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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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grains, and soup. Among the unhealthy images, grains, sweets, meat/alternatives and sandwiches were most prominent. Dinner included the greatest number of posts overall (43.7% and 31.1%, healthy and unhealthy, respectively). Healthy food photos were more likely than unhealthy food photos to be posted at meals (85.4% vs. 64.1%). Snacking always was more likely to show unhealthy images, especially at afternoon snack (12.6% vs. 4.9%, unhealthy vs. healthy, respectively).

Conclusions and Implications: Evaluating Instagram posts is an interesting method to gauge college students' definition of healthy and unhealthy food. Students appear to post more "healthy" images at meal times while snack posts tend to show unhealthy items more frequently. Whether this corresponds to actual intake habits is unclear from this assessment.

Funding: None.

Food Science

P148 Culinary Training of School Food Service Workers with a Celebrity Chef

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Background (Background, Rationale, Prior Research, and/or Theory): Professional development to improve culinary skills, promote smarter lunchroom techniques (SL) and knowledge of 2015 Dietary Guidelines (DG) is suggested to help workers plan and prepare meals that are healthy and acceptable to students.

Objective: To examine satisfaction and perceived learning from professional development of culinary skills by a celebrity chef, promotion of whole fruits and underconsumed vegetable subgroups (UCVS), SL, foods to increase or decrease from DG, and plan and conduct event using training theme.

Study Design, Setting, Participants, Intervention: Nonexperimental, one group, post only, plan to recruit 90 foodservice workers to one of three regional trainings; participants were consented and completed an anonymous 18-item online Qualtrics survey after culinary training by chef in school cafeterias.

Outcome Measures and Analysis: Responses were analyzed descriptively for participant characteristics, satisfaction with professional development program, perceived learning, confidence with techniques, perceived knowledge, knowledge of DG messages, inspiration by significant referent, follow-up implementation of event with student reach.

Results: Recruitment was 67% of goal, 78% of registrants participated in training. Participants were women, including, 47% cafeteria managers, 32% foodservice directors, 17% food-prep cooks. Three-quarters reported learning helpful culinary techniques, ways to promote

UCVS, SL techniques, were confident with techniques and inspired by chef to use new techniques/recipes, with 78% overall satisfaction. All correctly listed one dark green vegetable, 87% listed two; 100% correctly listed two vegetables from red/orange vegetable subgroup, and >95% knew DG to limit saturated fat, trans fat, added sugars, and increase whole fruit, dark green vegetables, whole grains, beans/peas. Eighty-five percent knew to increase lower fat dairy foods. Only 13% created event based on training, but events reached 3,553 students.

Conclusions and Implications: Training by a celebrity chef was a popular venue for professional development; more recruitment efforts and follow-up with registrants to boost attendance, and follow-up with event planning might extend reach of the program.

Funding: USDA Team Nutrition.

Nutrition Across the Life Cycle

P149 Diet Quality in Children with Autism Spectrum Disorder

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Background (Background, Rationale, Prior Research, and/or Theory): Limited food repertoire is common in children with autism spectrum disorder (ASD). Previous studies reported an increased risk for certain micronutrient deficiencies and becoming overweight/obese in children with ASD. However, there is a lack of research assessing diet quality in this population.

Objective: This study aims to assess diet quality in children with ASD and compare it to typically developing children using nationally representative data.

Study Design, Setting, Participants, Intervention: A cross-sectional study with parents of 39 children aged 2 to 17 years with ASD in Florida was conducted.

Outcome Measures and Analysis: A 24-hour recall phone call was performed with each parent. Data were entered in ESHA Food Processor software. Diet quality was assessed using the Revised Children's Diet Quality Index (RC-DQI). Food group/nutrient quality sub-scores for grains, fruit, vegetables, dairy, excess juice, total fat, added sugar, and iron were calculated. Maximum score was either 5 or 10 for each sub-scale (higher number representing better quality). For children aged 2–5 years, data were compared to nationally representative data. Descriptive statistics and one-sample t-tests were performed.

Results: Overall diet quality score ranged 31–67 out of 70 total possible (mean = 49.5). For sub-scales, means were 4.0/5 for grains, 7.2/10 for fruit, 2.3/10 for vegetables, 4.8/10 for dairy, 8.9/10 for excess juice, 4.5/5 for total fat,

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