P20 (continued)

Study Design, Setting, Participants: This review is reported in accordance with PRISMA guidelines. Five databases were searched for peer-reviewed articles, and additional publications were hand-searched or provided by experts in the field. Studies were sought from October 1, 2010, until December 31, 2018.

Measurable Outcome/Analysis: Studies which included a nutrition promotion in retail stores located in a low-income rural or urban community were included if they provided a quantitative outcome evaluation regarding the impact of the intervention(s). Intervention data was extracted and classified based on the MINDSPACE framework. Store level approaches including manager and staff training, store incentives, and/or store modifications were extracted. Two reviewers independently assessed the methodological quality of the studies using the EPHPP's Quality Assessment for Quantitative Studies.

Results: Peer-reviewed data from 43 publications (19 rural and 24 urban) was extracted representing 38 healthy retail programs in the US, Canada, Europe, New Zealand, and Australia. Preliminary results show 192 (82 rural and 110 urban) MINDSPACE interventions were implemented. Excluding norms, interventions were implemented in descending frequency as follows: salience, priming, commitment, incentives, ego, messenger, affect, and defaults. Rural interventions included a messenger that was unique to the community and appealed to the consumer's emotions more often than urban interventions. Of the 17 programs which reported staff and storeowner training, 12 were in low-income urban areas.

Conclusions: More research is needed to identify interventions, essential equipment, and training needs of managers and staff in low-income rural stores.

Funding: Supplemental Nutrition Assistance Program - Education.

P21 Low-Income Older Adults' Salient Beliefs Regarding Whole Grain Consumption: A Qualitative Approach

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Background: Given the known health benefits of whole grains (WG) in promoting overall health, as well as the low intake of WG products by low-income older adults, there is a need for developing effective health promotion programs targeting low-income older adults promoting WG consumption

Objective: To gain an in-depth understanding of low-income older adults' underlying beliefs regarding WG consumption using the Theory of Planned Behavior (TPB) as a framework.

Study Design, Setting, Participants: In this qualitative study, interview questions regarding WG consumption

were structured according to the TPB constructs (behavioral, normative, and control beliefs). The setting was 2 congregate meal sites located in Tuscaloosa, AL. A convenience sample of 25 low-income older adults, 60 years of age and older, participated in this study.

Measurable Outcome/Analysis: Individual interviews were audio-recorded, transcribed verbatim, and cross-checked for consistency. Content analysis was used to identify themes pertaining to the TPB constructs in addition to other prevalent themes.

Results: Participants believed WGs were nutritious and had health benefits, but disliked sensory qualities, perceived higher cost, and longer cooking time. Participants also believed healthcare professionals and family would support WG consumption. Facilitators to WG consumption included knowledge of nutritional and health benefits, WG preparation skills, social support, availability and accessibility, and grocery shopping assistance. Barriers to WG consumption included cost of WGs, age-related physical changes such as chewing and swallowing, lack of motivation to prepare WG, and nutrition-related knowledge deficits.

Conclusions: Findings from this study provide strategies for nutrition education programs to promote increased WG consumption by low-income older adults, ultimately influencing the health status of this population.

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P22 Prevalence of and Characteristics Associated with Food Security Status Among International College Students

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Background: The majority of studies on food insecurity among US college students show higher prevalence rates than the general population. Past studies have looked at characteristics associated with food security status among US college students, but have not focused specifically on international students.

Objective: To estimate the prevalence of and identify characteristics associated with food insecurity among international students at the University of North Carolina at Chapel Hill.

Study Design, Setting, Participants: This cross-sectional study used data from 263 international students attending the University of North Carolina at Chapel Hill who completed an online survey in October and November of 2016.

Measurable Outcome/Analysis: Food security status was assessed using the 10-item US Adult Food Security Survey Module and students were categorized as having high food security, marginal food security, or food insecurity. Self-reported demographics and other student

Continued on page S26