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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P103 (continued)

Target Audience: The targeted audience was childcare directors and staff.

Theory, Prior Research, Rationale: The Missouri MOve Smart Guidelines for Child Care is a recognition program for childcare centers and homes designed to promote best practices in early childhood PA. PA habits developed during preschool years influence lifestyle choices and weight throughout life.

Description: The MOve Smart coaching project (2014–2016) included approximately four months of individualized coaching sessions, telephone and email support, and a 2-hour training (Moving and Learning) with the goal of participating childcare directors and staff to make changes in policies, environments, and practices to meet the Missouri MOve Smart Guidelines. In 2016, an evaluation of the coaching project showed 27 childcare centers and homes made significant improvements in 10 indicators reflecting the MOve Smart Guidelines, as well as successful applications for “MOve Smart” recognition. To encourage adoption of Missouri MOve Smart Guidelines beyond the coaching project, Moving and Learning was offered as a stand-alone training for childcare providers. The effectiveness of stand-alone trainings had not been evaluated.

Evaluation: An electronic survey (N = 290) was emailed to childcare directors and staff who attended Moving and Learning trainings in 10 selected counties (127 from the coaching project and 163 from stand-alone trainings). The survey included seven questions to assess changes made in PA policies, environments, and practices. Results from 33 respondents (11% response rate) showed that the participants of the coaching project made greater changes than those in the stand-alone trainings, especially concerning policies and environments. The changes reported for many PA practices were similar between the two groups.

Conclusions and Implications: Coaching combined with training of childcare directors and staff promotes the greatest changes in PA policies, environments, and practices in childcare settings.

Funding: USDA Team Nutrition.

Written Oral and Social Media Communication

P104 Instagram and Food Related Posts: Healthier Eaters View More Food Posts

Laura Barre, RDN, MD, Laura.Barre@cornell.edu, Cornell University, 414 Savage Hall, Ithaca, NY 14853; Kaylie Cronin, BS; Tara Young, PhD, RDN

Background (Background, Rationale, Prior Research, and/or Theory): The majority (59%) of young adults use the social media application Instagram.

Objective: To describe food-related (FR) posts viewed by young adults on their Instagram accounts and explore associations with their dietary intake.

Study Design, Setting, Participants, Intervention: Descriptive study of 30 undergraduate students identified as regular Instagram users.

Outcome Measures and Analysis: We collected surveys and interviews of dietary intake (REAP) and FR posts viewed on Instagram. All FR posts in the past 24 hours were screen-captured and an ASA24 dietary recall completed. Each FR post was described and categorized based on the food content and context of the post. Categories were not mutually exclusive. Spearman correlations and Kruskal-Wallis tests were used to explore associations between FR posts and dietary intake.

Results: Participants were 83.3% female, 46.7% White and 36.7% Asian. A median of 15 FR posts (25–75%, 5.8–29.8) were viewed per day accounting for 8.9% of posts. FR posts were primarily food alone (60.4%) with people in 22% of images, advertisements accounting for 14.3%, eating out conveyed in 33.5% and homemade foods in 17.4%. The foods represented in the FR posts were most often sweets (31.9%), fruits (28.3%), vegetables (27.6%), and fast food (9%). Eighty-seven percent of participants consumed at least one food item similar to a FR post food viewed in the same 24 hours. Healthy eating pattern REAP scores associated with the percentage of FR posts viewed ($r = 0.38$, $P = .040$). There were no associations between intake of fruits, vegetables, or sugars with the number of FR posts containing similar foods. Self-reported unhealthy/somewhat healthy eaters viewed 3 times more FR posts of eating out vs healthy eaters (46.7% vs. 14.3%, $P = .001$).

Conclusions and Implications: Undergraduates who are regular Instagram users view both unhealthy and healthy FR posts on their Instagram feeds. Healthier eaters view relatively more FR posts and fewer posts of eating out as compared to less healthier eaters.

Funding: None.

P105 Misinforming Arabs with Facebook in Mind: A Mixed-Methods Approach

Tatyana El-Kour, MS, RDN, FAND, tel-kour@email.fielding.edu, Fielding Graduate University, 2020 De La Vina Street, Santa Barbara, CA 93105; Jerri Lynn Hogg, PhD

Background (Background, Rationale, Prior Research, and/or Theory): Facebook is the most popular social media platform in the world and the Middle East region alike. Empirical evidence overwhelmingly demonstrates the role of Facebook in propagating misinformation in several domains. Yet, no research has been done to investigate the phenomenon of Facebook use and nutrition misinformation among Arabs.

Objective: The purpose of this study is twofold: to explore the phenomenon of Facebook use and nutrition misinformation among Arabs who use Facebook, and to understand the relationship between Facebook use and exposure to nutrition misinformation among Arabs.

Study Design, Setting, Participants, Intervention: The study is a mixed method approach. During Summer 2017, we conducted individual semi-structured interviews using Facebook Messenger with 20 volunteer participants until saturation was reached. We have also

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