P84 (continued)

Background: The environment in which people live affects food and physical activity decisions, but low-income communities often lack the resources to support more healthful choices. Understanding the perceived barriers and facilitators to engaging in healthful practices in communities is an important first step in developing targeted interventions to improve health.

Objective: To determine Extension nutrition educators' perceptions about the healthfulness of the environment in the communities they serve.

Study Design, Setting, Participants: Focus groups (n = 16) and in-depth interviews (n = 6) were conducted in English (n = 11) and Spanish (n = 5) with Extension nutrition educators (n = 84) working in low-income communities in Kansas, Florida, New Hampshire, Rhode Island, South Dakota, Tennessee, and West Virginia. Trained focus group moderators used a semi-structured script to ask questions about the healthfulness of the community environment in which they work.

Measurable Outcome/Analysis: Audio recorded focus groups and in-depth interviews were transcribed verbatim and content analyzed to identify themes.

Results: Across all states, participants described a healthy lifestyle as a multifaceted approach to wellness that promotes healthy eating, physical activity, and mental and spiritual health. Perceived barriers for English and Spanish participants included the lack of access to and availability of healthy food and public transportation; lack of nutrition education and nutrition resources; and limited mental health resources. Spanish participants emphasized the need for culturally and linguistically appropriate nutrition materials and suggested that participant attrition from education programs was due to the increased anxiety related to participants' immigration status. Perceived facilitators were limited but included access to trustworthy education resources and food banks/pantries.

Conclusions: Extension nutrition educators across several states listed similar barriers and facilitators to a healthy lifestyle for low-income individuals. Data will be used to develop focus group questions for low-income community residents with a long-range goal of developing a survey to measure perceived healthfulness of low-income communities.

Funding: Agricultural Experiment Stations from Participating Universities.

Agricultural Production and Food Systems

P85 The Seed to Supper Program and Its Effect on Fruit and Vegetable Consumption Among Low-Income Beginning Gardeners in New Mexico

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Objective: To assess whether Seed to Supper, a beginning vegetable gardening program designed for adults

gardening on a budget, is associated with healthy behavior changes among participants.

Use of Theory or Research: The Diffusion of Innovation theory guides the Seed to Supper program and its use of a train-the-trainer model utilizing Master Gardener volunteers.

Target Audience: Twenty-two adults who participated in Seed to Supper classes in 3 counties in New Mexico.

Program Description: Using a train-the-trainer model, New Mexico State University Master Gardener volunteers were trained to teach the Seed to Supper series in the community at SNAP-Ed and EFNEP eligible sites. Each series consisted of 6 classroom based garden education lessons. Topics covered included planning, soil, planting, garden care, and harvesting.

Evaluation Methods: Participants completed a pre- and post-intervention survey. The surveys collected information on participants' gardening experience, learning goals, and fruit and vegetable consumption. The Master Gardener volunteers were trained in data collection methods.

Results: The survey showed positive results, with 62% of participants reporting eating fruits more often and 33% of participants eating vegetables more often after completing the Seed to Supper series.

Conclusions: The findings from this pilot test suggest participating in the Seed to Supper series can increase fruit and vegetable consumption among adults.

Funding: Supplemental Nutrition Assistance Program – Education; Expanded Food and Nutrition Education Program.

Physical Activity

P86 Evaluation of the Bodywise Program for Older Adults Residents of the District of Columbia

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Objective: To evaluate the implementation of the Bodywise program, a free program designed to promote health, wellness, and fitness for elder DC residents.

Use of Theory or Research: Physical activity and its association with healthy aging is an important public health issue. Physical activity decreases different causes of mortality and plays an important role in the prevention of many aging-related chronic diseases. However, the number of older adults who are physically active enough to maintain wellness is low and decreases with age. The University of the District of Columbia (UDC) worked to improve physical activity in older adults by offering free exercise classes.

Target Audience: Participants were DC residents aged 60 or older.

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Program Description: The Bodywise program includes water aerobics, yoga, low-impact aerobics, and chair exercise classes, conducted by certified instructors. These classes not only aim to improve the health and wellness of participants but also provide great opportunities to socialize.

Evaluation Methods: A designed evaluation survey was filled out by participants which collected demographic data, the quality/satisfaction of classes, and each participant's opinion.

Results: There were 33 participants including 29 female, 4 male, 29 non-Hispanic, and 29 with an academic degree. Overall satisfaction with the Bodywise program was 93% and 81% of participants reported overall satisfaction with their instructor, specifically related to knowledge, skill level, and appropriateness of music. About 70% of participants preferred classes 2 times per week with Wednesday and Friday classes being the most popular. Encouragement to stay physically active and opportunity for socialization were mentioned as the main reasons participants engaged in the Bodywise program.

Conclusions: The Bodywise program gained the overall satisfaction of participants. Further research is necessary to investigate the impact of this program on behavioral changes of the participants.

Funding: District of Columbia Department of Aging and Community Living.

Measurable Outcome/Analysis: Focus groups were audio-recorded, transcribed verbatim, and coded for priori and emergent themes using NVivo software.

Results: Participants identified where they shopped for the majority of their foods. Most participants indicated that they drive to get to major grocery stores, but many also indicated that they use public transportation. Most people who go to multiple stores indicated price is the main reason. "You go where it's – the value for the money like in reference to if you have buy one get one free, it's better quality when you're living on a fixed income to stretch your money from month to month." Another reason was "convenience," and some people mentioned that they go to an alternative store to get better quality foods such as fresh fruit and vegetables. Participants mentioned transportation, distance to the store, traffic, and accessibility as key barriers. High price, quality of food, customer service or environment of the store, and lack of nutritional knowledge were also barriers to choosing healthier foods. Several ideas to improve food access issues in their neighborhoods emerged, including having a new grocery store and farmer's market.

Conclusions: Community residents recognized barriers to get healthy and fresh foods in the target neighborhoods. Based on the findings, short- and long-term solutions have been discussed among community residents, leaders, and stakeholders.

Funding: University of South Florida College of Public Health.

Agricultural Production and Food Systems

P87 Perspectives of Community Residents on Food Access and Grocery Shopping Practices in Low-Income, Ethnic Minority Communities in Tampa, FL: A Qualitative Study

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Background: To improve food access in underserved neighborhoods, it is crucial to incorporate community voices in neighborhood development planning. Addressing issues recognized in their neighborhoods has the potential to reduce barriers to get healthy foods, thereby increasing food access.

Objective: To understand community residents' perspectives on food access and barriers to get healthy and nutritious foods in underserved neighborhoods in Tampa, FL.

Study Design, Setting, Participants: A qualitative study utilizing focus group discussions. Community residents in low-income, predominantly African American neighborhoods in Tampa, Florida participated. Forty-eight participants attended 9 focus group sessions with 3-9 people in each session.

Written Oral and Social Media Communication

P88 SNAP4CT.org: An Online Nutrition Education Platform for CT SNAP Recipients

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Objectives: To provide SNAP with: mobile-friendly education to assist with obtaining and preparing healthy, budget-friendly foods; information on free health events; and access to RDs to answer their nutrition questions.

Use of Theory or Research: Low-income residents use cell phones for internet access. The SNAP4CT.org mobile-friendly, web-based platform for participants to access nutrition resources. Best-practices for e-marketing support Search Engine Optimization (SEO), marketing, and paid ads/boosts as strategies for reaching target populations. We utilize these strategies to reach SNAP eligibles in CT municipalities with the most SNAP participants.

Target Audience: SNAP4CT.org targets SNAP eligible 18- to 59-year-olds.

Program Description: SNAP4CT.org is a mobile-friendly resource including a website and associated social media providing CT SNAP eligibles with information on accessing and preparing healthy, budget-friendly foods. This platform serves as a point of collaboration for CT

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