P169 Food Access Information and Nutrition Education Needs Assessed by College Student Key-Informants

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Background: Recent reports indicate widespread food insecurity among college students. More than 50% of students attending a university campus, located in the California's Central Valley, reported having experienced food insecurity. Underrepresented minority students and their intersections are disproportionately affected. Resources to increase access to nutritious food have been made available by the University, yet some resources are consistently underutilized.

Objective: Explore information and educational needs on food resources available to students in a food insecure university campus from the perspective of student key-informants.

Study Design, Settings, Participants: Focus groups with representatives of student organizations serving demographic categories at most risk of food security are being conducted.

Measurable Outcome/Analysis: Information being collected through qualitative inquiry include: awareness of available food resources; barriers and facilitators to accessing resources; and group-specific information and educational needs to improve food access and nutrition literacy.

Results: Four focus groups with a total of nine key-informant students have been conducted to date. Preliminary results indicate information sharing through social networks appears paramount to utilizing available resources, as it is the convenience of using such resources (eg, food pantry, educational workshops), especially in light competing academic demands. Nutrition education is consistently mentioned as wanted, yet not stated as a priority that students would actively pursue.

Conclusion: Solutions to improve food availability and accessibility should be student-driven, targeting those most vulnerable to food insecurity. Food environment changes coupled with relevant information and educational campaigns can aid in effectively alleviating food insecurity among college students.

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P170 Four-Week Nutrition Education Series Associated with Improved Dietary Behaviors and Confidence Among SNAP-Eligible Mainers

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Background: Ten Tips for Adults (10 Tips) was developed by the University of New England, implementing agency for Maine Supplemental Nutrition Assistance Program-Education (SNAP-Ed). 10 Tips comprises two independent four-session nutrition education series: Series A focuses on MyPlate while Series B focuses on eating better on a budget. Altarum was contracted by the State of Maine—DHHS Office for Family Independence to evaluate 10 Tips.

Objective: To assess changes in dietary behaviors and cooking and purchasing foods on a budget among participants in 10 Tips.

Study Design, Settings, Participants: The target audience is Maine adults eligible for SNAP benefits. A retrospective pre/post survey was administered to 10 Tips participants after the last class.

Measurable Outcome/Analysis: The survey assessed dietary behaviors and confidence cooking and purchasing foods on a budget before and after participation in 10 Tips. To estimate significant changes, Wilcoxon signed rank tests and z-tests with Bonferroni correction were used. Longitudinal modeling assessed the association between number of sessions attended and outcomes.

Results: Respondents significantly improved consumption of fruit, vegetables, low-fat and skim dairy products, whole grains, and sweets after participating in 10 Tips ($P < .01$ for each food group). Respondents' consumption of sugar sweetened beverages (SSB) decreased ($P < .001$) and water increased significantly ($P < .001$). Likelihood of using MyPlate when preparing and serving food ($P < .001$), frequency of using 'Nutrition Facts' labels ($P < .001$), and comparing unit prices when shopping for food ($P < .001$) increased significantly after participation. Confidence buying ($P < .001$) and cooking ($P < .001$) healthy foods on a budget also significantly improved. Completion of all four 10 Tips sessions was associated with improved vegetable ($P = .01$) and SSB consumption ($P = .03$), and frequency of using 'Nutrition Facts' labels ($P = .01$).

Conclusion: Respondents significantly increased consumption of healthy foods and water, decreased consumption of SSB and sweets, and improved skills in buying and preparing healthy foods on a budget after participation in 10 Tips.

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P171 A Follow-Up Outcome Evaluation of Alabama SNAP-Ed's Social Marketing Campaign

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