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

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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

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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

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