P65 (continued)

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,

Continued on page S48

P67 (continued)

whether students tasted the food before, if they tasted it today, their willingness to eat it again and ask for it at home. Data were explored using descriptive statistics.

Results: Foods most commonly tasted were fruits, vegetables, nuts, and legumes. Typically, they were served raw, paired with a familiar food, or included in a mixed dish. On average, 47% of students tasted the food before, 93% tried it today, 70% were willing to eat it again, and 65% were willing to ask for it at home. Findings will also be presented by grade and target food.

Conclusions: Evaluation of food tasting helps inform future food selection to ensure most children find the foods featured appealing which, in turn, improves food preferences and positively reinforces nutrition education.

Funding: Supplemental Nutrition Assistance Program - Education.

P68 Cooking for Salud: Assessing Clinical Health Impacts of Olivewood Gardens' Culinary-Based Lifestyle Modification Program

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Objective: The objective of the study was to evaluate the clinical health outcomes of participants in Cooking for Salud, a culinary-based lifestyle modification program.

Use of Theory or Research: Informed by Social Cognitive Theory and as seen in previous evaluations of the Cooking for Salud program, participants reported an increase in nutrition knowledge, adoption of healthy behaviors, and confidence in modeling healthy behaviors. However, limited information exists to confirm the medical impact of this type of nutrition education intervention.

Target Audience: This program targeted low-income, Spanish-speaking men and women over the age of 55 living in National City, California who have or are at risk for chronic disease.

Program Description: Olivewood Gardens' Cooking for Salud program is a 7-week, peer-to-peer lifestyle modification program that gives participants tools to change their food-related habits by participating in culinary instruction centered around nutrition, mindfulness, and wellness. The Program is a launching point for ongoing, sustainable behavior change through peer support, empowerment, and continued education. In the Fall of 2018, Olivewood Gardens hosted a group of 15 older adults for the 14th cohort of Cooking for Salud.

Evaluation Methods: Data collection methods included a mix of pre- and post-clinical health measures, pre-survey, retrospective post-then-pre survey, as well as observational and focus group data. Baseline survey and clinical health measures were collected prior to the start of the 7-week intervention and then again at the completion of

the program. Additionally, focus group discussions were held 3 months post-intervention.

Results: After participating in the Cooking for Salud program, 100% of participants positively changed 1 or more clinical health measures, with statistically significant improvement in A1C and HDL Cholesterol levels. Additionally, 100% of participants reported feeling healthier than they used to and now eat meals that are more nutritious.

Conclusions: The evaluation of the Cooking for Salud program shows that nutrition education and behavior modification can result in significant improvements in chronic disease-related clinical outcomes in low-income older adults.

Funding: The San Diego Foundation.

P69 Intent to Change Surveys: A Promising and Practical Approach for Evaluating Adult Single-Session Education

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Objective: The objective is to evaluate CalFresh Healthy Living, UC single sessions to capture behavioral intentions and useful programmatic information about SNAP-Ed participant behaviors and readiness for change.

Use of Theory or Research: Behavioral intention plays a central role in action according to the Theory of Planned Behavior. Single sessions target a specific diet, food resource management (FRM), or physical activity (PA) topic to promote positive changes in intentions and help prompt improvements in behavior. Behavioral studies have shown that asking an individual whether they intend to practice a behavior can increase the likelihood they will do so.

Target Audience: Low-income SNAP-Ed eligible adults (n = 7,092) who participated in single session workshops offered at a wide range of community settings across 25 counties in California. Most participants were women (82%) and Hispanic/Latino (63%).

Program Description: Cooperative Extension community educators delivered nutrition, FRM and PA workshops using SNAP-Ed approved curricula to groups of adults. Sessions were typically an hour or less.

Evaluation Methods: In 2018-2019, educators evaluated workshops at the end of the session by administering 1 or more of the 16 Intent to Change (ITC) surveys. Each ITC focuses on a single diet, FRM or PA behavior with 2 questions: current behavior and future intentions. Participants reported frequency of practicing a specific behavior in the last week and intent over the next week. Data analysis included current behaviors and future intentions of those not currently practicing the healthy behavior.

Results: SNAP-Ed workshop participants' current behaviors related to sugar sweetened beverages, fast and fried food, and FRM were least likely to align with

Continued on page S49