P55 (continued)

implementation, successful program strategies, program challenges, and future program needs.

Study Design, Setting, Participants: All program directors of Supplemental Nutrition Education Program – Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP) programs in the US were invited to complete an online Qualtrics survey.

Measurable Outcome/Analysis: SPSS was used to run descriptive statistics on the quantitative variables; grounded theory was used to explore the qualitative data.

Results: Forty-one participants from 36 states responded to the survey. Thirteen directors from 12 states reported implementing no programs targeted at refugees in the past year. Twenty-eight directors from 24 states reported implementing at least 1 program targeted at refugees in the past year. The average number of programs reported by states that had at least 1 program was 4. Directors ranked the efficacy of the programs they implemented from 0-100% effective. The average efficacy of programs was 75.8 (range 20 – 100; SD 17.6). Hands-on, skill-based learning such as gardening, cooking classes, grocery store tours, and tasting experiences emerged as a main theme of successful programs. Language and cultural issues including the need for translation in multiple languages and culturally sensitive curriculum emerged as main themes of challenges to successful programs.

Conclusions: Extension programs provide nutrition education to refugees in many states. Future programs aimed at helping refugees to healthfully adapt to their new food environments should provide culturally sensitive opportunities for skill-based learning.

Funding: Utah State University Extension.

P56 “We are Suffering”: Perceptions of Adults Living with HIV in Abeokuta, Nigeria on Their Food Intakes

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Background: Nigeria is still one of the most affected countries in the world with the global burden of HIV/AIDS. Presently, there seems no published research in Nigeria that explored perceptions of adults living with HIV (ALH) in Abeokuta, Nigeria on factors affecting their food intakes.

Objective: To explore perceptions of adults living with HIV (ALH) in Abeokuta, Nigeria on factors affecting their food intakes.

Study Design, Setting, Participants: Phenomenological in-depth interview in a qualitative domain with 20 ALH in Abeokuta taking part in an exploratory study that aimed to develop, implement a theory guided nutrition education program (NEP) and to evaluate the program's impact on the quality of life (QoL), nutrition knowledge attitude

and practices (KAP), and dietary quality (DQ) of ALH who attended the Federal Medical Center (FMC) and Ijaye State Hospital (ISH) in Abeokuta, Nigeria. Participants were interviewed in focus group discussions (FGDs) on their perception of their food intakes.

Measurable Outcome/Analysis: Thematic framework was used for the data analysis.

Results: Findings show that nutrition intervention was not part of the ongoing intervention program in Nigeria, and participants' direct quotes also confirmed that they received very limited nutrition supports from the government. The Nigerian government initiatives of providing highly active antiretroviral therapy (HAART) to relieve mortality rates associated with HIV, to improve health status and QoL were also perceived inadequate for positive living. Participants perceived one of the ways to manage common HIV/AIDS related symptoms, especially diarrhea, was by complete abstinence from vegetables intake. This suggested a need for NEP.

Conclusions: The results of this study indicated that an NEP tailored to the needs of ALH (such as guidelines on good nutrition with limited resources, planning a well-varied meal, dealing with barriers to healthy eating, and tips on dietary diversity and adherence to HAART) may be needed to help slow disease progression of AIDS, leading to an improved QoL.

Funding: None.

P57 Coalition-Based School Gardening and Nutrition Education through SNAP-Ed

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Objective: To implement coalition-based gardening and nutrition education with tasting activities to increase willingness to eat fruits and vegetables to address youth obesity rates.

Use of Theory or Research: Studies show children are more likely to eat fruits and vegetables when they participate in growing and harvesting. Increased intake of fruits and vegetables has been shown to be associated with reduced risk of weight gain and overweight or obesity. A plan was created to use gardening and nutrition education with tasting activities to increase willingness to eat fruits and vegetables.

Target Audience: Students in SNAP-Ed eligible schools.

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Program Description: University of Arkansas, Division of Agriculture, Cooperative Extension Service (UACES) and Cleveland County Childhood Obesity Prevention Committee collaborated to implement nutrition and gardening education with tasting activities to encourage increases in student willingness to consume fruit and vegetables in 2 school districts. Arkansas Farm Bureau funded raised beds for each elementary grade. Master Gardeners helped with installation. UACES provided Whole Kids Foundation School Garden Lesson Plans. UACES Agriculture and FCS Agents developed Constant Contact newsletters for teachers containing schedules, recipes, photos, and success stories. UACES assisted with hands-on education in the garden. School cafeteria staff implemented UACES Arkansas Foods curriculum, which provides lessons, tasting activities, and parent newsletters for Arkansas-grown foods. Students planted strawberries, cabbage, sweet potatoes, tomatoes, zucchini, cucumbers, and more. At 1 school, students grew more than 300 pounds of sweet potatoes, cured, and tasted them in the cafeteria.

Evaluation Methods: Students completed tasting surveys. Teachers were surveyed on student behaviors.

Results: Eighty percent of students surveyed reported liking sweet potatoes they tasted. Teacher surveys show 72% reported increased student willingness to eat fruits and vegetables.

Conclusions: Students increased willingness to eat fruits and vegetables, based on student tasting surveys and teacher observation of student behavior. Programming will continue in future years to sustain behavior change, with the goal of decreasing obesity rates.

Funding: Supplemental Nutrition Assistance Program - Education.

P58 Healthy Eating and Staying Active as We Age Curriculum: Pilot Initial Efficacy

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Objective: To assess changes in nutrition, physical activity, food safety, and food resource management practices as a result of participation in Healthy Eating and Staying Active as We Age (HESA).

Use of Theory or Research: Older adults are at a greater risk for malnutrition, chronic diseases, and falls. By 2034, older adults are projected to outnumber children for the first time in US history. Due to this shift in demographics, nutrition education and health-related resources for older adults has become increasingly critical.

Target Audience: Virginia SNAP-eligible adults (n = 278) ages 45 years and older.

Program Description: HESA is a nutrition education program developed by Virginia SNAP-Ed consisting of

nine 60-minute lessons (including nutrition education, food tasting experiences, physical activity, and hands-on learning activities). Lessons were implemented by SNAP-Ed Peer Educators in community settings across Virginia.

Evaluation Methods: Paired t-tests were used to analyze pre- and post-intervention surveys rated on a Likert type scale. Participants' food resource management, nutrition and physical activity, food safety behaviors, and perceptions of food accessibility and affordability were evaluated.

Results: A sample of HESA participants (n = 278) reported statistically significant ($P < .003$) improvements in frequency of shopping with a grocery list and planning their grocery shopping, consumption of fruits (2.73 ± 1.15 pre to 3.40 ± 1.18 post), vegetables (2.76 ± 1.22 pre to 3.39 ± 1.13 post), dairy (2.64 ± 1.18 pre to 3.14 ± 1.20 post), lean protein (3.15 ± 1.10 pre to 3.61 ± 1.03 post), sugar-sweetened beverages (SSBs, 2.36 ± 1.26 pre to 2.00 ± 1.06 post), and physical activities levels (2.95 ± 1.22 pre to 3.27 ± 1.16 post). There were also statistically significant increases ($P < .003$) in the perceived affordability and accessibility of healthy foods, and perceived opportunities to be physically active.

Conclusions: SNAP-Ed implementing agencies such as Virginia's FNP are required to use evidence-based curricula. This was the initial step in the process of creating an evidence-based curriculum to address the needs of older adults.

Funding: Supplemental Nutrition Assistance Program - Education.

P59 The Future of Clinical-Community Linkages – Nutrition Education Takes Root in Maine's Underserved Communities Through a Learning Partnership with SNAP-Ed

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Objective: Explore the impact of exposing health professions students to the social determinants of health through a learning partnership with Maine Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

Use of Theory or Research: SNAP-Ed's program theory is informed by the Social-Ecological Model, supporting training competencies for health professions students to understand the social determinants of health and ensure a Social-Ecological Approach to clinical care.

Target Audience: Students enrolled in health professions programs (eg, medicine, physical therapy, physician assistant, dental medicine).

Course/Curriculum Description: The learning partnership exposes Maine's Care for the Underserved

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