P79 (continued)

Background (Background, Rationale, Prior Research, and/or Theory): Frequent consumption of sugar-sweetened beverages (SSBs), fast food, and sweets is associated with obesity. Fast food restaurants and marketing of unhealthful foods and beverages are especially prevalent in lower-income areas and neighborhoods populated by non-Whites.

Objective: Examine trends in intake of SSBs, fast food, and sweets by race/ethnicity among low-income mothers in California.

Study Design, Setting, Participants, Intervention: Randomly sampled mothers from households eligible for the Supplemental Nutrition Assistance Program participated in cross-sectional telephone interviews in 2015, 2016, and 2017.

Outcome Measures and Analysis: Separate items assessed number of times mothers drank regular soda, sports drinks, energy drinks, sweetened coffee/tea, and sweetened fruit juice. Trained interviewers asked about times eating food from a fast food restaurant and times eating sweets (e.g. cake, cookies, ice cream). Responses were standardized to represent times per week. Three-year comparisons for Latina, African American, and White mothers were analyzed separately by ANOVA with Tukey's HSD for post hoc comparisons.

Results: Over 13,000 Latina (69%), White (18%), and African American (14%) mothers responded across the three years. Levels of intake of SSBs and sweets remained unchanged. Unadjusted analyses found increases in fast food consumption for Latina and African American mothers.

Conclusions and Implications: Levels of intake of sugar from SSBs or sweets were stable among low-income mothers in California. This conclusion is based on the statistical power of our analyses; however, we recognize the possibility of Type II error from such claims. Fast food intake increased over the past three years among Latina and African American, but not White mothers. This may be related to environmental influences (more restaurants or advertisements targeting Latinas and African Americans). Our study is limited by the unknown types or quantities of foods consumed from fast food restaurants.

Funding: USDA.

P80 Process Evaluation of a Breastfeeding Program for African American, Adolescent Mothers

Julia H. Kim, MPH, RD, CLC, haijikir@gmail.com, University of Illinois, Urbana-Champaign, 905 S Goodwin Avenue, Urbana, IL 61801; Sharon M. Donovan, PhD, RD

Objective: Describe the process (reach, dose delivered, dose received, fidelity, and satisfaction) of a culturally tailored breastfeeding intervention.

Target Audience: African American, adolescent pregnant and postpartum mothers ages 16–22 and their mentors.

Theory, Prior Research, Rationale: Community-Based Participatory Research approach.

Description: The Healthy and Proper Parenting for Youth (HAPPY) breastfeeding curriculum consists of three 1-hour workshops: SMART Goals Matter focusing on setting SMART (Specific, Measurable, Action-oriented, Realistic, Timely) goals since having a breastfeeding goal was an important determinant to intention to breastfeed during curriculum development; Breastfeeding Matters consisting of culturally-tailored breastfeeding videos, discussion and a latching simulation activity; and You Matter consisting of a personality test, stress triggers and stretching as a way to relieve stress to emphasize the need to take care of oneself as a breastfeeding mother.

Evaluation: Reach was 48% for SMART Goals Matter, 29% for Breastfeeding Matters and 55% for the You Matter workshops based on 31 participants who were active in the local non-profit organization. Dose delivered were 88%, 92% and 100% for the first, second and third workshop, respectively. Participants who were exposed to the intervention ($n = 21$) received an average of 59% (14.8 ± 2.2 components) of the intervention components, with an average of 56%, 52%, and 73% for workshops 1, 2, and 3, respectively. Fidelity increased from the first (75%), second (86%) to third (100%) workshop. Out of a 5-point likert scale (1 = disagree to 5 = agree), participants were satisfied with all workshops (5 ± 0), felt comfortable expressing their opinions (4.5 ± 1.4), and felt respected as a person (5 ± 0).

Conclusions and Implications: Although fidelity and dose delivered were high for all workshops, there were low participation rates and dose received. Future efforts should focus more on integrating breastfeeding into non-breastfeeding topics to increase participation in this population.

Funding: NIFA.

P81 Process Evaluation of a Rural Community-Based Cardiovascular Disease Prevention Program: Strong Hearts, Healthy Communities

Kirstin Sandreuter, BS, Cornell University, Division of Nutritional Sciences; Urshila Sriram, BS, MSPH, us54@cornell.edu, Cornell University, Division of Nutritional Sciences, 244 Garden Avenue, Ithaca, NY 14850; Meredith Graham, MS; Jennifer Garner, BS, RD; Rebecca Seguin, PhD, CSCS

Background (Background, Rationale, Prior Research, and/or Theory): Rural women have a higher prevalence of cardiovascular disease (CVD) and behavioral risk factors than their urban counterparts. Although existing CVD prevention programs have shown promise in changing women's lifestyle behaviors, few programs have specifically targeted rural populations nor have they included social and environmental foci.

Objective: To evaluate the implementation of a multi-level community-based CVD prevention program for rural women grounded in the socioecological framework.

Continued on page S46

P81 (continued)

Study Design, Setting, Participants, Intervention:

Process evaluation of a 6-month community-randomized intervention trial: Strong Hearts, Healthy Communities (SHHC). A total of 101 women from eight rural towns were enrolled in the SHHC intervention program. Eligible participants were 40 years or older, sedentary, and overweight or obese. The 48-class program included strength training, aerobic exercise, nutrition education, and civic engagement activities.

Outcome Measures and Analysis: Program leaders completed after-class surveys to assess fidelity, dose delivered, and attendance. Program satisfaction and participation benefits were assessed through post-intervention surveys, leader interviews, and participant focus groups. Quantitative survey data were summarized using SAS v.9.4 and Microsoft Excel. Qualitative data were examined thematically using NVivo 11.

Results: Most sites reported high levels of adherence to the SHHC curriculum (average fidelity: 82%, average dose delivered: 84%). On average, participants attended 67% of the 48 classes, but this varied by site from 53% to 81%. The majority of participants were satisfied with their experience and reported several benefits. Positive aspects of the program included group camaraderie, social support, and awareness building. Insufficient lesson time was the most common struggle reported. Recommendations included extending class length, expanding exercise variety, and enhancing discussion.

Conclusions and Implications: SHHC was well-received and deemed an acceptable approach by rural women enrolled in this CVD prevention program. Findings from this evaluation will inform program development and implementation for at-risk, underserved rural women and guide modification strategies for future dissemination.

Funding: National Heart, Lung and Blood Institute (R01 HL120702).

P82 Process Evaluation of a SNAP-Ed School and Community Gardens Policy, Systems, and Environment Initiative in New York State

Alisha Gaines, PhD, CHES, againes@cornell.edu, Cornell University, Division of Nutritional Sciences, 342A MVR Hall, Reservoir Avenue, Ithaca, NY 14853;

Zoe Wakoff, MPH; Tisa F. Hill, MPH;

Jamie S. Dollahite, PhD

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

A unique SNAP-Ed policy, systems, and environment (PSE) initiative in New York State is designed to increase availability and consumption of fruit and vegetables using a three-tiered system of support including materials, technical assistance, and garden and nutrition education for gardens in high needs schools and communities. While evidence suggests garden programs may improve nutrition knowledge and behavior, process evaluation is essential to understanding the context of program effectiveness and implications for replicability,

given variability in regional growing seasons and in local resources.

Objective: The purpose of this process evaluation was to determine the extent to which the garden PSE was implemented as intended and to identify facilitators and barriers to implementation in all 22 participating garden sites during FY 2017.

Study Design, Setting, Participants, Intervention:

The mixed methods design included adaptation and review of program activity logs, monthly staff discussions, site visits, and 15 interviews conducted with 41 garden managers and participants.

Outcome Measures and Analysis: Quantified input, activity, and output data were compared with the program logic model and site-specific goals to assess fidelity. Interviews were audio recorded and transcribed verbatim. Qualitative data, including transcripts and field notes, were analyzed for themes related to program satisfaction and implementation successes and challenges.

Results: Staff were able to implement the program as planned in most sites. Exceptions included added technical support for five additional sites and limited programming in participating sites facing either internal (e.g. staff turnover) or external challenges (e.g. land lease revocation). Stakeholders expressed high levels of satisfaction with the program resources and staff. A few stakeholders requested additional planning and garden skills trainings, aligning with initial FY 2018 program plans.

Conclusions and Implications: Process evaluation results indicated achievement of most 2017 program goals and supported a shift in programming with current gardens to specifically foster sustainability. Results will complement forthcoming outcome evaluation data to inform revision of program materials and processes for state-wide SNAP-Ed best practice discussions.

Funding: USDA.

P83 Promoting Healthy Diet, Physical Activity and Life-Skills in High School Soccer Players: Results From the WAVE~Ripples for Change Childhood Obesity Prevention 2-Year Intervention

Yu Meng, MS, mengy@oregonstate.edu, Oregon State University, School of Biological and Population Health Sciences, College of Public Health and Human Sciences, HFC 3rd Floor, Corvallis, OR 97330; Siew Sun Wong, PhD; Melinda M. Manore, PhD, RD, CSSD, FACSM;

John Schuna, PhD; Adam J. Branscum, PhD;

Tonya Johnson, MPH, Oregon State University, Extension Family and Community Health Program;

Megan Patten-Lopez, PhD, Oregon State University

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

Many high school (HS) athletes still lack sport nutrition knowledge and life-skills to overcome the challenging food environment around sports, thus, putting them at risk of developing obesity when

Continued on page S47