P75 (continued)

Target Audience: Ten undergraduate alumni from the first CHAP cohort.

Theory, Prior Research, Rationale: In a region with limited childhood health assessment training or resources, examining the long term impact of a program geared toward enhancing capacity in childhood health assessment is important to sustainably address needs.

Description of Course and Curriculum: During CHAP, students were paired with a mentor to conduct a child health assessment summer field experience. Prior to the field experience, students completed two online courses (basic nutrition and field assessment), a one-week hands-on training, and monthly virtual sessions for background knowledge and skills.

Evaluation: Alumni from the first cohort were sent a survey via email to assess how CHAP impacted their educational and career goals one year after they completed the program. Of the 10 students who completed the program, 7 completed the survey. In response to the open-ended question on how CHAP impacted their educational goals, alumni stated that CHAP clarified their educational pathway (e.g. nutrition [3], nursing [1], family and consumer resources [1]), inspired them to pursue graduate study after graduation ($n = 3$), and gave them the skills (e.g. communication, assessment, evaluating tools) to be successful in other courses. In response to the open-ended question on how CHAP impacted their career goals, alumni stated that their participation gave them the skills to be successful in their current jobs ($n = 2$), confirm their career choice ($n = 2$), or exposed them to new career (e.g. nutrition, community engagement). Alumni stated that CHAP motivated them to be more inquisitive about foods ($n = 3$).

Conclusions and Implications: Long-term follow-up suggests that CHAP contributed meaningfully to the educational and career goals of this group of alumni. Further follow-up is needed to determine if these alumni become practicing health professionals in the region focused on children to give a true pulse of CHAP's impact.

Funding: NIFA.

P76 Nutrition Driven: Improving Vegetable and Fruit Intake Through the EFNEP and Palm Beach County Food Bank Partnership

Jennifer Walsh, PhD, RD, walsh5jr@jmu.edu, James Madison University, Department of Health Sciences, 235 Martin Luther King Jr. Way, MSC 4315, Harrisonburg, VA 22807; Danielle DeVries-Navarro, MS, LDN, RDN, University of Florida IFAS Palm Beach County Extension; Nicole Owens, PhD, University of Florida, Department of Family, Youth, and Community Sciences; Karla P. Sheltnutt, PhD, RD

Background (Background, Rationale, Prior Research, and/or Theory): Palm Beach County (PBC) Food Bank's mobile food pantry, the Marjorie S. Fisher Nutrition Driven Program (ND), was established in 2014. ND

provides fresh produce and whole grains to participants in EFNEP series-based nutrition education classes in food insecure areas of PBC.

Objective: To assess the difference in vegetable and fruit (VF) intake among participants of traditional EFNEP (TRAD) series-based education versus an enhanced program (ND) complemented by interactive recipe demonstrations coordinated with take-home foods.

Study Design, Setting, Participants, Intervention: A non-randomized, pre-post comparison study was conducted over 8 weeks at 8 community sites in PBC. Fifty-one limited-resource adults (≥ 18 years) responsible for preparing household meals ($n = 26$ intervention; $n = 25$ comparison) completed the study. Most were female (85%) and of white (45%) or Black/African-American (35%) race with about half Hispanic ethnicity.

Outcome Measures and Analysis: VF intake frequency was assessed pre- and post-programming using a 6-item VF screener, and daily cups eaten and variety was assessed using a weekly survey. To assess differences between groups, Student's t-tests and Repeated-Samples Friedman's Two-Way Analysis of Variance by Ranks tests were conducted with pair-wise comparison.

Results: Frequency of daily intake for dark-green, orange-colored, and other vegetables increased significantly more for ND versus TRAD participants (0.7 ± 0.4 vs. 0.1 ± 0.1 , $P < .001$; 0.4 ± 0.2 vs. 0.01 ± 0.1 , $P < .001$; 1.9 ± 0.6 vs. 0.3 ± 0.5 , $P < .001$, respectively); no differences were noted for fruit juice and beans. Cups of daily vegetables eaten increased significantly more from pre- to post-assessment for ND than TRAD participants ($1.7 \pm .8$ vs. $0.1 \pm .77$, $P < .001$). ND participants reported intake of significantly more types of vegetables over the study duration compared to TRAD participants (14.5 ± 2.2 vs. 10.3 ± 4.0 , $P < .001$, respectively).

Conclusions and Implications: Using formal partnerships to engage families with limited-resources in enhanced nutrition education with interactive recipe demonstrations coordinated with take-home foods may support increased VF intake frequency, amount, and variety.

Funding: The University of Florida Department of Family, Youth and Community Sciences; Palm Beach County Food Bank.

P77 Nutrition-Related Beliefs, Behaviors and Needs Among Individuals with Cancer and Their Caregivers

Brandy-Joe Milliron, PhD; bm645@drexel.edu, Drexel University, Department of Nutrition Sciences, 1601 Cherry Street, Third Floor, Suite 383, Philadelphia, PA 19102; Dan Dychtwald, MS; Jonathan Deutsch, PhD, Drexel University, Center for Food and Hospitality Management; Yuxi Zeng, MS; Kira Sy, MS, Drexel University, Department of Nutrition Sciences; Byron Barksdale, Hope Lodge, American Cancer Society; Ochi Ogbogu; Lora Packel, PhD, PT, University of the Sciences, Department of Physical Therapy

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Background (Background, Rationale, Prior Research, and/or Theory): Programs to help individuals with cancer and their caregivers address nutrition-related behaviors must reflect the needs, interests, and preferences of these unique populations.

Objective: To characterize nutrition-related beliefs, experiences, and behaviors among individuals with cancer and their caregivers, a critical step in development of effective nutrition interventions; and to identify preferences, barriers, and facilitators of engagement in lifestyle modification strategies.

Study Design, Setting, Participants, Intervention: A convergent mixed methods study design was used. Individuals with cancer and their caregivers were recruited from American Cancer Society's Philadelphia Hope Lodge to complete surveys and in-depth interviews. NCI's Food Attitudes and Behaviors Survey was used to assess food-related attitudes, preferences, beliefs and behaviors.

Outcome Measures and Analysis: Descriptive statistics were calculated. Interviews were recorded, transcribed verbatim, and analyzed using inductive thematic analysis.

Results: Thirty-nine individuals with cancer ($n = 19$, 67% male, 73% > 55 yrs) and their caregivers ($n = 20$, 31% male, 63% > 55 yrs) completed study activities. Three themes emerged: challenges managing treatment side effects, uncertainty regarding "healthy" foods, and desire for nutrition support for healthy survivorship. Caregivers reported lower nutrition-related self-efficacy compared to patients. Fewer than 20% of caregivers and 33% of patients felt they understood government nutrition recommendations. Sixty-seven percent of patients and 75% of caregivers reported they believed what they eat affects their health, yet there was disagreement among participants regarding what comprises "poor" vs. "good" nutrition. Barriers to eating fruits and vegetables among patients included lack of satiation, availability, and preparation time; and among caregivers included spoilage and availability. Participants reported interest levels in nutrition and cooking classes and therapeutic gardening.

Conclusions and Implications: Nutrition intervention programs should be tailored for cancer survivors and caregivers who are experiencing risks associated with management of treatment side effects, need to improve their understanding of healthy foods to eating during recovery, and for those who are more comfortable with a program that can address specific concerns related to the cancer experience.

Funding: Pennsylvania Department of Health.

P78 Outcome Evaluation of Alabama Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Social Marketing Campaign

Brent Walker, MS, RD, brent.walker@altarum.org, Altarum, 4 Milk Street, Suite 303, Portland, ME 04101; Brenda Wolford, MS, RD; Rebecca Hofer, MPH; Sondra Parmer, PhD, Alabama Cooperative Extension System, Auburn University; Katie Funderburk, MS, RD; Barb Struempfer, PhD

Background (Background, Rationale, Prior Research, and/or Theory): USDA's Food and Nutrition Service (FNS) encourages social marketing as a way to enhance nutrition education in SNAP-Ed. In 2016, the Alabama Cooperative Extension System at Auburn University (ACES) developed three new billboard messages as part of its rebranded Nutrition Education Program, Live Well Alabama.

Objective: To measure awareness of the social marketing campaign messages among selected Alabama SNAP-Ed parents.

Study Design, Setting, Participants, Intervention: Altarum conducted an outcome evaluation using measures from the SNAP-Ed Evaluation Framework to assess reach and receptivity of social marketing campaign messages among parents of third grade Body Quest students throughout Alabama. A telephone survey was designed and data collected in April and May 2017.

Outcome Measures and Analysis: Descriptive statistics were produced to describe the sample population and outcome variables. Confidence intervals were calculated to estimate significant differences among survey respondents at the $\alpha = 0.05$ level.

Results: A total of 433 surveys were completed. Over one-third (37.7%) of respondents were exposed to at least one of the campaign messages. Repeated exposure to campaign messages was evident, most notably for the fruit and vegetable message where nearly half (46.9%) of all respondents exposed to this message recalled seeing it five or more times. Respondents exposed to the campaign messages consumed significantly more cups of fruits and vegetables per day than those who were unexposed (1.8 and 1.3 cups, respectively for fruits; 1.9 and 1.6 cups, respectively for vegetables). Respondents most frequently reported planning healthy meals (46.1%), eating more fruits and vegetables (44.9%), buying more fruits and vegetables (41.3%), thinking about making healthy food choices (40.7%), drinking more water (38.9%), and exercising more (34.1%) after exposure to campaign messages. Lack of time was reported as the primary barrier for adopting behaviors such as healthier eating and physical activity.

Conclusions and Implications: ACES successfully launched a newly rebranded social marketing campaign in 2017 recognized by over one-third of respondents surveyed.

Funding: Supplemental Nutrition Assistance Program—Education.

P79 Population Trends in Unhealthy Beverages and Foods by Race/Ethnicity Among Low-Income Mothers in California, 2015 to 2017

Fred Molitor, PhD, fred.molitor@csus.edu, California State University Sacramento, 6000 J Street, Sacramento, CA 95819; Celeste Doerr, PhD, Public Health Institute; Lauren Whetstone, PhD, California Department of Public Health; John Pugliese, PhD; Samantha Trammell, BS, California Department of Social Services

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