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Background (Background, Rationale, Prior Research, and/or Theory): There is a discrepancy between African American women's (AAW) perception of weight versus actual weight. Further, AAW tend to have higher positive body image regardless of weight classification.

Objective: To examine the association between the different facets of body image and adiposity in AAW.

Study Design, Setting, Participants, Intervention: A cross-sectional study of 74 AAW residing in the Southeast U.S. were recruited. The four measures of the MBSRQ-AS, Appearance Evaluation (AE), Appearance orientation (AO), Overweight preoccupation (OP), and Self-classified weight (SCW), were used to measure body image. Body fat percentage (BFP) was used to measure adiposity.

Outcome Measures and Analysis: Measures of adiposity and body image. Ordinal regressions and odds ratios were examined.

Results: Mean percent body fat was 38.8 (SD 11.0). Means for the subscales were: AE (3.52 [SD .73]), AO (3.72, SD [.56]), OP (2.54 [SD .90]), and SCW (3.53 [SD .70]). Results indicated that there was a negative association between AE and BFP ($P < .001$). For every 1% higher BFP there was an 8.4% lower odds that appearance would be rated favorably [OR 0.92, 95% CI (0.88, 0.96)]. SCW and OP were positively associated with BFP ($P < .05$). For every 1% higher BFP there was a 19% higher odds that participants would classify themselves as overweight and a 5% higher odds, they would be preoccupied about being overweight. AO was not associated with BFP.

Conclusions and Implications: Our sample had high ratings of body image even though, on average, they were overweight. Interestingly, different facets of body image were differentially associated with BFP. The higher BFP, the more likely they were concerned with being overweight, classified themselves as overweight, and were less satisfied with their appearance. AAW at higher levels of BFP may be more willing to engage in healthy weight interventions due to their dissatisfaction with body image.

Funding: The African American Research and Studies Program.

P96 Examination of Usefulness of a Meal Pattern Requirements Knowledge Assessment Tool

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Background (Background, Rationale, Prior Research, and/or Theory): Meal pattern requirements in the Child and Adult Care Food Program (CACFP) required for centers and day care homes are research-based and intended to support health and wellness for developing children. However, assessment of education to assure knowledge of the patterns is limited.

Objective: This study examined the psychometrics of a knowledge assessment of meal pattern requirements among child nutritional professionals.

Study Design, Setting, Participants, Intervention: Childcare nutrition professionals ($N = 267$) in a southern rural state enrolled in free educational training focused on new meal pattern requirements completed pre-post assessment. Enrollees were administrators (50%), cooks (25%), or a combination (25%). About half (47%) had an associate degree or more education. Most (56%) had more than 5 years of experience.

Outcome Measures and Analysis: Knowledge questions (9 pre and 20 post) were based on a training assessment created by the Institute of Child Nutrition. The nine items selected for administration both times targeted new regulations. Item analyses included an examination of item distribution. Pre/post regulations assessed include items related to serving juice, sugar, snacks, meat alternatives, and whole grain, in addition to use of formula for infants and food preparation. Change after education was assessed for items using McNemar's test and for the total correct score using pair t-tests.

Results: Most items (7/9) were scored incorrectly by over 25% of attendees at baseline. At post assessment, participants showed statistically significant knowledge gain on most (7/9) item and at least 75% accurately scored the regulation on 17/20 items. Pre-post test scores increased 14% ($M = 62\%$, $SD = 20\%$ to $M = 75\%$, $SD = 14\%$; $t(266) = -10.8$, $P = .000$). For the expanded assessment at posttest (20 items), the average score was 83% correct.

Conclusions and Implications: The tool demonstrated knowledge change before and after education. The short tool may be helpful in standardizing assessment across training to compare training quality.

Funding: USDA.

P97 Examining Dinnertime Photos of Foods Served by Low-Income Families to Inform a Home Food Environment Checklist

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Background (Background, Rationale, Prior Research, and/or Theory): The home food environment (HFE) plays an important role in food preferences, habits, and health as it encompasses foods recommended for a

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healthy diet as well as foods that should be consumed in moderation. There is a need for HFE assessments that adequately capture a wide spectrum of foods.

Objective: To gain insight into foods that families are serving in the home and to modify the Home Inventory Describing Eating and Activity (Home-IDEA) checklist, a validated instrument for HFE assessment.

Study Design, Setting, Participants, Intervention: Photographs from seven consecutive dinnertime meals low-income families ($n = 29$) in rural Colorado were used to identify present foods.

Outcomes Measures and Analysis: Foods on the Home-IDEA checklist were dichotomously categorized as healthful (foods that meet the Dietary Guidelines for Americans, i.e. fruits, vegetables, and whole grains) or less healthful (foods high in sodium and solid fats and added sugars, i.e. chips, candy, and soda). Dinnertime photos were qualitatively analyzed to produce a list of foods available in the home environment. This was then compared with the Home-IDEA checklist.

Results: Of 108 foods in the Home-IDEA, 68% ($n = 73$) represented healthful foods. With the remaining 32% ($n = 35$) representing less healthful foods. Data analyzed from the photos found 55 foods that were not captured by the Home-IDEA, a majority of which could be considered less healthful, i.e. canned soup, fried taco shells, and prepackaged baked goods.

Conclusions and Implications: In its current state, the Home-IDEA is weighted toward capturing nutrient-rich foods in the HFE. Increased representation of less healthful foods will improve the assessment of HFE quality. HFE assessment tools are strengthened by using a variety of approaches to identify foods for inclusion like meal photography, diet records, or national databases in addition to encompassing dietary guideline recommendations. A mixed methods approach has the potential to yield more comprehensive tools for assessing the quality of the HFE.

Funding: NIFA.

P98 Factors that Influence the Efficacy of Nutrition Education Interventions Among Adults: A Systematic Review

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Background (Background, Rationale, Prior Research, and/or Theory): Efficacy of nutrition education interventions is dependent upon several factors such as duration and frequency of intervention, the study objectives and design. However, it is not clear what factors are more effective in changing behavior.

Objective: To examine systematically factors that contribute to the efficacy of nutrition education interventions

among adult population in promoting behavior change for good health based on their stated objective.

Study Design, Setting, Participants, Intervention: This study followed the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) criteria. A total of 246 original articles published between 2009 and 2015 in PubMed, Medline, Web of Science, Academic Search Complete, Science Direct, Cochrane Reviews, ERIC, and PsychLIT were initially considered. The number was screened and scaled down to 40 publications for the final analysis. Quality assessment was based on the Cochrane Handbook for Systematic Reviews of Intervention.

Outcome Measures and Analysis: The primary analytic goal was to determine the overall effectiveness of nutrition education interventions. Outcome(s) of the study were compared with the stated purpose and/or objectives of the study. Assessed factors included: design, including randomness; type of intervention and activities implemented; duration and dosage; number of objectives; fidelity in implementation; and use of theory.

Results: Efficacy of nutrition education interventions depended on major factors: interventions that lasted ≥ 5 months; having ≤ 3 focused objectives; appropriate design and use of theories; fidelity; and support from policy makers and management for worksite environmental interventions.

Conclusions and Implications: The results of this review suggest that nutrition education interventions with longer duration, few and focused objectives, assured fidelity, and use of theories have a higher chance of achieving their purpose. For worksite and other environmental interventions, it is important for policy makers to make healthy choices available, for example allowing time for exercise. Researchers should consider including these components when designing future nutrition education interventions for adult populations.

Funding: None.

P99 Improving Vegetable Intake Among Children in Restaurants: The Healthy Bites Pilot Study

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Background (Background, Rationale, Prior Research, and/or Theory): Children are eating fewer vegetables than currently recommended and families are eating more frequently in restaurants, which is associated with low dietary quality. Novel and innovative strategies are needed to address the nutritional quality of children's meals in restaurants.

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