P137 (continued)

After controlling for critical thinking disposition and university in the regression, the intervention group had a significantly higher CDM score (18.10 ± 7.5) compared to the control (15.48 ± 8.3); $F(3,428) = 13.05$, $P < .001$. The differences in scores were explained by a greater percentage of the intervention making a decision (91.2%) vs. the control (80.0%); $P = .004$ and using more evidence based reasons (1.61 ± 1.1) vs. the control (1.27 ± 1.0); $P = .001$.

Conclusions and Implications: The results of this study give evidence that providing a contextual framework helps students utilize CDM skills. Future interventions should consider using the CDM framework when aiming to increase CT.

Funding: None.

Nutrition Education Program Design Implementation and Evaluation

P138 Participant Characteristics and Implications for Future Community Interventions that Focus on Overweight/Obese Children

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Background (Background, Rationale, Prior Research, and/or Theory): Inadequate physical activity and poor dietary quality have been linked to the increased prevalence of childhood obesity. Research has shown that self-efficacy and home environments are related to health outcomes of children and baseline behaviors are important to consider for the design of family-focused interventions to reduce obesity.

Objective: To describe baseline behaviors and self-efficacy of overweight/obese children, along with parents' goals for their child's health behavior.

Study Design, Setting, Participants, Intervention: A cross-sectional study was conducted using baseline data from Rhode Island Food, Fitness and Fun (RIFFF), a family-focused intervention for overweight/obese children.

Outcome Measures and Analysis: Anthropometric measurements and surveys related to health behaviors were collected at baseline. Instruments included demographics, parent and child quality of life (QOL), child self-efficacy for limiting high sodium/fat foods and for physical activity, and the 5210 questionnaire assessing activity at home and parents' health goals for their child.

Results: There were 41 dyads which included mothers (93%) and white (78.6%) female (53.5%) children at 8 ± 1.3 years old with a mean BMI z-score of $2.09 \pm .48$. Children reported similar self-efficacy for limiting high sodium/fat foods ($2.36 \pm .33$) and physical activity ($2.37 \pm .48$) when compared to a national sample. Mod-

erate QOL for physical functioning was reported by children ($3.18 \pm .53$) and parents ($3.05 \pm .66$). Children were consuming about 2.5 serv/day of fruit and vegetables and watching 2 hours/day $\pm .95$ min of TV whereas daily physical activity was 1 hour ± 38.7 min. Parents reported goals of increasing their child's fruit/vegetable intake (43.6%), playing outside more (15%), and decreasing television time (18%).

Conclusions and Implications: Results indicated low intake of fruits/vegetables and higher than recommend TV time while moderate self-efficacy for dietary, physical activity, and QOL for physical functioning. Future interventions should utilize standard behavioral techniques such as modeling, setting small achievable goals, and supervised nutrition and activity experiences to build self-efficacy in overweight and obese children.

Funding: None.

Food and Nutrition Policy

P139 Do North Carolina Head Start Teachers Use Supportive Feeding Practices at Mealtimes with 3-5-Year-Old Low-Resource Children?

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Background (Background, Rationale, Prior Research, and/or Theory): Early childhood educators are encouraged to utilize supportive feeding practices (SFP) to promote children's healthy eating. SFP include sitting with children during mealtimes, role modeling healthy eating behaviors, encouraging children to try new foods, providing nutrition education, and addressing children's hunger cues. Although Head Start (HS) policies promote SFP, studies suggest the need for improvement regarding implementation of policies.

Objective: The purpose of this study was to explore Health/Nutrition Coordinators' perceptions of teachers' feeding practices and policies in HS centers across North Carolina (NC).

Study Design, Setting, Participants, Intervention: HS Health/Nutrition Coordinators ($n = 24$) completed a 71-item online survey featuring questions on mealtime policies and feeding practices of ECE's in their programs.

Continued on page S74

P139 (continued)

Results: Overall, Coordinators reported that teachers followed SFP at mealtimes. All participants reported that teachers regularly sit with children during mealtime, 70.8% of Coordinators reported that teachers provide daily nutrition education during mealtime, 83.3% role model eating healthy foods, and 95.8% praise children for trying new foods. However, only 45.8% of Coordinators indicated that teachers asked children if they were still hungry before serving second helpings and 37.5% of Coordinators indicated teachers are allowed to bring food from outside the center. When asked about commonly used approaches to training new teachers about feeding practices, 62.5% of Coordinators indicated teachers attend workshops/training sessions, and 50% indicated a more experienced teacher verbally explains these practices, versus other methods.

Conclusions and Implications: Findings suggest most NC-based HS programs perceive they are generally utilizing SFP with a few exceptions. For example, addressing hunger cues with children during mealtime is important to help children regulate their intake, yet results indicate several teachers do not follow this practice. Future research warrants observational methods to explore how feeding policies and professional development strategies influence teachers' actual feeding practices during mealtime, versus administrative perceptions.

Funding: None.

P140 Double Up Food Bucks: Supporting Fruit and Vegetable Intake and Protection Against Food Insecurity

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Background (Background, Rationale, Prior Research, and/or Theory): Double Up Food Bucks (DUFB) is a healthy food incentive program that doubles the value of SNAP benefits spent at participating markets and grocery stores, helping to increase fruit and vegetable consumption while supporting local farmers.

Objective: The purpose of this study is to describe shopping patterns, food assistance participation and impact on fruit and vegetable intake (FVI) and food insecurity among DUFB participants in the state of Michigan.

Study Design, Setting, Participants, Intervention: DUFB participants completed surveys during the 2015 (n = 314) and 2016 (n = 225) market seasons across 47 farmers' markets (FMs) in Michigan.

Outcome Measures and Analysis: The survey assessed food security, FVI, sociodemographics, and attitudes/experiences with DUFB. Participants received \$5 to complete the survey. Descriptive statistics were calculated, and daily FV cup equivalents were determined using a validated algorithm. Chi-square tests were conducted to determine the relationship between FVI, food insecurity and attitudes/experiences with DUFB.

Results: Across respondents (n = 539), mean FVI was 3.17 cups (SD = 1.78); 43.8% reported high/marginal food security, while 56.2% reported low/very low food security. Subgroups for whom FVI was greater included those that reported: longer participation in DUFB ($\chi^2(1) = 14.29$, $P = .001$); using DUFB at other FMs ($\chi^2(1) = 7.94$, $P = .019$); participating in SNAP for longer ($\chi^2(1) = 12.95$, $P = .002$); greater ease in using DUFB to buy FVs ($\chi^2(1) = 9.66$, $P = .008$); self-reported very good/excellent health ($\chi^2(1) = 12.96$, $P = .002$). Subgroups who were food secure (e.g. high/marginal) reported using their DUFB at grocery stores in addition to FMs ($\chi^2(1) = 4.69$, $P = .030$); and self-reported very good/excellent health ($\chi^2(1) = 19.70$, $P = .000$).

Conclusions and Implications: These results indicate that greater participation in a federally funded nutrition incentive program are associated with greater FVI and food security. These chi-square results will inform multivariable models that will be presented. These results can help foster dialogue on the importance of health food incentives and how to best tailor programs.

Funding: USDA.

P141 Examining the Real and Perceived Food Environment, Shopping Behaviors, and Predictors of Dietary Behavior Among a Group of Older, Racially Diverse Off-Campus College Students

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Background (Background, Rationale, Prior Research, and/or Theory): College students face unique challenges to engaging in healthy dietary behaviors, often leading to weight gain or nutrient deficiencies that may have long-term implications. More research is needed to understand the food environment of off-campus students and its impact on shopping, cooking, and diet, particularly in a sample of older and more racially diverse students.

Objective: Examine relationships between off-campus student food environment, shopping behaviors, and dietary behaviors and outcomes.

Study Design, Setting, Participants, Intervention: Cross-sectional survey of off-campus college students at a designated minority-serving institution. Students

Continued on page S75