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population derived from National Health and Nutrition Examination Survey (NHANES). Study participants surveyed for sodium intake (mg/day) and physical examinations were conducted where systolic and diastolic BP were recorded.

Inclusion criteria included adults age 18-55 years. Our dataset contained 29,404 participants; of these, 11,441 participants met our inclusion criteria and constitute our study sample (2,424 missing data). Amongst these, 5,529 (48.33%) were men and 5,912 (51.67%) were women. In our study sample, the mean age was 35.90 (SD=11.25). Our study sample constituted 16.05% Mexican Americans, 9.92% other Hispanics, 38.60% Non-Hispanic White, 21.70% Non-Hispanic Black, and 13.73% other Race - including Multi-Racial.

Measurable Outcome/Analysis: Exposure variable is the consumption of sodium (mg per day). Outcome measure is average systolic and diastolic BP results collected from participants. Spearman Correlation along with regression analysis to quantitatively define the strength of association between sodium consumption vs systolic and diastolic BP.

Results: Mean sodium intake 3057.04 mg (SD 1688.58, IQR 1945). Mean systolic BP 118.42 mmHg (SD 18.36, IQR 22.0) and mean diastolic BP 65.78 mmHg (SD 14.98, IQR 17.33). No statistically significant correlation and linear relationship found between sodium intake and systolic BP or sodium intake and diastolic BP in both men and women.

Conclusions: There is no association between dietary sodium intake and systolic BP and diastolic BP. This may be due to the size of our sample, use of medications and the fact that the sodium intake was only based on 1 day. Average daily sodium intake was noted to be higher than the recommended daily allowance of 2300 mg/day.

Funding: None.

P8 Successful Reintroduction of Landrace Orange Maize in Rural Malawi is not Dependent on Understanding Nutritional Advantages

Aliza Stark, PhD, RD, aliza.stark@mail.huji.ac.il, The Hebrew University of Jerusalem, Robert H. Smith Faculty of Agriculture, Food and Environment, Institute of Biochemistry, Food Science and Nutrition, School of Nutritional Sciences and The International School of Agricultural Sciences, PO Box 12, Rehovot, ISRAEL, 76100; Alex Katola, MS, The Hebrew University of Jerusalem, Robert H. Smith Faculty of Agriculture, Food and Environment, Institute of Biochemistry, Food Science and Nutrition, School of Nutritional Sciences, Rehovot, ISRAEL; Victoria Ndolo, PhD, University of Malawi, Chancellor College, Zomba, Malawi; David Tembo, PhD, University of Malawi, The Polytechnic, Blantyre, Malawi; Mangani Katundu, PhD, University of Malawi, Chancellor College, Zomba, Malawi

Background: Orange maize, rich in carotenoids, is a possible sustainable solution for combating Vitamin A deficiency and reducing dependence on fortification. The

ProFarmer project in Malawi has successfully re-introduced landrace orange maize (MW5021) to replace or complement white hybrid varieties in over 2000 farms.

Objectives: This study was designed to determine the acceptability of foods made with orange maize in children and to assess the knowledge, attitudes and behaviors (KAB) of women in farming families that currently grow orange maize.

Study Design, Setting, Participants: Organoleptic evaluation of white and orange maize food products was carried out in school age children (n=160) of ProFarmer families living in the Dedza and Thyolo Districts. Additionally, a cross sectional study was completed in female household members (n=336) living on farms that produce orange maize. Participants were interviewed regarding reintroduction of orange maize and diet quality was assessed.

Measurable Outcome/Analysis: Acceptability of orange maize food products was determined using a 7-point hedonic scale. Women's responses to questionnaires were used to determine nutritional knowledge regarding orange maize. A Minimum Dietary Diversity questionnaire (MDD-W) evaluated diet adequacy. Independent t tests and Chi square tests were performed where appropriate.

Results: Organoleptic testing of orange maize porridges by children indicated high levels of acceptance. Survey results showed positive attitudes towards the orange maize with 75-85% of households consuming the product. However, only 32% of the women understood its nutritional benefits. Dietary Diversity scores, a proxy for nutrient adequacy, were low with only 34% of women consuming a sufficiently diverse diet.

Conclusions: Despite low levels of nutritional knowledge, landrace orange maize is well accepted by both children and adults in rural Malawi and is an option for increasing dietary sources of provitamin A. Nutrition education emphasizing the advantages of eating carotenoid-rich foods and expanding diet diversity are recommended.

Funding: Pears Foundation, UK; The International School of Agricultural Sciences - Hebrew University

P9 Exploring Parental Beliefs and Practices Towards Sugar-Sweetened Beverage Intake in Young Children

Christen Cupples Cooper, EdD, RDN, ccooper3@pace.edu, Pace University, College of Health Professions, 861 Bedford Rd, L23, Pleasantville, NY, 10570; Angela Northrup, PhD, RN, FNP, Pace University, College of Health Professions; Michelle Iannacchino, BS, Pace University, College of Health Professions

Background: High sugar-sweetened beverage (SSB) intake during childhood is a major risk factor for obesity and other adverse health outcomes. SSB include drinks with added sugar such as soda, fruit and sports drinks, flavored teas, and milk. SSB are high-calorie, low-nutrient, and major sources of added sugar. Nearly half (47%) of

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U.S. children aged 2-5 consume at least 1 SSB daily, with considerable variation by demographics.

Objective: To explore SSB-related beliefs and practices among a sample of low-income, urban parents of young children.

Study Design, Setting, Participants: Fifteen English language interviews were conducted with parents of children aged 2-5 at a family health clinic in Peekskill, New York. Interviews were recorded, transcribed, and analyzed for major themes using standard qualitative methods.

Measurable Outcome/Analysis: Several themes emerged: few parents expressed clear knowledge of or had discussed SSB with their child's health care provider; participants who could not explain the difference between 100% juice and fruit drinks tended to serve SSB more frequently and in higher quantities; nearly all participants believed that products labeled "natural" or "all natural" were healthful; most parents named low cost and children's preferences/nagging as reasons they serve SSB; and WIC participants believed juice was healthful because it can be purchased with vouchers.

Results: Parents who serve SSB may lack consistent, reliable information from physicians and health authorities. They may be misled by labels and influenced by cost and pressure from their children.

Conclusions: Lowering SSB consumption has the potential to reduce calorie intake, improve diet quality, and reduce obesity risk in young children. Consistently employing recommended SSB screening protocols during well-child visits is one practical preventive approach. Changes to product labeling, improving public education about and taxing SSB may also help reduce intake.

Funding: None.

P10 Blended Learning: Use of Instructional Videos in an Undergraduate Food Preparation Lab

Georgia Jones, PhD, gjones2@unl.edu, Nebraska Extension, 119D Ruth Levertton Hall, Lincoln, NE, 68583; Lauren Rathman, MS, Grand Island Public Schools

Objective: The goal of this research study was to determine if supplemental, instructional videos would be beneficial in teaching scientific concepts and preparation procedures in a sophomore introductory foods class.

Use of Theory or Research: Students no longer enter college with basic food knowledge and are therefore not prepared to understand the science of food. Observation from instructors and researchers support this. Knowledge of food is essential in preparing nutrition and dietetic students to be competent in their careers.

Target Audience: College students enrolled in an introductory foods class.

Course/Curriculum Description: Scientific Principles of Food Preparation is taught at a 4-year university. It consists of a 1-hour laboratory and a 3-hr lecture. Fifteen instructional videos focusing on the science and preparation of food were developed to help students build

foundational knowledge. The videos were no more than 4 minutes in length. This study consisted of 2 classes. One class served as the experimental group, while the other served as the control. The experimental group viewed the videos before conducting experiments, completing pre-lab quizzes, and lab reports. The control group viewed the videos after conducting experiments, completing pre-lab quizzes, and lab reports. There were 15 students in each group.

Evaluation Methods: Students' pre-lab quizzes and lab reports were graded as usual. The averages for the pre-lab quizzes, lab reports, and the final grades were compared. Data was analyzed using Analysis of Variance (ANOVA).

Results: There was a significant difference ($P < .05$) in the pre-lab quiz and lab report, and final class grades between the control and experimental group. The experimental group scored significantly higher on all measures.

Conclusions: As evidenced by the grades for both groups of students, the ability to view the videos before the start of lab did improve learning. Students who read the lab manual and viewed the videos were exposed to the same material twice. Developing videos may be one way to help nutrition students understand scientific concepts of food preparation.

Funding: None.

P11 Nutrition Insights on Dietary Preferences and Challenges From Lower SES Adults with Heart Failure

Deborah Schnur, PhD, MPH, schn0447@umn.edu, University of Minnesota, Division of Epidemiology and Community Health, 1300 South Second St, Minneapolis, MN, 55454; Lisa Harnack, DPH, RD, University of Minnesota, Division of Epidemiology and Community Health

Background: Only a limited number of studies have investigated challenges heart failure (HF) patients face in adhering to dietary recommendations for HF management, and none have focused on racially diverse, lower socioeconomic status (SES) populations at high risk for adverse outcomes.

Objective: The objective of this study was to explore and understand the dietary preferences and challenges of older, lower SES adults with HF.

Study Design, Setting, Participants: We conducted an exploratory, qualitative study using structured telephone interviews. Convenience sampling was used to recruit 21 adults with HF, aged 50 years or older, from the Minneapolis-St. Paul metropolitan area.

Measurable Outcome/Analysis: Responses to open-ended questions about participants' experiences managing their diet, grocery shopping, and cooking were analyzed from interview audio recordings using thematic analysis. Responses to closed-ended questions, including those about demographics and health and nutrition characteristics, were analyzed using descriptive statistics.

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