptive data are reported as mean $\pm$ standard deviation (SD) or frequency (n / %). Independent t-test and chi-square analyses were conducted comparing patron and staff total NK score, %CC, and %CI scores.

Results: CC scores (mean $\pm$ SD) were similar between culinary staff ($40 \pm 16\%$) and patrons ($41 \pm 21\%$), and CI scores were higher for staff ($31 \pm 16\%$) compared to patrons ($25 \pm 16\%$; $P = .024$). More staff responded CC that at least half of the plate should be fruits and vegetables (90% vs. 70%; $P = .021$) but staff had lower CC scores on questions related to dietary fat (50% vs. 77%; $P = .008$) and protein as an energy source (13% vs. 38%; $P = .005$). Patrons who had ≥ 3 hours of nutrition education had higher NK scores (53% CC) compared to only 1–2 hours (39% CC; $P = .044$) and no education (39% CC; $P = .015$).

Conclusions and Implications: DFAC culinary staff are not more knowledgeable about nutrition than patrons and may unknowingly provide inaccurate information. Future initiatives should consider a minimum three hours of nutrition education for DFAC staff to promote dissemination of accurate dietary guidance.

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P10 Adolescent Self-Assessment of Cooking and Kitchen Skills

Katera Moore, PhD, MES, Agatston Urban Nutrition Initiative; Melissa Sattler Gordon, RDN, MSPH, RD, msattler@sas.upenn.edu, Agatston Urban Nutrition Initiative, 3451 Walnut Street, Suite P117-A, Philadelphia, PA 19104

Background (Background, Rationale, Prior Research, and/or Theory):

The Netter Center for Community Partnerships, Agatston Urban Nutrition Initiative (AUNI) provides summer high school programming and job development focusing on peer nutrition education. This study examines self-assessments of adolescents at the conclusion of the program compared to a control

group of Philadelphia high school students who did not participate in the program.

Objective: To assess and compare adolescent confidence in cooking skills at the end of a six week nutrition education program.

Study Design, Setting, Participants, Intervention:

The AUNI Philadelphia Youth Network (PYN) summer program engaged 36 primarily African-American adolescents for six weeks, 20 hours per week, in cooking, nutrition education, and peer education and community outreach activities. Evidence-based nutrition curriculums were used along with Career and College Readiness training. At the program conclusion, students were given a survey to self-assess their cooking skills and knowledge.

Outcome Measures and Analysis: The survey was constructed with a chef who determined cooking skills necessary for home and professional settings. Three questions were asked about skills regarding working with community members. Adolescents were asked to rate their skills on a scale of zero (no knowledge) to five (expert). The same survey, with the omission of one program specific question, was administered to students who did not participate in the program. Results were averaged for each question and each group.

Results: For eight of the nine questions, program students (n = 32) average rating of their skills were statistically significantly higher ($P < .01$) than the averages of non-program students (n = 35). For all questions, program students averaged above four, demonstrating a high level of skill confidence.

Conclusions and Implications: Nutrition education programs that include a skill building and community outreach component could increase students' confidence in their own cooking abilities. Based on existing research, this could have an impact on improved nutrition related behaviors.

Funding: Supplemental Nutrition Assistance Program—Education.

P11 Development of an Instrument Measuring Perceived Environmental Healthfulness: Behavior Environment Perception Survey (BEPS)

Jade McNamara, MS, University of Rhode Island; Melissa D. Olfert, DrPH, LDN, RDN, West Virginia University; Morgan Sowers, MS, RD, LDN, University of Tennessee; Sarah Colby, PhD, RD; Adrienne White, PhD, RDN, FAND, University of Maine; Carol Byrd-Bredbenner, PhD, RD, FADA, Rutgers University; Kendra Kattelman, PhD, LDN, RD, FAND, South Dakota State University; Lisa Franzen-Castle, PhD, RD, University of Nebraska-Lincoln; Onikia Brown, PhD, RD, Auburn University; Tandalayo Kidd, PhD, RD, University of Tennessee; Karla Shelnuitt, PhD, RD, University of Florida; Geoffrey Greene, PhD, LDN, RD, ggreene@uri.edu, University of Rhode Island, 41 Lower College Road, Kingston, RI 02881

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