P181 (continued)

and vegetables, how to select and prepare produce, and suggested “healthy” recipes. As well, recipe sampling at the farmers’ market was positively associated with intent to purchase fruits and vegetables. Nutrition educators have the unique opportunity to share health-promoting recipes with those in their community.

Funding: USDA.

P182 Relationship Between Educator Experience and Participant Outcomes in a Cancer Prevention Educational Intervention

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Background (Background, Rationale, Prior Research, and/or Theory): The Cooking for a Lifetime (C4L) Cancer Prevention Cooking School educates women on nutrition and physical activity (PA) for cancer prevention and screening guidelines for breast, cervical, and colorectal cancer. All agents undergo the same program training, but the relationship between Extension agent characteristics and participant outcomes has not been explored.

Objective: To explore the relationship of educator (Extension Agent) characteristics (years of experience with Extension, the county, the program) and C4L participant outcomes (intention to meet cancer preventive nutrition and PA guidelines).

Study Design, Setting, Participants, Intervention: C4L is a 2.5-hr Extension educational intervention designed to improve intention to get screened for cancer and implement cancer preventive nutrition and PA behaviors among women ages 21 to 65.

Outcome Measures and Analysis: Educator characteristics were assessed via phone interview and explored as categorical variables (i.e. < 5, 5 – 9, 10+). Participant demographics and intention to meet guidelines before and after the intervention (Likert type scale 1 – 5: 1 “Not at all likely” to 5 “Extremely likely”) were assessed using a researcher-designed, retrospective questionnaire. Changes in intention to meet guidelines were assessed with Wilcoxon signed rank tests. Relationships between agent characteristics and changes in intention were explored with Wilcoxon-Mann-Whitney and Kruskal-Wallis tests.

Results: Participants (n = 116) were 100% female, 51.6 ± 11 y, 61% African American, 16% Hispanic, and 92% had at least a high school education. Intention to meet all nutrition and PA guidelines improved from pre- to post-intervention (all $P < .001$). Preliminary analyses suggest no differences in change in intention to meet guidelines based on agent characteristics.

Conclusions and Implications: Initial results suggest participant outcomes are not associated with educator experience. Thus, program training and materials may be sufficient for successful implementation, but further analyses are needed to confirm these results considering other variables that may influence outcomes (e.g. participant education).

Funding: American Cancer Society.

P183 State-Wide Impact of a School Based Family Engagement Strategy to Influence “Food Hero” Health Behaviors at Home

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Objective: The federally-funded Oregon Supplemental Nutrition Assistance Program—Education (SNAP-Ed) utilizes social marketing to amplify individual education and influence higher levels of the socio-ecological model through policy, systems and environmental change activities. The Food Hero (FH) campaign was developed to increase fruit and vegetable (FV) intake/access among low-income Oregon families per their levels being below USDA recommendations. The FH commitment to provide research-based tools and strategies has made it a national resource; 42 states use FH campaign materials in their programs.

Target Audience: Low-income families.

Theory, Prior Research, Rationale: In 2017, FH educators worked within 143 schools aiming to increase FV intake within the school community and homes of families by emphasizing evidence backed behaviors associated with increased FV intake. FH bingo was developed to engage students/families in these health behaviors at home during spring break and then diffuse the results throughout the school community. The campaign uses the social cognitive and diffusion of innovation theories. FH bingo consisted of 25 nutrition and physical activity activities including 11 directly related to FH.

Evaluation: During spring break 2017, the bilingual Spanish-English front and back bingo card was piloted with four schools. Over 200 were returned (13% return rate), with an average of 15 tasks per card completed. FH health behaviors reported included 187 breakfasts eaten, 185 family dinners eaten together, 144 students ate a cup of fruit for a snack, 112 students ate 1 cup of vegetables, 99 students helped plan a dinner, and 88 students helped cook at dinner.

Conclusions and Implications: The 2017 formative evaluation supported further development and expansion of the tool in 2018 and inclusion in the online, open access Food Hero Community Toolkit. This poster will share impact evaluation from implementing the updated spring break bingo project with >16,325 SNAP-Ed Oregon youth in 2018.

Funding: Supplemental Nutrition Assistance Program—Education.

P184 Sustained Training and Technical Assistance Improves Nutrition Environments in City of Philadelphia Shelters

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Objective: To support the Philadelphia Department of Public Health (PDPH) with the implementation of the Philadelphia Nutrition Standards (PNS) by coordinating and conducting training and technical assistance to foodservice staff of Office of Homeless Services (OHS) operated shelters.

Target Audience: Foodservice staff from three Philadelphia OHS operated shelters.

Theory, Prior Research, Rationale: PNS are based on the 2015 Dietary Guidelines for Americans and other food standards adopted by local, state and federal governments. City-funded food services provide over 20 million meals each year, presenting an opportunity to improve access to healthy food and reduce risk factors for major chronic diseases among individuals residing at shelters.

Description: Health Promotion Council (HPC), a local nonprofit organization, provided quarterly training and technical assistance to kitchen staff at three Philadelphia OHS shelters from November 2016 through September 2017. Training focused on nutrition, healthy cooking techniques, PNS focus areas, meal planning and recipe development. Technical assistance was delivered to shelter management to support successful implementation of PNS and delivery of healthier meals.

Evaluation: Implementation of selected PNS was assessed at individual technical assistance sessions through a mixed-method approach. Semi-structured interviews were conducted with kitchen staff to facilitate goal setting, assess barriers to implementing PNS, and inform program quality. An assessment was used to measure adoption of PNS and changes in food-service practices. The average percent of selected PNS adopted at the three sites increased from 55% at baseline to 87% at final follow-up. Specifically, compliance with two of the focus areas, increasing fruits and vegetables and sodium reduction, was documented at all sites.

Conclusions and Implications: The integration of nutrition standards into city-funded foodservice programs combined with comprehensive trainings and technical assistance by a local nonprofit organization has the potential to enhance adoption and compliance, improving access to healthy foods for Philadelphians.

Funding: Center for Disease Control and Prevention; U.S. Department of Health and Human Services; Get Healthy Philly, Philadelphia Department of Public Health (PDPH).

P185 The Discrepancy in Reported Dietary Behaviors and Food Insecurity Between Latina and African American Lower-Income Mothers: Results From a Population-Based Survey

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Background (Background, Rationale, Prior Research, and/or Theory): Researchers report disparities in access and consumption of healthful and unhealthful foods and beverages, and food insecurity, by race/ethnicity. This study examined whether such differences exist among mothers with similarly low household incomes.

Objective: Examine, among a population-based sample of low-income mothers, neighborhood and family access to fruits and vegetables (FV); intake of sugar-sweetened beverages (SSBs), fast food, and sweets; and food insecurity by race/ethnicity.

Study Design, Setting, Participants, Intervention: Random sample of Supplemental Nutrition Assistance Program-eligible (130% of federal poverty level) households with children across 30 California counties. Mothers ($n = 7,000$) participated in telephone interviews in 2016.

Outcome Measures and Analysis: Items to assess times per week drinking five types of SSBs were summed. Interviewers also asked about times per week eating fast food and times per week eating sweets. Mothers reported the ease of accessing FV and other healthy foods in their neighborhoods, frequency of having FV available for their families, and food insecurity, assessed by the question, “do you run out of food by the end of the month?” Means were analyzed by ANOVA (with Tukey’s HSD); proportions by chi-square (Bonferroni), all tests $P \leq .05$.

Results: Latinas drank SSBs fewer times, ate fast food less frequently, and reported fewer times eating sweets, compared with Whites and African Americans. Food insecurity was lowest (40.5%) among Latinas and highest (56.6%) for African Americans. African Americans reported lower rates (80.4%) of access to FV in one’s neighborhood than Whites and Latinas (both 86.7%); and a lower rate (87.7%) of neighborhood access to healthy foods than Latinas (93.1%). A smaller proportion of African Americans (57.4%) reported they “every day” or “almost every day” had FV readily available for their families (Whites = 67.8%, Latinas = 65.8%).

Conclusions and Implications: Disparities exist in unhealthful food and beverage intake and FV access between low-income African American and Latina mothers, and food insecurity rates are quite pronounced for African Americans.

Funding: USDA.