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Study Design, Setting, Participants, Intervention: Themes derived from four focus groups involving administrative assistants who order foods ($n = 27$) at a large university were used to develop a 114-question survey which was administered to 203 administrative assistants and completed by 138.

Outcome Measures and Analysis: Principal component analyses were run to explore the constructs. Confirmatory factor analysis was used to confirm structure validity. Test-retest reliability was performed after a subset of participants ($n = 30$) repeated the survey after two weeks.

Results: The final scale included 19 items within three factors. All factor loadings were above .3, and no cross-loadings. Three factors explained 55.5% of the variance. Cronbach's alpha values of .846 for supervisor/coworker attitudes about health (6 items), .838 for restrictions on ordering (10 items), .893 for personal values regarding ordering healthy foods (3 items), and .831 for the total, affirmed reliability. Cronbach's alpha for the second test was .767. Test-retest reliability was acceptable $r = .780$, and paired samples t-test indicated no significant differences between the first and second assessment, mean difference = -0.062, with a standard deviation 0.29, $t(30) = -1.18$, $P = .247$. Structure equation modeling indicated a good fit between the proposed three-factor model and the observed data, comparative fit index (CFI) = .921, Tucker-Lewis fit index (TLI) = .897, and Root Means Square Error of Approximation (RMSEA) = .074.

Conclusions and Implications: As supervisors/coworkers attitudes, restrictions on ordering (e.g. policies, vendors, feedback), and personal values on health affected decisions, future interventions to improve ordering should consider these factors.

Funding: None.

P144 Quality of School Wellness Policies may not Reflect Participation in Health Promotion Programs

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Background (Background, Rationale, Prior Research, and/or Theory): Schools are an optimum environment to address youth's health outcomes. Schools participating in federal Child Nutrition Programs are required to have a school wellness policy (SWP). Numerous organizations have developed health promotion programs to address school health environments through various approaches including nutrition services, nutrition and physical activity education and policy adoption.

Objective: To assess quality of SWP and determine differences in SWP quality based on districts' participation in school health promotion programs.

Study Design, Setting, Participants, Intervention: Cross-sectional study conducted of 344 school districts

(63%) in Oklahoma. WellSAT-2.0 was used to evaluate strength and comprehensiveness of SWP collected during the 2015 and 2016 school years. School districts' participation in health promotion programs during the same time period were collected from program websites and contact persons and state agency offices.

Outcome Measures and Analysis: Dependent variables were SWP comprehensiveness and strength scores. Independent categorical variables included geographical location, type of district, number of health promotion programs in a district, and types of health promotion programs. Frequency statistics described key aspects of the variables. ANOVA compared means of SWP scores for each of the independent variables. Statistical significance was set at $P \leq .05$.

Results: Policies had a mean comprehensiveness score of 43.71% and mean strength score of 21.83%. Districts participated in a mean of 1.9 programs. There were no significant differences in comprehensiveness or strength scores for district location ($P = .676$, $P = .997$, respectively) or type ($P = .229$, $P = .940$, respectively); or number ($P = .502$, $P = .442$, respectively) or types ($P > .107$, $P > .075$, respectively) of health promotion programs.

Conclusions and Implications: Overall quality of SWP was low (strength) to moderate (comprehensiveness). Presence of health promotion programs did not explain differences in quality of districts' written SWP. When reviewing and revising SWP, districts should ensure that policies reflect practices and programming within the district to improve SWP quality.

Funding: Oklahoma State Department of Education, USDA.

P145 SNAP-Ed Programming Improves Nutrition and Physical Activity Environments at Out-of-School Time Sites in Philadelphia, PA

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Objective: To improve nutrition and physical activity environment at Out-of-School Time (OST) programs by expanding SNAP-Ed capacity to implement and support sites with adopting the National Afterschool Association Healthy Eating and Physical Activity (HEPA) Standards.

Target Audience: Program directors and staff from 52 Philadelphia OST sites.

Theory, Prior Research, Rationale: In Philadelphia, agencies providing afterschool and summer meal programs reach over 18,000 youth presenting an opportunity to provide multi-level interventions to influence childhood obesity. The National HEPA Standards and SNAP-Ed utilize an evidence-based, socio-ecological model to

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address individual, social, and environmental factors to improve eating and physical activity behaviors among youth accessing OST sites.

Description: Health Promotion Council (HPC) partnered with the Alliance for a Healthier Generation (AHG) to support the integration and implementation of the National HEPA standards through SNAP-Ed programming. Four “Learning Communities” (LC) were created to provide quarterly training to program directors and staff from 52 Philadelphia OST sites from September 2016 to June 2017. Technical assistance was delivered to individual OST sites to support successful implementation of National HEPA standards.

Evaluation: Adoption of National HEPA standards was measured through self-reported online assessments at baseline and at the completion of the programmatic year. The average percent for each National HEPA standards adopted increased across all 52 sites. Specifically, 7 out of 11 standards showed significant improvement, of which five were focused on healthy eating and two on physical activity best practices.

Conclusions and Implications: The collaboration of SNAP-Ed programming with the AHG combined with comprehensive trainings and technical assistance, has the potential to enhance adoption and implementation of National HEPA standards, thus improving healthy eating and physical activity environments for youth accessing OST sites.

Funding: Supplemental Nutrition Assistance Program—Education.

P146 Food Security and the on-Campus Student: Assessment of Meal Plan Use

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Background (Background, Rationale, Prior Research, and/or Theory): Though students who participate in campus meal plans tend to have healthier diets than those who provide for themselves, adequacy is not guaranteed. Awareness of food insecurity among college students is growing, but is often focused on the off-campus student. Assessment of the degree of the problem on-campus, as well as how students handle inadequate provisions, is necessary in order to develop appropriate support.

Objective: To determine the degree of food insecurity among students with campus meal plans.

Study Design, Setting, Participants, Intervention: Qualtrics software was used to administer a survey to all students living in on-campus housing and participating in the mandatory campus meal plans three weeks before the end of the fall 2016 semester.

Outcome Measures and Analysis: Sociodemographic, meal plan spending patterns, and food insecurity-compensatory practice data were collected. Descriptive statistics were used to analyze survey results.

Results: Five hundred and fifty two surveys (23%) were completed during the survey period. Respondents were primarily female (73%), Caucasian (70%), freshman (64%), and lived in residence halls (78%). While approximately 21% stated that they sometimes or more frequently skipped meals out of fear of running out of money on their meal plans, more than 30% skipped meals at least once per month in order to extend the duration their plan would last. At the point in the semester when the survey was distributed, 10% expected to have no money left at the end of the term, and more than 6% expected to have to go hungry because of this.

Conclusions and Implications: Though a majority of students did not experience food insecurity, it is notable that nearly one-third of students reported altering their meal plan use to ensure that they would not run out of money before the end of the term. Because of the impact of nutrition on overall school performance, and because students already are dealing with many other stressors, removing concern for how to obtain adequate nutrition is crucial.

Funding: None.

Written Oral and Social Media Communication

P147 #Healthy vs. #Unhealthy: Perceptions of Today's College Students

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Background (Background, Rationale, Prior Research, and/or Theory): Today's youth have grown up in a world that has always included social media. The use of Instagram, Snap Chat, and other related apps to characterize one's life often seems as important as in-person interactions.

Objective: To evaluate students' perspectives of what they consider healthy and unhealthy foods through their Instagram posts.

Study Design, Setting, Participants, Intervention: Forty students in a university course completed an assignment in which they were asked to post five “healthy” and five “unhealthy” food images. Each photograph was to include a set of specific tags (i.e. #healthy; #lunch; #10am). Additional tags could be included at the students' discretion.

Outcome Measures and Analysis: Photographs were categorized (healthy/unhealthy). Analysis included the food group/type, time of day, meal, and preparation method.

Results: Twenty-two students consented to include their Instagram photos as part of the research project. One student deleted her photographs from her account and was unable to retrieve them prior to analysis. Therefore, photographs from 21 (16 female; 5 male) students were considered for this analysis. The food groups most represented in healthy photographs included: meat/alternatives,

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