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.

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

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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

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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

P30 (continued)

searched seven databases for randomized controlled trials and quasi-experimental designs written in English, Spanish and Portuguese that applied the TTM to nutritional interventions targeting adolescents.

Measurable Outcome/Analysis: The primary question was “How was the TTM applied in the nutritional interventions?” The secondary question was “Were these nutritional interventions effective?” Data extraction occurred through the usage of an adaptation of the table model from Melo et al. 2017. That model follows instructions of the Centre for Reviews and Dissemination for Undertaking Reviews in Healthcare. Quality and risk of bias were assessed through a questionnaire, developed by the Effective Public Health Practice Project.

Results: The initial search in seven databases yielded 3,779 results, resulting in 10 final included papers. Adolescents were mostly recruited from schools, and the duration of the studies ranged from a month to three years. Eight interventions had positive results regarding improvements in dietary behaviors or TTM’s measurements. Nine studies assessed stages of change, seven decisional balance, and five of them measured self-efficacy.

Conclusion: The results from assessed studies showed that TTM based nutritional interventions for adolescents are way more effective than those that do not use the model, what is probably because it personalizes the intervention for every participant. This study is useful in the sense that it provides information about the usage of the model for this age group, describing its positive aspects as well as offering alternatives to deal with its weaknesses.

Funding: None.

Food and Nutrition Policy

P31 A Statewide Local Wellness Policy Assessment Finds Marked Improvements Among SNAP-Ed-Supported School Districts

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Background: The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) encourages nutrition and physical activity in districts and schools where over 50% of students receive free-and-reduced-price lunch. In Arizona, the AZ Health Zone implements SNAP-Ed, which includes support for developing, implementing, and evaluating local wellness policies (LWPs).

Objective: To assess changes in written LWPs among SNAP-Ed-participating districts across Arizona.

Study Design, Settings, Participants: The AZ Health Zone developed a scoring system using the WellSAT 2.0 tool to measure the quality of written LWPs and encourage use of findings among partner districts. From October 1, 2015 to September 30, 2016, local SNAP-Ed agencies in

13 Arizona counties submitted 57 LWPs and received back scores and customized recommendations to share with districts. LWPs from the same districts were scored again between October 1, 2017 to September 30, 2018 to assess changes.

Measurable Outcome/Analysis: We completed the six-section WellSAT 2.0 to generate scorecards for each LWP. Scorecards included section and total scores for comprehensiveness and strength, from 0 (worst) to 100 (best). We used the paired t-test to compare scores across time, and we explored changes in scores as they related to SNAP-Ed interventions, federal requirements, and state administrative reviews.

Results: From 2016 to 2018, total comprehensiveness and strength scores increased significantly (comprehensiveness: $M = 12.33$, $SD = 16.05$, $P < .0001$, 95% CI [8.07, 16.59]; strength: $M = 13.58$, $SD = 15.91$, $P < .0001$, 95% CI [9.36, 17.80]). Improvements were also found for comprehensiveness across each section except Nutrition Education, where the pre-score was already high, and for strength across all sections. The most notable increases were in Implementation, Evaluation, and Communication (comprehensiveness: $M = 16.59$, $SD = 20.97$, $P < .0001$, 95% CI [11.03, 22.16]; strength $M = 22.33$, $SD = 26.75$, $P < .0001$, 95% CI [15.24, 29.43]).

Conclusion: Written LWPs in Arizona’s SNAP-Ed-supported school districts have improved in recent years. SNAP-Ed interventions may have worked synergistically with state administrative reviews and federal LWP guidelines to influence improvements. Further research is needed to understand these interrelationships.

Funding: SNAP-Ed.

P32 Five Tips for Large-Scale Assessment of School Wellness Policies Using the WellSAT Scoring System

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Background: The AZ Health Zone administers Arizona’s SNAP-Ed program. Our multi-year, statewide evaluations follow national evaluation standards, including accuracy and utility. The Rudd Center for Food Policy & Obesity developed the WellSAT to measure the quality of written LWPs, in consultation with an advisory board. The WellSAT has been updated twice to reflect changes to national regulations from the Healthy, Hunger-Free Kids Act.

Continued on page S47