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

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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

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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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