P165 (continued)

($n = 51$) 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.

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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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