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

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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

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P39 (continued)

Objective: A large urban food pantry explored ethnic group perceptions of its nutrition education program, and associated changes in participant nutrition and health behaviors.

Use of Theory or Research: The theoretical framework for the program is Social Cognitive Theory, which considers the social environment and participant self-efficacy.

Target Audience: Low-income English-, Spanish-, and Chinese-speaking participants who frequent the nutrition education program.

Program Description: The 6-session program provides hands-on learning activities, including cooking demonstrations. Sessions are translated and presented in multiple languages.

Evaluation Methods: A focus group protocol was developed, translated, and implemented with 6 groups (1 English-speaking, 2 Spanish-speaking, and 3 Chinese-speaking) with a total of 56 past nutrition education program participants. Findings were summarized and then compared across ethnic groups. Separately, pre- and post-program data from nutrition education classes ($n=181$) implemented in the prior 2 years was analyzed using a repeated measures analysis of variances.

Results: Focus group participants reported few barriers and agreed on their preference to combine a pantry visit with class attendance. Participants from all ethnic groups preferred to attend nutrition education programming with friends, however only the Chinese speaking groups made a point of coming with their friends. They reported increased consumption in the amount and variety of fruits and vegetables, as well as increased use of food labels prior to purchase. The analysis of the survey data from the prior 2 years confirmed participants had made significant changes ($P < .01$) in 5 areas: they increased the number of servings of fruit and vegetables, the variety of fruits and vegetables, and how often they read beverage labels to see if it had added sugar.

Conclusions: Results suggest that a nutrition education program, when adapted for language and culture, can assist different ethnic groups in building their capacity in health literacy and making positive health behavior changes. Results also indicate there is an opportunity to deliver more nutrition education when classes are offered in conjunction with a food pantry visit.

Funding: USDA NYS SNAP-ED.

Nutrition Across the Life Cycle

P40 Nutrition and Other Wellness Indicators are Associated with Healthy Weight Status in Emerging Adults

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Background: Adult obesity is a complex multi-factorial condition that is associated with weight gain in emerging adulthood. Currently, there is limited understanding about all of the biopsychosocial contributors to weight status in emerging adulthood.

Objective: To examine the association between various wellness dimensions and weight status in emerging adults.

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

Measurable Outcome/Analysis: The outcome, BMI, dichotomized as 18.5 to 24.9 and ≥ 25 kg/meters-squared. The independent variables included the 10 wellness dimensions of the National Wellness Institute's TestWell Wellness Inventory: physical fitness, nutrition, self-care and safety, emotional wellness, social awareness, emotional awareness and sexuality, emotional management, intellectual wellness, occupational wellness, and spiritual wellness. Scores for each of the wellness dimensions were categorized as excellent/good (30-50) and needs improvement (<30). Covariates included age, sex, ethnicity (eg, Caucasian and non-Caucasian), and living situation (eg, with someone or living alone). Bivariate and binary logistic regression analyses were applied to examine associations between weight status and the dimensions of wellness while adjusting for all covariates.

Results: Most participants were in their first year of post-secondary studies (72%), female (80.3%), had healthy body mass index (BMI) status (77.3%), were non-Caucasian (63.3%), and lived with others ($n=327$, 87.4%). Bivariate analysis indicated that average BMI significantly differed by emotional awareness and sexuality categories ($t = -2.99$, $P = .003$). Based on logistic regression analysis, the likelihood of healthy BMI was increased when scores for nutrition ($aOR = 2.3$, 95% CI = 1.05-5.02, $P = .037$), emotional awareness and sexuality ($aOR = 2.68$, 95% CI = 1.07-6.74, $P = .036$), and occupational wellness ($aOR = 2.07$, 95% CI = 1.02-4.19, $P = .044$) were higher.

Conclusions: Integrated efforts that target nutrition, relationships, and work-life balance may help with healthy weight maintenance in emerging adults.

Funding: MITACS; Professional Development Fund.

Nutrition Education Program Design Implementation and Evaluation

P41 Exploring the Stigma of Childhood Food Insecurity in Appalachia

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