P86 (continued)

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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