Nutrition Education Program Design Implementation and Evaluation

P151 Eye to the Future: Developing the Next Generation of Childhood Obesity Prevention Educators

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Background: Latinx minorities are critically underrepresented in the nutrition/dietetics (ND) profession. The Eye to the Future (ETTF) internship aims to increase the diversity of the ND and healthcare field by providing an internship experience that offers obesity prevention and treatment training, mentoring, and career/professional development for Latinx undergraduate students.

Objective: The objective of this study was to examine whether the ETTF internship improved nutrition knowledge, health career readiness, and professional development.

Study Design, Setting, Participants: Quasi-experimental one-group design study conducted at university setting. The sample consisted of 24 Latinx undergraduate students with 21 students (87.5%) completing the internship program. Interns' mean age was 23.9 (SD = 6.9). Most of interns reported a major in Nutrition. Interns participated in 20 weekly sessions that included: 1) didactic and experiential learning activities related to the development, implementation, and evaluation of a community-based lifestyle program for minority adolescents; and 2) mentoring, career/professional development workshops and career fairs.

Analysis: Health career readiness was assessed with an 8-item self-report survey, rated on a 5-point scale ranging from 1 (not at all confident) to 5 (extremely confident), at baseline (Cronbach's $\alpha = .82$) and post-practicum (Cronbach's $\alpha = .87$). Interns also completed a 72-item nutrition knowledge exam at baseline and post-internship. Paired samples t-tests were conducted to compare career readiness and nutrition knowledge pre- and post-internship. Qualitative interviews were recorded and coded for major themes.

Results: Students reported a significant increase in career readiness from baseline ($M = 3.53$, $SD = 0.63$) to post-practicum ($M = 4.22$, $SD = 0.56$) [$t(7) = 3.06$, $P = .018$]. Moreover, students significantly improved their nutrition knowledge from baseline ($M = 37.60$, $SD = 7.49$) to post-practicum ($M = 44.00$, $SD = 6.66$) [$t(9) = 3.70$, $P = .005$]. Students also reported that they gained better communication skills from their participation in the internship program.

Conclusions: The Eye to the Future internship serves as a model for educators to encourage underrepresented students to enter the ND profession.

Funding: USDA.

Nutrition Education Research Methods

P152 Snacks Offered to Young, Recreational Soccer Players

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Background: Organized sports offer opportunities to promote healthy eating among children. Yet, research on older children shows that unhealthy snacks and beverages are often offered during sports events.

Objective: Assess attitudes of coaches and parents toward sports snack policies and what snack foods and beverages are offered to child athletes; and determine nutrient content of available sports snacks.

Study Design, Setting, Participants: Beverage and snack questionnaires were distributed among all parents ($n = 120$) and coaches (23) participating in a recreational under 5 years old (U5) and under 6 years old (U6) soccer league within a large Southeastern town. Snack observations for randomly selected U5 and U6 teams ($n = 18$) were recorded using an observational checklist following all scheduled combined practices/games.

Measurable Outcome/Analysis: Beverage and snack questionnaires assessed socio-demographic information; types, as well as frequency, of snacks and beverages offered to children; reasons for snack and beverage choices; and attitudes toward snack policies. Mean values across all observed snack foods and beverages were calculated for the following key nutrients: calories, protein, fat, carbohydrates, fiber, sugars, and sodium.

Results: Forty-four parents (36.7% response rate) and 23 coaches (100%) completed the questionnaire. Nutrition was the primary factor in snack and beverage selection. Yet, parents and coaches reported offering many low-nutrient foods to their children as snacks. Parents and coaches were receptive to different policy options to support healthy snack options. A total of 687 items were observed across 32 U5 and 28 U6 teams. The most popular snack category was grain-based desserts (31.3% of all snack foods) and 54.9% of all beverages were sugar-sweetened. Less than half (44.4%) of all snack foods and beverages met USDA snack nutrition standards. Snacks offered, on average, 205 calories per child. No vegetables were served during the observations.

Conclusions: Numerous nutrition education opportunities exist to improve the snack food and beverage offerings among parents and coaches in recreational sports settings.

Funding: None.

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P153 A Homeless Health and Wellness Study

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