P26 Food-Related Decision Patterns Among SNAP Participants in Mississippi

Virginia Gray, PhD, RDN, virginia.gray@csulb.edu, California State University, Long Beach, 1250 Bellflower Blvd, Long Beach, CA 90840; Alisha Hardman, PhD, CFLE, Mississippi State University; Sylvia Byrd, PhD, LD, RDN, Mississippi State University

Background: While food assistance programs in the US have collectively shifted from a primary focus on food provision to include an emphasis on diet quality, insight from program participants may shed light on ways to improve nutritional impacts.

Objective: The objective of the current study was to qualitatively explore food-related decision patterns among SNAP recipients in Mississippi.

Study Design, Settings, Participants: Focus groups (n = 18) were conducted with 127 low-income female caregivers of children under the age of 18. The Health Belief Model was used as a guide to assess food-related decision patterns. Cluster sampling was used to randomly recruit participants from the four regional divisions of Mississippi State University Extension for participation in the study.

Measurable Outcome/Analysis: Audio recorded focus groups were transcribed verbatim and coded by two independent researchers using thematic analysis.

Results: Drivers of food selection among participants often overlapped with barriers to healthy eating. Participants used many strategies to manage food costs and viewed healthy foods as out of reach and quick to perish. Cost, taste preferences, habits, and lifestyle/family factors were primary drivers of food selection and preparation; each of these areas presented barriers to healthy eating. Health issues were most often shared as a driver of food selection once disease was established. Participants reported a variety of strategies used in striving for healthier eating.

Conclusion: SNAP participants in Mississippi report a variety of strategies for managing food costs and striving for healthier eating, while also reporting barriers. Focusing on ways to manage costs of healthy foods, honor taste preferences, and work within lifestyle/family contexts may enhance efforts to support healthy eating in this audience.

Funding: SNAP-Ed.

P27 Fruit and Vegetable Recipes Promoted at a Mobile Farmers' Market in a Food Desert in the District of Columbia Ward 8

Tiffany Johnson-Largent, PhD, LD, RDN, tiffany.johnsonlarge@udc.edu, University of the District of Columbia, College of Agriculture, Urban Sustainability, and Environmental Sciences, 4200 Connecticut Ave, NW, Rm 117, Washington, DC 20008; Lillie Monroe-Lord, PhD, LD, RDN, University of the District of Columbia, College of Agriculture, Urban Sustainability, and Environmental Sciences; Elgloria Harrison, DM, RRT, AE-C, College of Agriculture, Urban Sustainability, and Environmental Sciences

Background: Nutritional-related diseases such as hypertension and diabetes continue unabated in the District of

Columbia Ward 8 whose residents are primarily African Americans. Wards are administrative divisions with approximately 75,000 persons. The District of Columbia Behavioral Risk Factor Surveillance System (BRFSS) Annual Health Report confirmed that fruit and vegetable (FV) consumption were low among African Americans, especially in Ward 8 (Anderson-Morgan, Fett, Jasso, Moten, & Harrison, 2018) May - November 2018 a mobile Farmers' Market was located at the Bellevue Library to provide the residents with access to fresh FV. Recipe tastings and demonstrations were included to demonstrate the ease of preparing produce that was purchased from the Farmers' Market. Six recipes were introduced: pasta veggie salad; 3-bean salad; radish tomato salsa; summer squash salad; tangy savory slaw, and mint citrus water. Data was collected to determine whether residents planned to prepare these recipes at home.

Objective: Three main objectives of this research were: a) determine the frequency of consumption of FV; b) determine the ease of recipe preparation, and c) determine improvement in the health and nutritional status of the residents.

Study Design, Settings, Participants: A five-question survey was administered to 152 attendees at the Farmers' Market located in Ward 8. Results for question two are included here "After tasting this recipe, do you plan to make it at home?"

Measurable Outcome/Analysis: Attendees who tasted recipes during this six-week period, 93% planned to make these recipes at home.

Results: The results of attendees showed that 93% said yes, 5% said no, 2% did not respond, and 1% said maybe.

Conclusion: Nutrition-education and recipes that are tasty and easy to make are key steps in changing behaviors of residents who are at high risk of nutritional-related diseases.

Funding: None.

P28 Qualitative Study: User Experiences with Platano, a Dietary Self-Monitoring App for Underserved Patients with Type 2 Diabetes

Filippa Juul, MSc, New York University; Lena Mamykina, PhD, Columbia University; Amenda Almonte, BA, Stony Brook University; Jhacks Sepulveda, BA, RD, Columbia University; Elizabeth Heitkemper, PhD, RN, Columbia University; Elliot G. Mitchell, MA, Columbia University; Marissa Burgermaster, PhD, marissa.burgermaster@austin.utexas.edu, University of Texas at Austin, 1400 Barbara Jordan Blvd, Austin, TX 78723

Background: Dietary self-monitoring is a key strategy in diabetes self-management and may be facilitated by mHealth. However, smartphone applications are typically designed for high resource audiences and may exacerbate health inequity if they fail to meet user needs in underserved groups.

Objective: We aimed to understand user experiences with a dietary self-monitoring smartphone application

Continued on page S45

P28 (continued)

designed for patients with Type 2 diabetes in a New York City neighborhood with high levels of health disparity.

Study Design, Settings, Participants: As part of the Personal Informatics Technology for Engagement in Community Health (PI-TECH) study, we applied user-centered design to develop Platano, a self-determination theory-based app that promotes self-tracking of diet and blood glucose in diabetes via motivationally-tailored user interfaces. During an ongoing pilot evaluation, we conducted face-to-face, in-depth interviews with English-speaking users ($n=9$, age range = 28-61, 88% female, 89% non-white, 88% household income $< \$20,000$) after using Platano for six weeks.

Measurable Outcome/Analysis: Interviews were recorded and transcribed verbatim; data were managed in NVivo 12. Two authors coded interviews using Thematic Analysis, resolving differences through consensus.

Results: Five themes emerged: a) context: external circumstances (e.g., food insecurity, cultural norms) were central to participants' user experience; b) flexible tool: participants used Platano for both self-discovery and accountability, reporting benefits including learning their personal glycemic response to specific foods and maintaining self-discipline in making dietary choices; c) empowerment: users attributed dietary changes, weight loss, and improved patient-provider communication to Platano; d) individual characteristics (e.g., nutrition literacy, motivation, self-efficacy), and e) in-the-moment barriers (e.g., social pressure) both influenced app usage and diet goal adherence.

Conclusion: Findings suggest Platano was well-received and viewed as a supporting tool for diabetes self-management among underserved urban adults. Further, findings reinforce the need for more comprehensive and personalized solutions to reduce barriers to engaging in dietary behavior change to improve diabetes outcomes.

Funding: Robert Wood Johnson Foundation, National Institute of Health, National Library of Medicine

P29 Role of Seasoning in Vegetable Purchase, Intake, Liking and Intention to Pay for Larger Vegetable Servings

Ly Luu, BS, lyluu2@illinois.edu, Department of Food Science and Human Nutrition, University of Illinois at Urbana-Champaign, 905 S Goodwin Ave, 238 Bevier Hall, Urbana, IL 61801; Joanna Manero, MS, RDN, Division of Nutritional Sciences, University of Illinois at Urbana-Champaign; Soo-Yeun Lee, PhD, Department of Food Science and Human Nutrition, University of Illinois at Urbana-Champaign; Sharon Nickols-Richarchson, PhD, RDN, Department of Food Science and Human Nutrition, University of Illinois at Urbana-Champaign; Karen Chapman-Novakofski, PhD, RDN, Department of Food Science and Human Nutrition, University of Illinois at Urbana-Champaign

Background: Vegetable intake continues to be below recommendations. Preparation strategies may improve vegetable preference/ intake.

Objective: To determine the influence of vegetable seasoning on purchase, intake, liking and intention to pay for larger servings.

Study Design, Settings, Participants: An observational study during two 8-week periods at one university café. Participants included staff, students, and general public. Two vegetables were offered each period: green beans/broccoli (2017); carrots/cauliflower (2018); with options of steamed (ST) or seasoned (SS).

Measurable Outcome/Analysis: Surveys and vegetable waste were collected at meal completion. Survey contained 17 items: five demographic, four on previous vegetable choices, two on lunch habits, one item each on vegetable selected, liking, frequency of eating this vegetable, likelihood of preparing, serving size, cost, and eating frequency at café. Analyses included binomial test, independent T-test, ANOVA, linear regression.

Results: There were significantly more SS green beans ($n=90$ vs $n=44$) $P < .001$, SS broccoli ($n=82$ vs $n=54$) $P = .02$, and SS cauliflower ($n=65$ vs $n=22$, $P < .001$) purchased than ST but no significant difference in SS vs ST carrots ($n=38$, $n=30$). Liking evaluations of preparation methods were high across all vegetables with no preference towards SS or ST (mean = 7.32, range 1-9). All vegetables yielded negligible waste (< 6.5 g/bowl); $>$ half had 0 g waste. Participants were likely to purchase a bigger size (cost the same: 82.1%; cost more: 73.0%). Liking, age, and frequency of eating out were predictors of purchase intent for larger vegetable portions if it cost the same ($R^2 = 0.53$); age and frequency of eating out if it cost slightly more ($R^2 = 0.47$). Costing more or the same fit in both models.

Conclusion: Seasoning was associated with more vegetable purchases for three vegetables. Participants liked the preparation method that they chose, eating most if not all. Results revealed that increased vegetable intake with larger servings may be possible.

Funding: McCormick Science Institute.

P30 Transtheoretical Model-Based Nutritional Interventions in Adolescents: A Systematic Review

Jennifer Nakabayashi, University of Brasilia, Department of Nutrition - Brazil; Giselle Melo, giselle-melo1502@hotmail.com, University of Brasilia, School of Health Sciences, Postgraduate Program in Human Nutrition - Brazil, Darcy Ribeiro University Campus, Asa Norte, Brasília, Federal District Brazil 70910900; Natacha Toral, University of Brasilia, School of Health Sciences, Postgraduate Program in Human Nutrition - Brazil

Background: Literature has shown a tendency of inadequate eating habits among youth, consequently, nutritional interventions are required. The Transtheoretical Model (TTM) classifies individuals based on their readiness to change.

Objective: This work aimed to describe how the TTM was applied to nutritional interventions for adolescents.

Study Design, Settings, Participants: This systematic review followed the recommendations of Preferred Reporting Items for Systematic Reviews and Meta-Analyses. We

Continued on page S46