P99 (continued)

Objective: To investigate whether offering a vegetable appetizer in a restaurant setting will impact children's vegetable consumption at a meal and whether marketing cues during the appetizer course can further increase vegetable consumption.

Study Design, Setting, Participants, Intervention: Families with at least one child (4–12 years) were recruited from university listservs to attend three dinners serving the same meal (chicken strips, french fries, carrot sticks, ranch dressing, and milk). For Meal 1 children were served all foods simultaneously (control condition). During Meals 2 and 3, the vegetable (carrot sticks) was offered as an appetizer. Meal 3 included marketing prompts highlighting carrots during the appetizer course. Foods offered to children were weighed pre- and post-meal to determine consumption.

Outcome Measures and Analysis: Repeated measures analysis of variance was conducted to determine the effects on carrot consumption (g) with main effects of Meal condition and age (4–7 and 8–12 years).

Results: All families ($n = 19$) participated in three dinners at a university-based restaurant ($n = 34$ children, $n = 33$ parents). There was a significant effect of Meal condition on carrot consumption [$F(2, 31) = 3.50, P = .036$]. Children consumed significantly more carrots (g) during the appetizer conditions compared to the control condition ($13.5 \text{ g} + 36.9, P = .04$). The addition of marketing prompts at Meal 3 did not further increase carrot consumption, $P = .95$. There was a significant main effect for age [$F(2, 31) = 3.80, P = .028$] with younger children demonstrating larger increases in intake ($\bar{x} = 18.7 \text{ g}$) compared to older children ($\bar{x} = 9.0 \text{ g}$).

Conclusions and Implications: These pilot data suggest that offering a vegetable appetizer may be a feasible strategy to increase children's consumption of vegetables in the restaurant setting, especially for younger children.

Funding: Colorado State University, College of Health and Human Sciences.

P100 Organizational Readiness for Implementing a Nutrition Curriculum in Early Care and Education

Taren Swindle, PhD, TSwindle@uams.edu, University of Arkansas for Medical Sciences, 521 Jack Stephens Drive #530, Little Rock, AR 72205-7199;
Leanne Whiteside-Mansell, EdD; Danya Johnson, BS

Background (Background, Rationale, Prior Research, and/or Theory): Preschool educational standards increasingly emphasizes nutrition education as a promising obesity prevention strategy. Success of implementation of new curricula likely vary based on the readiness of the context. An assessment of the readiness of the context may allow implementation to be more successful.

Objective: This study presents results from adaptation of the Organizational Readiness for Implementation Change

(ORIC) instrument to assess educators' readiness to implement the nutrition education curriculum Together, We Inspire Smart Eating (WISE). This study presents psychometric properties of the ORIC in this new setting and assessment of association with perception of barriers.

Study Design, Setting, Participants, Intervention: Educators and administrators ($N = 359$) completed the ORIC before receiving education on the implementation of WISE. Participants were primarily lead teachers (45%) with at least some college education (64%).

Outcome Measures and Analysis: The ORIC instrument ($N = 12$ items rated on 5-point likert scale) has demonstrated validity and reliability in health care settings. Participants were asked to rate nine potential barriers to implementation.

Results: The reliability for the 12 items was ($\alpha = .97$). An exploratory factor analyses (EFA, eigenvalue = 1) indicated one factor. An EFA constrained to replicate previous work with two factors was not supported. Examination of careless response include split half reliability ($\alpha = .92$) and an examination of the number of repeating responses (34% used the same response for all items) suggested respondents did not distinguish items uniquely. However, the validity of the total ORIC was supported by the expected association with the number of barriers perceived by participants ($r = .30$).

Conclusions and Implications: The ORIC had high internal consistency and demonstrated convergent validity in this sample. However, indicators of careless responding were elevated suggesting that the ORIC may benefit from a reduction of items. Alternately, it may be possible to present the items in a format that emphasizes the unique contribution of each question.

Funding: NIH, FNS.

P101 Reliability of the Self-Report Home Food Inventory and the Food Preparation Supplies Checklist in College Students

Abeer Almudaihim, MS, University of Florida;
Anne Mathews, PhD, RDN; Melissa Vilaro, PhD;
Sarah Colby, PhD, RDN, University of Tennessee;
Karla Shelnutt, PhD, RDN, kpagan@ufl.edu,
University of Florida, 3028 McCarty Hall D, Gainesville, FL 32611

Background (Background, Rationale, Prior Research, and/or Theory): The home food environment (HFE; food availability and food preparation supplies) appears to be an important mediator of diet quality. The Home Food Inventory (HFI) and the Food Preparation Checklist (FPC) are commonly used tools for assessing HFE but have only been tested via in-home researcher visits, which are time consuming and expensive, but have not been tested via self-report in college students.

Objective: To evaluate the reliability of college students' self-reported HFE using the HFI and the FPC.

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P101 (continued)

Study Design, Setting, Participants, Intervention:

College freshmen (N = 29) living on campus who store food in their dorm were recruited via flyers and class announcements. Participants received \$60 to complete an online version of a demographic questionnaire, the HFI (a 117-item checklist separated into 15 categories designed to assess the availability/accessibility of healthy/unhealthy foods in the home), the FPC (a 41-item checklist separated into 5 categories designed to assess availability of food preparation supplies), and a researcher visit, which happened within 24 hours of completing online questionnaires. A trained researcher conducted an in-home observational assessment at the student residence using the HFI and FPC. The study was approved by the University of Florida Institutional Review Board.

Outcome Measures and Analysis: Reliability was determined by comparing participant-reported HFI and FPC responses to those of the researcher using Kappa statistics and Spearman correlations.

Results: For the HFI, Cohen's kappa ranged from 0.50 to 0.92 for the 15 categories. Spearman correlations between staff and participant food category scores ranged from 0.73 to 0.96. With respect to the FPC, Cohen's kappa ranged from 0.61 to 0.67 for all 5 subscales, and Spearman correlation scores ranged from 0.65 to 0.97.

Conclusions and Implications: Self-reported HFI and FPC is a reliable way to determine the HFE of college students living in dorms. Data collected through this method may provide a valid and inexpensive alternative to in-home researcher visits.

Funding: University of Florida Dean of Research.

P102 The Effects of a Fruit and Vegetable Prescription Program (FVRx)[®] for Low-Income Individuals on Fruit and Vegetable Intake and Food Purchasing Practices

Nicholas Slagel, MS, University of Georgia, Department of Foods and Nutrition; Taylor Newman, BS; Laurel Sanville, MS, LD, RDN; Jackie Dallas, BS, MEd, University of Georgia Extension Athens Clarke County; Sarah Thurman, BS, Athens Farmer's Market; Paige Cummings, Athens Nurse's Clinic; Edda Cotto-Rivera, MPH, CHES, University of Georgia, Department of Foods and Nutrition; Jennifer Thompson, PhD, University of Georgia, Department of Crop and Soil Sciences; Jung Sun Lee, PhD, RDN, leejs@uga.edu, University of Georgia, Department of Foods and Nutrition, 115 DW Brooks Drive, Athens, GA 30602

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

The FVRx[®] program subsidizes fruit and vegetable purchases for low-income individuals to reduce the burden of diet-related chronic conditions and food insecurity. Despite the growth of these programs, limited evidence is available on the impact of a produce prescription combined with nutrition education.

Objective: To examine the effects of an FVRx[®] program providing both free fresh produce and nutrition education for SNAP-eligible adults.

Study Design, Setting, Participants, Intervention:

A six-month non-randomized control trial of an FVRx[®] program was pilot tested with 39 SNAP-eligible adults with diet-related chronic conditions using a unique university-community partnership in Athens, GA (mean age: 47.4 ± 11.6, 82.1% female, 20.5% Hispanic). Both FVRx (n = 22) and control (n = 17) groups were recruited through purposive sampling by the collaborating safety-net clinic and Hispanic community partner. The FVRx[®] intervention (June–December 2017) included a weekly produce prescription redeemable at one farmers market, a monthly SNAP-Ed nutrition education class based on DASH diet principles and food resource management, and a monthly health screening.

Outcome Measures and Analysis: Self-administered surveys were used to assess dietary intake, nutrition knowledge, attitude, and food purchasing practices. Descriptive analysis and non-parametric tests were conducted.

Results: After the intervention, the FVRx[®] group reported significantly higher intake of total fruit and vegetable servings, increased knowledge of fresh fruit and vegetable preparation, and the importance of fruits and vegetables in their family's diet (all $P < .05$). Most of the FVRx[®] group also reported switching the majority of their fruit and vegetable purchases from grocery stores to the farmers market, as well as increasing the amount of fresh vegetables purchased (all $P < .05$).

Conclusions and Implications: Participation in an FVRx[®] program combining free fresh produce and nutrition education improves the knowledge, attitude, and consumption of fruits and vegetables and increases access to the local food system. Further research is needed to examine the role and design of nutrition education to maximize the impact of the FVRx[®] program.

Funding: Supplemental Nutrition Assistance Program—Education, Wholesome Wave Georgia.

Physical Activity

P103 The Effectiveness of Coaching and Training to Change Physical Activity Policies, Environments, and Practices in Child Care

Lynda Zimmerman, MS, RD, LD, zimmermanl@missouri.edu, University of Missouri Extension, 2436 Tanner Bridge Road, Jefferson City, MO 65101; Damaris Karanja, MA, RDN, LPC; Lydia Kaume, PhD, RDN

Objective: To evaluate the effectiveness of the MOve Smart coaching project compared to stand-alone trainings using outcome measurements of changes made in physical activity (PA) policies, environments, and practices by childcare directors and staff to meet the Missouri MOve Smart Guidelines.

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