P37 (continued)

Background: Peer-led nutrition education programs have been effective in improving dietary adherence among adults. Few studies, though, have focused on the participants' perceptions of peer-led programs and their intention to consume nutritious foods.

Objective: To identify campus community members' perceptions of peer-led teaching abilities and intentions to prepare the plant-based cooking demo recipes.

Study Design, Setting, Participants: Based on constructs from the Social Cognitive Theory and Peer-led teaching principles, 1-hour cooking demonstrations that were offered once per month for 4 months were developed and conducted at a Southern university. Peer leaders (n = 4 dietetic students, 3 undergraduate and 1 graduate) prepared 3 plant-based dishes and incorporated an interactive learning component with participants (n = 32, 41% college students). Participants rated their perceptions and intention to prepare the recipes using a validated 5-item Likert scale and responded to 4 open-ended questions about the demos.

Measurable Outcome/Analysis: The scale items included teaching abilities of the peer leaders and intent to prepare the recipes. The open-ended responses included knowledge gained, strengths, and improvements of the cooking demonstrations. Frequencies from the Likert-scale items were analyzed using SPSS version 25. Main themes were identified from the open-ended responses using the content-analysis method.

Results: All participants agreed that the cooking demonstrations were easy to understand and 93.8% agreed that the peer leaders were confident and knowledgeable. Over 62% of participants reported their commitment to prepare the recipes and 56% were very committed to learn more about preparing plant-based foods. As reported, strengths of the demonstrations included the discussions about the nutritional value of the ingredients and the details in various food preparation techniques. Participants indicated they would have liked more hands-on opportunities.

Conclusions: This pilot study showed that participants perceived the peer-led cooking demos as effective and they enhanced some of the participants' intentions to prepare plant-based food recipes. A hands-on component in this cooking demo might be useful for more of the participants to prepare plant-based foods.

Funding: None.

Nutrition Across the Life Cycle

P38 Passive Commuting is Associated with Weight Status of Emerging Adults

Rimi Afroze, BS, CMPT, Department of Social and Health Services; Jose G. Mora-Almanza, Bachelor of Medicine, University of Guadalajara; Charvi Gulati, BS, Kwantlen Polytechnic University; Vidhi Thakkar, PhD, Kwantlen Polytechnic University; Karen M. Davison, PhD, RD, CHES, karen.davison@kpu.ca, Kwantlen Polytechnic University, 12666 72 Ave, Surrey, BC, Canada, V3W 2M8

Background: Weight gain among emerging adults is associated with later-life obesity and non-communicable disease (NCD). Time spent in passive commuting may be a contributing factor; however, this has received limited investigative attention.

Objective: To examine the association between passive commuting times and weight status in post-secondary students.

Study Design, Setting, Participants: Analysis of cross-sectional health assessment data from post-secondary students (n = 374; 17-26 years) was conducted.

Measurable Outcome/Analysis: The outcome variable, BMI, was dichotomized as 18.5-24.9 and ≥ 25 kg/meter-squared. The exposure of interest was average time/week spent in passive commuting. Covariates included age, sex, ethnicity (Caucasian, non-Caucasian), living situation (with someone or living alone), sedentary activities (hours/week watching television + computer time >26 hours = excess), and overall wellness measured by the National Wellness Institute's TestWell Wellness Inventory (scores dichotomized: excellent/good and needs improvement). Bivariate and binary logistic regression analyses examined associations between weight status and passive commuting while adjusting for all covariates.

Results: Most participants were female (80.3%), between 18-19 years (56.7%), non-Caucasian (63.3%), lived with others (87.4%), had excellent/good wellness scores (67.9%), spent >26 hours/week doing sedentary activities (58.6%), and had BMIs within the healthy range (77.3%). Passive commuting times ranged from 1.5 to 40 hours/week. Average commute times significantly differed between those with BMIs within the healthy range and above ($t = 2.315$, $P = .021$). Based on multivariable analysis, for each additional hour of weekly commute time, the likelihood of being within the healthy BMI range was reduced by 3% (aOR = 0.97, 95% CI = 0.95-0.99, $P = .015$).

Conclusions: Strategies to increase active commuting (eg, biking) in emerging adults may help in healthy weight management as well as prevent or delay later life obesity and NCD.

Funding: Professional Development Fund.

Nutrition Education Program Design Implementation and Evaluation

P39 Culturally Adapting Nutrition Education in a Food Pantry Setting

Laura A. Guerra, EdD, MS, CHES, MBA, LGuerraNYC@gmail.com, Teachers College, Columbia University, 525 West 120th St, New York, NY, 10027; Katherine J. Roberts, EdD, MPH, MCHES, Teachers College, Columbia University; Sara Soyeju, RD, MAPP, Common Food Pantry; Shanna Beirsto, BS, Common Food Pantry; Chialing Yang, EdD, Teachers College, Columbia University; Alexia Wiegandt-Rohde, BS, Teachers College, Columbia University; Xinyi Li, BS, New York University

Continued on page S34