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carotenoids and changes over time by race, age, and gender.

Results: One hundred and twelve children from 3 HS centers participated. On average, children were 4.1 years old, African American (AA) (81.3%), and male (57%). Mean (SE) skin carotenoids across time were 266.0 (7.8); at Time 1, 266 (7.8); Time 2, 277 (8.1); and Time 3, 248 (7.6). Skin carotenoids varied among ethnic groups ($P = .67$) with Hispanics having the highest skin carotenoid average 297 (19.7), followed by white 281 (37.4), AA 265 (8.8), and other races 234 (35.8). Significant differences were observed between ages ($P = .01$) with mean skin carotenoids 3-year-olds, 241(13.6); 4-year-olds, 267(8.3), and 5-year olds 340 (48.5); and gender ($P = .01$) with males having higher mean skin carotenoids 282 (9.3) vs females 243 (12.8).

Conclusions: Findings suggest skin carotenoids in preschoolers vary over time and by age, gender, and race. More research is needed to explore skin carotenoid changes over a full year's time to establish baseline levels among a diverse sample of preschoolers.

Funding: East Carolina University Graduate Thesis Award.

Nutrition Education Program Design Implementation and Evaluation

P164 Rewiring Texas WIC: Informing the Development of a Chatbot to Strengthen Enrollment in Texas

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Background: Mirroring national trajectories, participation in Texas WIC has declined incrementally since 2015. In an attempt to mitigate this issue, Texas State University researchers have partnered with Texas WIC to support existing clients and facilitate enrollment of new applicants by developing a user-friendly, Texas WIC Chatbot. The success of any technological interface is predicated upon engaging stakeholders and intended users during the development process, involving a theoretical framework known as User-Centered Design. Soliciting perceptions from WIC staff on optimization of chatbot features is a crucial step in the design process.

Objective: Assess perceptions of facilitators and barriers among Texas WIC staff regarding user acceptance of a chatbot.

Study Design, Setting, Participants: Perception of chatbot user acceptance was studied through 8 group interviews, conducted via Zoom. Participants included WIC directors and clinic staff. A semi-structured interview guide was designed to solicit discussion regarding facilitators and barriers to optimal chatbot acceptance and usage among staff and clients. Interviews focused on perceptions of technology among WIC staff and clients.

Measurable Outcome/Analysis: Interview data were recorded, transcribed, and themed.

Results: Perceived facilitators of chatbot use among staff included: providing adequate training and information regarding the chatbot, a shared plan of chatbot management, and formally promoting benefits of staff chatbot use. Perceived barriers to chatbot use among staff included: lacking general technology knowledge, lack of experience with chatbots or similar technologies, and older age. Perceptions of client facilitators to chatbot acceptance included: familiarity with chatbots or similar technologies, perceptions of low time/effort investment, and a successful initial chatbot use. Finally, perceptions of client barriers to chatbot acceptance included: anxiety towards chatbot/technology use, demographically/culturally insensitive technology, and inability of chatbot to perform touted features.

Conclusions: User input from WIC staff indicated that staff perceive many benefits of chatbot implementation, staff are confident that clients will accept a chatbot, and staff barriers may be addressed with comprehensive chatbot training, prior to rollout.

Funding: USDA, Texas Health and Human Services Commission.

Physical Activity

P165 Physical Activity: What Do Older Adults Need and Want?

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Background: Physical activity (PA) is an integral part of successful aging. However, many older adults (OAs) are not meeting current PA recommendations.

Objective: To assess the PA needs, preferences, and practices of community-residing OAs.

Study Design, Setting, Participants: This qualitative study assessed the PA needs and preferences of 117 community-residing OAs. Thirteen focus groups (FG) were held in Iowa (IA, 5 FG) and Washington, DC (DC, 8 FG). FG discussions centered on perceived PA needs, motivators and barriers, and preferred PA programming attributes. Each FG was audio-recorded. Participants also completed a sociodemographic survey. IA participants

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($n = 51$) were recruited at congregate meal sites while DC participants ($n = 66$) were recruited from 2 OAs volunteer programs.

Measurable Outcome/Analysis: FG recordings were transcribed verbatim and reviewed for major themes using standard theme analysis protocols. Sociodemographic data were analyzed using descriptive statistics. Kruskal-Wallis H Test assessed between group differences for socio-demographic attributes ($P < .05$).

Results: The mean age of participants was 74.4 ± 7.0 years. Participants were mostly educated (77.2%) females (83.1%) in “average or higher” health (84.8%). IA participants were more educated than DC participants ($P < .0001$). The sample was diverse (44.2% White, 38.9% Black). DC was more diverse ($P < .0001$). Nearly one-third were widowed (30.5%). Almost one-half (46.6%) classified their PA level as “somewhat high” to “high” with 63.6% claiming to have participated in regular exercise in the last 3 months. DC participants reported a higher exercise participation rate ($P = .008$). PA motivators were socialization and health benefits. PA barriers were pain, limited disposable income, health limitations, and low motivation. Preferred PA programming attributes included group-based, expert-led, and age-appropriate (eg, walking [IA], dancing [DC]).

Conclusions: This sample of community-residing OAs are not meeting PA recommendations. The perceived PA needs and preferences were similar regardless of being rural- or urban-residing. These findings provide useful information to better enable tailoring of PA messaging and programming for community-residing OAs.

Funding: Iowa funding: USDA Supplemental Nutrition Assistance Program, Iowa Department Public Health, and Iowa State University Extension and Outreach. UDC funding: USDA NIFA Hatch Multistate.

Nutrition Education Research Methods

P166 Evaluation of a Nutrition Labelling Online Course

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Background: In 2016, the Food and Drug Regulations were amended to include nutrition labelling improvements to the Nutrition Facts Table and the list of ingredients. Health Canada developed an online course to inform health intermediaries (Registered Dietitians, Exercise Specialists, and other health professionals) and educators of the most current nutrition labelling changes.

Objective: The objective of this research was to conduct user experience testing of this course to obtain feedback for improvement before it is launched widely.

Study Design, Setting, Participants: This mixed-methods research included 2 components: online testing and discussion groups. Online testing included pre-post

nutrition labelling knowledge quizzes, an evaluation survey on participants' overall satisfaction, structural organization, and quiz relevancy. Additionally, 5 discussion groups were conducted to obtain in-depth course feedback, overall and individual module suggestions, and comments on client activities to further improve the course structure and content.

Measurable Outcome/Analysis: All discussion groups were audio-recorded and transcribed, and text was coded by 2 different researchers using NVivo Qualitative Software Tool. Quantitative and qualitative analysis were conducted to synthesize findings and extract key themes.

Results: Ninety-five health intermediaries and educators completed the online testing. Of these, 21 individuals also participated in discussion groups. Findings showed over 90% of participants were satisfied with the course and felt it had job relevance. Participants highlighted both positive and negative features including specific content issues such as the need to clarify or simplify complex content points. Feedback also included challenges with structural and technical issues with navigating the course modules and interactive components.

Conclusions: Findings from this study will inform content and structural improvements to the Nutrition Labelling online course. This research demonstrates the importance of user experience testing in ensuring a course that provides information that is usable, relevant, and accessible to the target audience.

Funding: Health Canada.

P167 Feasibility of ASA-24 in Community-Based Settings

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Background: While many valid dietary assessment methods are available for nutrition research, feasibility is a concern in community-based settings. ASA-24 is a self-guided option for collecting 24-hour dietary recalls, but its use in community-based settings is limited.

Objective: To determine the feasibility of utilizing ASA-24 for collecting 24-hour dietary recalls in community-based settings.

Study Design, Setting, Participants: A cross-sectional study design was used to evaluate feasibility of ASA-24 among overweight and obese adults at high risk for type 2

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