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