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tary, physical activity and food resource management behaviors of limited resource individuals to decrease their risk of chronic diseases. Several SNAP-Ed nutrition curricula are known to be effective at changing participants' short-term behaviors. However, less research has been done to determine the long-term effectiveness of such curricula on behavior change.

Objective: The objective of this study was to evaluate the long-term effectiveness of the Utah's Create Better Health adult nutrition curriculum 6 months after participants completed the program. Impact on nutrition, physical activity, food safety, and food resource management behaviors were evaluated.

Study Design, Setting, Participants: Adult participants ($n = 150$) in SNAP-Ed classes were contacted via e-mail or phone 6 months after completing a series of 4-8 Create Better Health classes. Participants completed a 24-question retrospective pre-post survey. Survey respondents were asked 24 nutrition, physical activity, and food resource management questions.

Measurable Outcome/Analysis: Respondents were asked to identify the frequency of behaviors prior to and after participating in the Create Better Health series. Questions included the frequency of making healthy food and physical activity choices consistent with the Dietary and Physical Activity Guidelines for Americans. Food resource management practices were also assessed. Responses were compared using paired t-tests and effect size was calculated using Cohen's d .

Results: Respondents reported statistically significant improvements in several behaviors 6 months after participating in Create Better Health classes including consuming recommended amounts of fruits ($P < .001$, $r = 1.01$), vegetables ($P < .001$, $r = .85$), stretching food dollars to last the month ($P < .001$, $r = .56$), and being active for at least 30 minutes 5 times a week ($P < .001$, $r = .85$).

Conclusions: Utah SNAP-Ed's curriculum, Create Better Health, helps adult participants make and sustain healthy behavior changes for at least six months after participating in classes. This long-term behavior changes may help reduce some of the health disparities often experienced by limited resource individuals.

Funding: Supplemental Nutrition Assistance Program - Education.

P129 Web-Based Nutrition Education Module for Health Professions Students

Jeffrey Xia, BS, xiaj1@livemail.uthscsa.edu, University of Texas Health San Antonio, School of Medicine, 7703 Floyd Curl Dr, San Antonio, TX, 78229; Sergio Aleman, BA, BS, University of Texas Health San Antonio, School of Medicine; Jessie Davis, BS, University of Texas Health San Antonio, School of Medicine; Jason Rocha, MD, University of Texas Health San Antonio, School of Medicine; Kenneth Stone, MD, University of Texas Health San Antonio, School of Medicine; Liset Vasquez, PhD, LDN, RD, CHES, University of Texas San Antonio, Department of Kinesiology, Health, and Nutrition

Objective: To demonstrate efficacy of a web-based intervention on nutritional counseling for medical, nursing, and health professions students in improvement in 2 areas: objective nutrition knowledge and self-reported confidence in providing nutrition counseling.

Use of Theory or Research: Chronic diseases affect most of the US population and are linked to dietary risk factors, making it crucial for future cohorts of health professionals to provide quality nutritional counseling for patients.

Target Audience: Health professions students from the following schools at The University of Texas Health San Antonio (UTHSA): School of Medicine, Nursing, Health Professions.

Program Description: A 45-minute online lecture on nutritional counseling was created with principles from the USDA Dietary Guidelines, MyPlate, and DHHS Physical Activity Guidelines, and advised by MD and RD/LD faculty at UTHSA, and University of Texas San Antonio, respectively.

Evaluation Methods: Pre-post surveys composed of a 14-question knowledge assessment (KA) based on the lecture intervention and a 15-question self-reported confidence assessment (CA) were administered. CA questions were formatted on a 7-point Likert scale, and confidence was assessed in 4 areas: providing nutrition counseling to others, using nutrition guidelines (USDA, DHHS), counseling evidenced-based diets (DASH, Mediterranean), and satisfaction with current nutrition knowledge. Paired t test and 95% confidence intervals were used to assess improvement in nutritional counseling knowledge and confidence.

Results: Twenty-six health professions students fully completed the pre-post survey and lecture intervention. Fifty-four percent were medical students, 27% nursing students, and 15% health professions students. KA score significantly improved from 9.8 baseline to 12 post-intervention ($P < .01$, $t = 6.25$). Confidence in providing nutrition counseling to strangers significantly improved by 1 point on a 7-point Likert scale (95% CI [0.43, 1.18]). Furthermore, confidence in providing nutrition counseling utilizing USDA and DHHS guidelines, motivational interviewing, dietitians, and evidence-based diets all significantly improved from baseline at the $P < .01$ level post-intervention.

Conclusions: Results indicate that health professional students significantly improved their nutritional counseling knowledge and confidence after the intervention, which can simulate more nutritional counseling conversations with patients.

Funding: None.

P130 Nutrition Education With Seniors (NEWS)—Helping Older Adults with Limited Resources Make Informed Food Choices

Sarah Francis, PhD, RD, MHS, slfranci@iastate.edu, Iowa State University, 36 MacKay, 2302 Osborne Dr, Ames, IA, 50011; Savannah Schultz, Iowa State University; Catherine

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Rudolph, MS, Duke University Dietetic Internship; *Michelle Keane, MS, RD*, C.S. Mott Children's Hospital; *Lindsay MacNab, RD, MS*, FoodMinds, a division of Padilla

Objective: The Nutrition Education with Seniors (NEWS) program aims to enhance Commodity and Supplemental Food Program (CSFP) participant nutrition and health knowledge, and their ability to alter their present food habits to include the CSFP foods.

Use of Theory or Research: NEWS is based on the Health Belief Model and addresses the 3 HBM constructs: individual perceptions, modifying factors, and likelihood of action.

Target Audience: NEWS is for adults age 50+ years who are enrolled in the local CSFP; currently ~3,200 older adults are enrolled.

Program Description: NEWS is the required monthly CSFP nutrition education. NEWS is a monthly 2-page newsletter that provides nutrition, usage, and storage information pertaining to the monthly featured commodity food, food safety, or budget-friendly tips and an easy, low-cost healthy recipe. NEWS is distributed to CSFP participants at their monthly pick-up. At pick-up, CSFP staff provide participants with a sample of the monthly recipe; ~1,300 CSFP participants attend.

Evaluation Methods: Each quarter, CSFP staff distribute program evaluations to CSFP participants at the time of the food pick-up. These evaluations inquire about recipe use, application of information contained in the newsletter, and recipe demonstration participation.

Results: To date (2014 to 2019), 3,809 NEWS participants have completed an evaluation. The majority of respondents are female (62.8%) between ages 60 and 69 years who attended at least 1 recipe tasting in the last 3 months (45.4%). The majority of respondents have used the NEWS newsletter information to make food choices (80.7%) and found the food assistance information and/or budget-friendly shopping tips useful (89.1%). Additionally, 89.4% enjoyed the monthly recipe samples with 60.8% making at least 1 of the NEWS recipes at home.

Conclusions: These findings suggest the NEWS program is effective in promoting informed food selection and awareness of food assistance resources, and encouraging the use of commodity foods through new recipes among older adults enrolled in the CSFP.

Funding: Polk County, Iowa through the Department of Community, Family and Youth Services' Senior Services and Commodity Supplemental Foods Programs (CSFP).

P131 Identifying SNAP Participant Experiences and Environments to Inform Tailored SNAP-Ed Programming

Carrie Draper, MSW, draper@mailbox.sc.edu, University of South Carolina, 915 Greene Street, Columbia, SC, 29208; *Nicholas Younginer, PhD*, University of South Carolina

Background: The SNAP-Ed program aims to ensure low-income populations are able to meet dietary guidelines

through nutrition education and changing policies, systems, and environments (PSE) within diverse settings. Little is known about SNAP participants' experiences with SNAP-Ed in South Carolina or about their food and activity environments.

Objective: This study aims to identify SNAP participants' experiences and environments to inform tailored programming strategies.

Study Design, Setting, Participants: A telephone survey was conducted with 2,000 randomly-selected SC SNAP participants.

Measurable Outcome/Analysis: Descriptive analyses were conducted for all survey questions.

Results: The majority of respondents had not heard of SNAP-Ed (85.5%), and the majority of respondents who had heard of the program had not participated (88.8%). Most respondents procured food from grocery stores (90.2%), big box stores (71.7%), or dollar stores (63.9%). In a typical week, respondents most often visited places to get food (70.8%) or other household items (61.4%), places of worship (59.5%), and health care centers (57.2%). Respondents were most likely to find out about things in their community through television news (72.5%), family and friends (71.7%), and via word of mouth (65.7%). The majority of respondents (74%) were found to be at risk of food insecurity, and 46% of respondents reported that they did not have reliable transportation at some point during the past year.

Conclusions: SNAP participant responses indicate the need for promoting the program through television news and tapping into social networks; providing programming at food retail outlets, places of worship, and health care centers; and focusing PSE efforts on increasing food security and transportation access.

Funding: Supplemental Nutrition Assistance Program - Education.

Nutrition Across the Life Cycle

P132 Dietary Pattern Differences in Breakfast Between Rice-Centered and Bread-Centered Diets Among Japanese Preschoolers

Emi Yoshii, MS, RD, Ochanomizu University, Graduate School of Humanities and Sciences; *Rie Akamatsu, DPH, RD*, akamatsu.rie@ocha.ac.jp, Ochanomizu University, Faculty of Core Research, Natural Science Division, Otsuka 2-1-1, Bunkyo-ku, Tokyo, Japan, 1128610; *Tomoko Hasegawa, PhD*, Taisho University, Department of Human Sciences, Faculty of Psychology and Sociology; *Kazuhiko Fukuda, PhD*, Edogawa University, Department of Psychology and Humanities, College of Sociology

Background: Breakfast is essential to provide the energy and nutrients needed by young children throughout the day. Grain dishes form the base of meals, and rice or bread are mainly eaten as grain dishes for breakfast in Japan. However, little research exists on the relationship between dietary patterns and kinds of grain dishes.

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