P122 Dietary Intake, Hygiene Practices, and Nutritional Status of School-Aged Children (6-12years) Living in Orphanages in Lagos State, Nigeria

Ifeoma Akeredolu, PhD, favours94@yahoo.co.uk, Yaba College of Technology, Yaba Lagos, Nigeria, 234; Jummai Seriki-Mosadolorun, M.Ed, Yaba College of Technology; Ademola Akinlade, MS, Babcock University, Ilisan, Nigeria; Ngozi Obukwo-Abiamuwe, PhD, Yaba College of Technology

Background: It has been observed that children living in orphanages tend to be neglected, and this predisposes them to malnutrition; however, there is paucity of data in Nigeria about their nutritional status.

Objective: To assess the dietary intake, hygiene practices and nutritional status of school-age children in 3 orphanages.

Study Design, Setting, Participants: A descriptive cross-sectional survey was carried out among 150 school-aged children between 6 and 12 years of age who were selected by means of a random sampling.

Outcome Measures/Analysis: Food frequency questionnaire was used to determine the children's food intake and an observation checklist was used to capture their hygiene practices. Centers for Disease Control (CDC) reference point for determining children's BMI-for-age was used to ascertain the nutritional status of the children. Percentage was used to indicate the prevalence rate of malnutrition while t-test was used to test for the difference in the nutritional status of male and female orphanage children.

Results: Majority of the children eat 3 times daily. Sweet potatoes and rice were the most frequently consumed energy-giving foods. Fish, beans, and eggs were the most frequently consumed body-building foods, while orange, watermelon and pineapple were the most commonly consumed fruits. Majority (77%) of the children claimed they washed their hands regularly with soap and water. The prevalence of overweight and underweight using BMI-for-Age percentile shows that majority (74.4%) of the respondents were between 85th-95th percentiles (Overweight), and 22.1% fell below the 5th percentile (Underweight). Also, a significant difference existed between the nutritional status of the male and female children $t_{cal} > 0.05$.

Conclusions: The study concluded that the prevalence of overweight among the orphanage children is relatively high and highlights the need for larger population based studies to ascertain the overall prevalence within the state.

Funding: None.

Nutrition Education Program Design Implementation and Evaluation

P123 Nourishing Food Literacy, Community Health, and Sense of Place in Louisville, KY

Angelique Perez, MPH, angelique@foodliteracyproject.org, The Food Literacy Project, 9001 Limehouse Lane, Louisville, KY, 40220; Aishia Brown, PhD, University of Louisville; Shakeyrah Elmore, MPH, University of Louisville;

Kimberly Hartson, PhD, RN, University of Louisville; Carol O'Neal, PhD, University of Louisville; Kristi King, PhD, CHES, University of Louisville

Background: The Food Literacy Project (FLP) has cultivated rich, experiential programming to address the lack of access to healthy nutrition opportunities in their community since 2006. In 2018, FLP received a 2-year, USDA NIFA grant to support programming and build community capacity in an area of Louisville, KY with health disparities.

Objective: The purpose of this study was to determine the effectiveness of the nutrition education and food system engagement programming, as well as the organization's ability to mobilize community capacity to address nutrition and food access challenges.

Study Design, Setting, Participants: Qualitative data were collected through interviews and focus groups of program participants (youth who participated in summer and school-year programming and farming employment) and key stakeholders (community members, teachers, business owners, physicians, and legislators).

Measurable Outcome/Analysis: The interview and focus group sessions lasted approximately 30-60 minutes and were audio-recorded. Field notes of observations were recorded as well. All interview and focus group data were transcribed verbatim and compiled with data from field notes. Data were coded into emergent themes and discussion of the themes ensued until all researchers reached consensus.

Results: A total of 15 individuals (7 youth and 8 key stakeholders) engaged in interviews or focus groups. Emergent themes among youth included not realizing inequities regarding access to healthy foods in less affluent neighborhoods, and frustration with decision-makers not listening and addressing their needs. Emergent themes among key stakeholders included significant concerns to avoid community mistrust and an appreciation for the organization being a model program for youth development.

Conclusions: The FLP is on-target to meet its overall mission of providing programming and building community capacity. Areas to focus future attention would be to continue to offer excellent food literacy and leadership programming to not only give youth a voice but to connect them with appropriate decision-makers, and to include more community members in conversations and programming to continue to build community trust.

Funding: NIFA

Nutrition Across the Life Cycle

P124 Use of HEI-2015 to Evaluate Dietary Quality of Pregnant Women Participating in the WIC Program

Arezo Rojhani, PhD, RD, arezo.rojhani@wmich.edu, Western Michigan University, 1903 W. Michigan Ave., Kalamazoo, MI, 49008-5322; Taylor Dale, BS, Western

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P123 (continued)

Michigan University; *Angel Gullón-Rivera, PhD, CFLE*, Western Michigan University; *Lauren Hunt, MA, RDN*, Western Michigan University; *Ping Ouyang, PhD, RDN*, Western Michigan University; *Sunmin Kwak, PhD, RDN*, Western Michigan University

Background: Healthy Eating Index (HEI) is a useful tool that can be used to assess dietary quality via adherence to the Dietary Guidelines for Americans.

Objective: The aim of this study was to evaluate diet quality of pregnant women participating in the WIC program and to examine possible associations with demographic variables, nutrition knowledge, and key health indicators.

Study Design, Setting, Participants: A cross-sectional study using survey methodology was conducted. Sixty pregnant women between 12 and 24 weeks of gestation and carrying a single fetus were recruited from the WIC program at a community health center.

Measurable Outcome/Analysis: Dietary intake was evaluated using two 3-day food records, the first set completed at baseline and the second at follow-up, around 28 weeks of gestation. Food records were analyzed and scored based on HEI-2015. An HEI score above 80 was considered adequate, between 60 and 79.99 average, and below 60 low. Participants' demographic data and key health indicators, including height and pre-pregnancy weight, were recorded. Nutrition knowledge was assessed. Descriptive and inferential statistics were used to analyze data.

Results: The mean HEI score of the sample was 59.1 at baseline, and 56.8 at follow-up. There was a significant difference in the distribution of participants' HEI scores among the 3 HEI categories at both baseline and follow-up ($P < .05$). Half of the participants had a HEI score below 60 at baseline, while 66.6% were in the low HEI category at follow-up. HEI was negatively correlated with pre-pregnancy BMI ($r = -.314$, $P < .05$). The only variable that was predictive of HEI score at both baseline and follow-up was knowledge of anemia ($F(3, 47) = 3.84$, $P < .05$).

Conclusions: The suboptimal status of the diet of study participants warrants the need for additional dietary counseling for WIC-enrolled pregnant women.

Funding: None.

Nutrition Education Program Design Implementation and Evaluation

P125 Role of Cooperative Extension in Obesity Prevention Efforts: Program Implementation, Effectiveness, and Implications

Deepa Srivastava, PhD, dsr@ucdavis.edu, Cooperative Extension-University of California Agriculture & Natural Resources, 4437-B, South Laspina St, Tulare, CA, 93274

Objective: To demonstrate how Cooperative Extension (CE) can successfully implement federally-funded obesity prevention programs across limited-resource populations and settings.

Use of Theory or Research: Supplemental Nutrition Assistance Program - Education (SNAP-Ed) evaluation framework was utilized spanning multiple levels of the Social-Ecological Model (SEM).

Target Audience: Preschoolers, youth, and adults.

Program Description: During 2019, 2 federally-funded nutrition education programs namely CalFresh Healthy Living, University of California (CFHL, UC) and Expanded Food & Nutrition Education Program (EFNEP) were implemented in preschool, schools, and community settings in 2 counties through CE.

Evaluation Methods: Age-appropriate observational tools and surveys were used to assess participants' goals, intentions and behaviors about healthy eating, physical activity, and food resource management. Policy, systems, and environmental (PSE) changes including community partnerships were also recorded.

Results: CFHL, UC evaluation results indicated behavioral and organizational changes through direct nutrition education ($n = 10,761$ children and youth, and 822 adults reached) and indirect nutrition education ($n = 31,421$) across 74 locations of various settings from preschools, schools, to community. PSE changes were recorded at 42 sites reaching 21,087 participants with 59 PSE changes across all settings (eg, 41 nutrition changes, 15 PA changes, and 3 nutrition/PA changes combined). EFNEP evaluation results indicated behavioral changes in nutrition, food resource management, and PA practices among adult participants ($n = 187$) who completed the program.

Conclusions and Implications: CE plays a critical role in obesity prevention efforts by implementing federally-funded nutrition education programs in local communities to empower children, youth, and families with knowledge and skills to make healthy living choices. The CE System with offices in most counties across the state brings together expertise and capacity to promote healthy living among qualified settings and the SNAP-Ed eligible population. Taken together, CE is a good fit for obesity prevention programming to achieve a broader impact that has public value significance.

Funding: Supplemental Nutrition Assistance Program – Education, USDA-NIFA

Nutrition Across the Life Cycle

P126 Pediatric Feeding Disorder Seminar Impacts Students' Attitudes

Sandra Baker, EdD, LDN, RDN, bakers@udel.edu, University of Delaware, 023 Carpenter Sports Building, Newark, DE, 19716; *Jillian Trabulsi, PhD, RDN*, University of Delaware; *Kathryn Siemienski, MS*, University of Delaware; *Kelsey Coulter, BS*, Virginia Tech-Northern Virginia; *Emily Martorano, BS*, University of Delaware

Objective: To evaluate the effectiveness of a seminar focusing on care for children with disability-related feeding issues.

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