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.

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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.

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Nutrition Education Program Design Implementation and Evaluation

P41 Exploring the Stigma of Childhood Food Insecurity in Appalachia

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