P63 Evaluation of a Family-Focused, Garden-Based, Nutrition Education Program: The Growing Gardens, Growing Health Program

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Background (Background, Rationale, Prior Research, and/or Theory): Garden-based nutrition education programs are viewed as a promising strategy to promote nutrition and physical activity for families.

Objective: To evaluate the impact of a 10-week, family-focused, garden-based, nutrition education program.

Study Design, Setting, Participants, Intervention: The Growing Gardens, Growing Health program was a 10-week program that promoted healthier lifestyles to families through gardening. It was implemented by University of Connecticut's Expanded Food and Nutrition Education Program (EFNEP), the Norwalk Health Department, two Certified Master Gardener volunteers, and a Rutgers PhD student. Each 90-minute session included a Master Gardener designed gardening component and a Registered Dietitian designed nutrition education/cooking component. During 2017, 29 families were recruited through flyers and emails.

Outcome Measures and Analysis: Parent pre/post-intervention surveys assessed their: fruit and vegetable (FV) consumption; physical activity (PA) behaviors, self-efficacy and readiness to change FV consumption, PA and gardening behaviors; and their children's FV consumption. Post-program satisfaction was also assessed. Descriptive statistics and Wilcoxon signed-rank test were performed using SAS 9.4.

Results: Of the parents ($n = 17$) who completed the program, 82% indicated they were extremely satisfied with the program and 94% would strongly recommend the program. Significant increases in parents' median confidence levels regarding FV gardening were noted ($Z = 18$, $P = .0078$). Although parents' reported FV consumption didn't increase significantly, their confidence in consuming at least five servings of FV daily did ($Z = 14$, $P = .0156$). For those who cook with fresh FV <4 times/week pre-intervention, 50% cooked more at post-intervention. Among those whose children who ate FV <2 times/day, 62.5% reported that their children were eating more fruits, and 45% reported their children were eating more vegetables, post-intervention. Parents' readiness to exercise for at least 30 minutes/day on most days also increased ($Z = 14$, $P = .0156$).

Conclusions and Implications: This family-focused, garden-based nutrition education program may have the potential to increase participants FV intake and PA

behaviors. Further research is needed to identify if a longer intervention would result in additional improvements.

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P64 Evaluation of Worksite Wellness Nutrition and Physical Activity Interventions and Their Subsequent Impact on Participants' Body Compositions: A Systematic Review

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Background (Background, Rationale, Prior Research, and/or Theory): Worksite wellness programs have shifted from preventing injuries to reducing or preventing employee obesity. These programs include both nutrition education and physical activity, yet results are inconsistent in reducing weight.

Objective: To evaluate worksite wellness nutrition and physical activity interventions and their subsequent impact on participants' body composition.

Study Design, Setting, Participants, Intervention: Articles, between 01–1980 and 11–2017, were extracted from Pub- Med, CINAHL, SCOPUS, and PsycINFO databases using the key words, “worksite wellness nutrition and physical activity interventions/programs” and “weight”. A 9-point inclusion and an 8-point exclusion criteria were established. Two researchers independently extracted articles, applied inclusion/exclusion criteria to titles and abstracts and assessed the quality of articles using the Academy of Nutrition and Dietetics Evidence Analysis Manual.

Outcome Measures and Analysis: Participants' body compositions included weight, BMI, fat free mass, and waist circumference.

Results: A total of 962 articles were identified, of which 51 articles were fully examined after the inclusion/exclusion criteria and 23 articles were included in the study. Eleven studies resulted in significant decreases in body composition ($P < .05$), 6 studies resulted in body composition decreases without statistical significance ($P > .05$) and 6 studies did not show any reductions in body composition. Interventions ranged from daily, weekly, or monthly educational sessions via traditional (e.g. face-to-face) or online settings and were led by registered dietitians or nutritionists and exercise physiologists. Interventions that resulted in larger reductions of body composition, regardless of time, held educational sessions in a traditional setting and incorporated a self-driving theory such as motivational interviewing, self-determination, or health belief.

Conclusions and Implications: The evidence supports that worksite wellness nutrition and physical activity interventions that include traditional education settings with expert educators and a self-driving theory will aid in reducing participants' body compositions. Effectively this may aid corporate dietitians in establishing interventions that improve employees' overall health.

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