P123 (continued)

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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

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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

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

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