P97 (continued)

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.

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

Mary Murimi, PhD, RD, mary.murimi@ttu.edu, Texas Tech University, 1301 Akron Avenue, Lubbock, TX 79409-1270; Bong Nguyen, MS; Michael Kenyi, PhD, Imperial Valley College; Tatenda Mupfudze, PhD, Texas Tech University; M.D. Ruhul Amin, PhD, Dhaka University; Teresia Mbogori, PhD, Ball State University; Khalid Aldubayan, PhD, King Saud University

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.

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

Mackenzie Ferrante, MS, RD, Colorado State University; Jeffrey Miller, PhD; Susan L. Johnson, PhD, University of Colorado, Anschutz Medical Campus; Laura L. Bellows, PhD, MPH, RD, laura.bellows@colostate.edu, Colorado State University, Department FSHN, 1571 Campus Delivery, Fort Collins, CO 80523-1571

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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