P52 (continued)

Study Design, Settings, Participants: This study was conducted in three senior living centers in Indiana with one site set as the control. Subjects for this study were male and female individuals who were ≥ 60 y old. Implementation of the pilot-tested, PSCE nutrition education curricula was utilized. Six lessons were administered over six weeks immediately following the senior congregant lunch. Knowledge and intent to change eating behavior tests were administered after the lesson plan, and at the conclusion of the intervention.

Results: Sixty two participants (49% male/female) with a mean age range of 70-79 y completed the study, and 63% indicated they had at least one chronic condition. Wilcoxon Signed Rank indicated a significant improvement in nutrition knowledge of participants who completed the post intervention test ($z = -2.56$, $P = .01$). One-way ANOVA indicated that after the grains lesson plan, the intervention participants ($N = 32$) intent to change behavior as reported in "I will eat ≥ 3 oz of grain/d next month" was significant, $P = .05$.

Conclusion: There was a significant improvement in knowledge change. Intent to change behavior was significant after the grains intervention, but not after the other five lessons. Some seniors indicated older age > 85 y was a barrier to change since they "made it that far." Designing interventions for seniors needs to be age specific targeting younger seniors for behavior change.

Funding: Ball State University.

P53 Awareness and Perceptions of Maine SNAP-Ed Among Maine SNAP Recipients

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Background: Contracted by the State of Maine—DHHS Office for Family Independence (OFI), Altarum has served as the external evaluator for Maine Supplemental Nutrition Assistance Program-Education (SNAP-Ed) since 2013.

Objective: Assess awareness, perceived value, and barriers to accessing Maine SNAP-Ed direct education classes among Maine SNAP recipients.

Study Design, Settings, Participants: Altarum conducted a cross-sectional telephone survey using a list of adult Maine SNAP recipients provided by the State of Maine—DHHS OFI.

Measurable Outcome/Analysis: Respondents were asked about awareness, perceived value, and barriers to participation in Maine SNAP-Ed direct education classes. Results were weighted to reflect characteristics of Maine SNAP recipients. Descriptive statistics and 95% confidence intervals were calculated to identify significant differences between groups.

Results: Approximately half of Maine SNAP recipients (49%) were aware of Maine SNAP-Ed. Many SNAP recipients (45%) learned about SNAP-Ed classes through other

assistance programs (e.g., WIC). A majority (61%) recognized one or more of Maine SNAP-Ed's direct education classes by name. Only 7% of SNAP recipients had taken a Maine SNAP-Ed direct education class. However, most SNAP recipients (72%) were "somewhat" or "very interested" in learning how to eat healthy. Those who had taken a Maine SNAP-Ed class reported that the program helped them plan healthy meals for themselves and their family (96%), try a new recipe (91%), and think about making healthier food choices (91%). Barriers to participation mentioned by those who had not taken a Maine SNAP-Ed class included: being unaware that nutrition education classes were offered (52%), difficulty with the locations (43%), disbelieving classes would change behaviors (40%), and being too busy (35%). Approximately 4 in 10 who had not participated (41%) were uninterested in taking a nutrition education class.

Conclusion: The majority of Maine SNAP recipients were aware of SNAP-Ed and interested in learning to eat healthy. Maine SNAP-Ed may be able to increase program participation by addressing identified barriers.

Funding: SNAP-Ed.

P54 Outcome Evaluation of the University of Tennessee Extension Farmers' Market Fresh Nutrition Education Program

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Background: In 2015, University of Tennessee Extension (UT Extension) piloted the nutrition education program Farmers' Market Fresh (FMF) with a primary objective of encouraging fruit/vegetable (FV) consumption by limited-resource families through purchases at farmers' markets. FMF is funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and has since been expanded to over 30 markets statewide.

Objective: To measure the effectiveness of FMF among limited-resource families.

Study Design, Settings, Participants: Altarum conducted an outcome evaluation to assess exposure, changes in attitudes and behavior, and demographics. Adults were surveyed at SNAP-Ed eligible farmers' markets with FMF (intervention) and without FMF (comparison) in July and August 2018.

Measurable Outcome/Analysis: Descriptive statistics described the sample and outcome variables. Confidence intervals estimated associations between FMF and outcomes.

Multivariate logistic regression models were conducted to determine the impact of FMF on outcomes, controlling for demographic characteristics.

Results: A total of 382 surveys were completed; 211 intervention and 171 comparison. Intervention respondents

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