P63 (continued)

Study Design, Setting, Participants: The authors used case study methods in 19 urban public schools: 120 interviews with program and school staff, 7 student focus groups, and 91 school observations.

Measurable Outcome/Analysis: We coded data in Dedoose and met regularly to discuss emerging themes. Codes included the taxonomy of implementation outcomes (Proctor et al, 2010). This analysis draws from codes that focus on what program participants and staff see as the most successful and valuable parts of the program. We mapped our findings onto the Theory of Planned Behavior (Ajzen, 1991), which posits that before behavior can change, 3 factors must shift (attitudes, perceived behavioral control, and subjective norms).

Results: Participants indicated that the most important aspects of the program are “exposure” to new foods (attitude change), access to healthy foods (shift in perceived control), and school culture around health (change in subjective norms).

Conclusions: We propose creating a new conceptual model for evaluating SNAP-Ed programming in a school, particularly for Policy, Systems, and Environmental (PSE) work, that aligns outcomes to participants’ own understandings of program impacts. This model would capture changes in attitudes, perceived behavioral control, and subjective norms earlier in program implementation. These are vital to sustained behavior change but often overlooked when measuring nutrition interventions.

Funding: Supplemental Nutrition Assistance Program - Education.

P64 Fruit and Vegetable Prescription Program Improves Dietary Intake and Health Beliefs of At-Risk Pediatrics and Caregivers

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Objective: Examine the effectiveness of a Fruit and Vegetable Prescription (FV Rx) program for at-risk children and caregivers.

Use of Theory or Research: Higher fruit and vegetable intakes have been associated with reduced risk of chronic disease. Growing evidence supports the use of FV Rx programs to improve fruit and vegetable consumption among participants. Additional research is needed to determine effects of such programs on pediatric patients and caregivers.

Target Audience: Pediatric patients deemed to be at risk of diet-related chronic disease, and their caregivers.

Program Description: Participants screened by clinicians were prescribed fruits and vegetables for 6 months (October 2018-March 2019). Caregivers received a FV Rx card (\$60 per month) to purchase produce at participating stores and were offered nutrition education and grocery shopping classes.

Evaluation Methods: Surveys were administered to collect demographic data; pre/post caregiver and child dietary intake; pre/post attitudes, beliefs, and health status (Likert scale); and overall experience participating in the program. Percent of participants reporting increased dietary intake or a positive shift on the Likert scale from pre-to post-program was recorded.

Results: Ninety-four dyads completed pre/post surveys (children: age 8.9 ± 5.0 , 50% males, 78.5% Hispanic). Most families (60%) were currently receiving or had received SNAP benefits in the past and used FV Rx cards once or twice a month (57%). Caregivers reported participating stores were easy to get to (88%), and they felt comfortable using the card (69%). Caregivers reported positive shifts in children’s dietary intake including fruits (62%), green leafy salad (56%), and beans (45%). More adults met the dietary guidelines for fruit (59%) and vegetable intake (25%) post-program vs pre-program (37% fruit, 6% vegetable). Caregivers (42-57%) also reported positive shifts in perceived personal and child health and diet status.

Conclusions: By increasing access and affordability of healthy foods through a FV Rx program in clinical settings, children and their caregivers can make positive shifts to improve dietary intake and health beliefs which may reduce risk of chronic disease.

Funding: Supplemental Nutrition Assistance Program – Education, Chobani.

P65 Navigating Food Insecurity at College: Examining Student Experiences and Perspectives on Solutions

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Background: There is growing awareness of food insecurity among college students, with several studies documenting its presence and recommendations for addressing it. The majority of studies are quantitative and fail to offer insight into how students view food insecurity and what they and their universities can do about it. This study provides that perspective.

Objective: To examine how students experiencing food insecurity make sense of, navigate, and recommend addressing it.

Study Design, Setting, Participants: An anonymous survey was administered at a Mid-Atlantic university using Qualtrics and elicited 1,283 responses (93.1% undergraduate; 6.9% graduate). Following the survey, three 90-minute focus groups were conducted with 13 students (84.6% undergraduate; 15.4% graduate) who self-identified as food insecure.

Measurable Outcome/Analysis: The 68-item survey included questions regarding students’ background, finances, and food security status (using the 6-item USDA-FSS Short Form survey). The 19-item focus group guide

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included questions concerning food behaviors/practices, experiences with food insecurity, and solutions. Survey data were analyzed using SPSS. Focus groups were transcribed verbatim, and thematic analysis was conducted in NVivo using an inductive approach.

Results: Of survey respondents, 38.9% indicated moderate to high food insecurity, with highest rates among Pell Grant recipients (55.4%), students with college debt (50.6%), and first-generation students (47.9%). Focus group themes included hesitancy to self-identify as food insecure; encounters with stigma; lack of awareness and understanding by the university; negative impact on social life; and self-reliance, particularly coping independently by donating plasma, eating cheap food, not eating, sneaking food, and using credit cards. Participants offered traditional solutions (eg, pantry, no-frills dining) and upstream solutions such as addressing stigma and developing new programming (eg, peer mentoring programs).

Conclusions: Quantitative findings are similar to those of previous studies, particularly relating to vulnerable groups; however, qualitative findings offer a unique perspective regarding students' perceptions of food insecurity, identities as food-insecure college students, and perspectives on addressing it.

Funding: None.

P66 The 'Healthy' Dining Hall: How Does Student Perception Influence Eating Behaviors and Perceived Healthiness of College Dining Halls?

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Background: College dining halls offer a variety of menu offerings; however, little is known about how student perception of a dining hall's menu healthiness influences student eating habits.

Objective: To determine factors that influence eating behaviors in dining halls in order to shape future nutrition education efforts in college dining.

Study Design, Setting, Participants: Twenty freshmen living on campus with all-access meal plans participated in 5 focus groups. Focus groups discussed factors that affect healthy eating: time, convenience, stress, peers, environment, social interaction, location, and menu offerings. Focus groups designed their ideal dining hall and ranked dining halls according to health, alleviating anxiety, social interaction, and best overall.

Measurable Outcome/Analysis: Focus group responses were transcribed verbatim from audio recordings. Qualitative analysis was performed using MAXQDA software to systematically categorize focus group responses.

Inter-rater reliability was established at 86% for coding and analyzing themes. Grounded theory was used as the qualitative data analysis strategy.

Results: Layout, customer base, choice architecture, convenience, and menu offerings influenced student perception of dining hall healthiness. Focus groups could not dissociate "healthiest" from their definition of "best" when ranking dining halls. Healthiness, time, and crowds were key themes for all 5 focus groups when designing their ideal dining hall. Students reported eating healthier in the dining hall they ranked as "healthiest."

Conclusions: Students had widely varying opinions on which dining hall was the "healthiest" despite 80% of menu offerings being the same across dining halls. Student perception of dining hall healthiness was influenced by layout, choice architecture, convenience, menu offerings, and personal preferences. Healthy options were key determinants in the design of students' ideal dining hall, even when students stated they were not currently eating healthy or did not have healthy eating goals. Perception of healthiness may be an important area for nutrition education efforts to influence student eating habits.

Funding: University of Georgia Auxiliary Services.

P67 Evaluating Youth Taste Tests: How Programs Can Shape Healthy Food Preferences

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Background: Taste tests help introduce new foods; an opportunity particularly important for children from households having limited resources to experiment with foods. Repeated exposure early in life supports the development of healthy food preferences. Children's preferences, willingness to try foods, and asking parents to buy them are positively associated with consumption.

Objective: This study's objective was to evaluate the large-scale implementation of food tastings as a key component of the CalFresh Healthy Living, University of California SNAP-Ed nutrition education delivered in schools and after-school programs using practitioner-oriented outcome evaluation.

Study Design, Setting, Participants: A convenience sample of 48,881 kindergarten to eighth grade students participating in 2,291 taste tests conducted during SNAP-Ed nutrition education in schools and after-school programs across 28 California counties during 2018-19 participated. Cooperative Extension programs delivered series-based nutrition education using a variety of age-appropriate, SNAP-Ed approved curricula focused on healthy eating with taste tests to reinforce healthy eating.

Measurable Outcome/Analysis: An educator-administered Taste Testing Tool conducted immediately following the food tastings captured details about the foods tasted,

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