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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

Marcia Cooper, PhD, RD, FDC, marcia.cooper@canada.ca, Health Canada, 251 Sir Frederick Banting Driveway; PL 2203E, Tunney's Pasture, Ottawa, Ontario, Canada, K1A 0K9; Emily Chen, MPH, Health Canada

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

Hannah Wilson, BS, University of Georgia; Bradley Averill, MA, BA, University of Georgia; Georgeanne Cook, BA, University of Georgia; Jackie Dallas, BS, CHES, MEd, University of Georgia; Christa Campbell, BS, MS, University of Georgia; Jessica Moore, BSFCS, University of Georgia; Zohregul Soltanmammedova, BS, MS, University of Georgia; Rebecca Stackhouse, BS, MS, University of Georgia; Cindee Sweda, BS, University of Georgia; Rebecca Thomas, BS, MS, University of Georgia; Candace Tucker, MA, BS, NDTR, University of Georgia; Barbara Worley, BS, MS, University of Georgia; Isaura Castillo-Hernandez, MS, University of Georgia; Ewan Williams, PT, MS, University of Georgia; Ellen Evans, PhD, University of Georgia; Alison Berg, PhD, LD, RDN, alisoncberg@uga.edu, University of Georgia, 300 Carlton St, Athens, GA, 30602

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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diabetes participating in the National Diabetes Prevention Program (NDPP). NDPPs were delivered in 12 Georgia counties (7 metropolitan; 5 nonmetropolitan) by Cooperative Extension. Participants were asked to complete two 24-hour recalls, 1 weekday and 1 weekend day, using ASA-24, without individual instruction.

Measurable Outcome/Analysis: Number and percentage of participants who completed >1 ASA-24s and mean + standard deviation Calorie, carbohydrate, protein, and fat intakes were calculated.

Results: Of the 86 participants asked to complete 2 ASA-24s, 54 (63%) completed >1 recall. Forty-eight (56%) participants completed 1 weekday; 27 (31%) completed 1 weekend day; and 31 (36%) completed >2 days, with 20 (23%) completing 1 weekday and 1 weekend day as instructed. Mean reported Calorie intake was 1,691+1,088 kcal (range, 128-7444 kcal). Mean carbohydrate, protein, and fat intakes reported were 180+109 g (range, 10-688 g), 77+47 g (range, 2-233 g), and 75+60 (range, 10-418 g), respectively. Of those who completed >1 recall, 83% were female and had at least some college education, with 100% being high school graduates and 48% college graduates.

Conclusions: While a majority (63%) of participants completed >1 ASA-24 recall, <25% completed 1 weekday and 1 weekend day as instructed. While mean nutrient intakes were reasonable, standard deviations indicate further instruction may be needed. Future analyses will assess other factors influencing feasibility.

Funding: University of Georgia Presidential Interdisciplinary Seed Grant Program.

P168 Student Vegetable Sensory Perception Questionnaire Responses Associated with School Lunch Vegetable Consumption

Nader Hamdi, BS, University of Illinois at Urbana-Champaign; Brenna Ellison, PhD, University of Illinois at Urbana-Champaign; Jennifer McCaffrey, PhD, MPH, RD, University of Illinois at Urbana-Champaign; Jessica Metcalfe, PhD, MPH, University of Illinois at Urbana-Champaign; Melissa Pflugh Prescott, PhD, RDN, mpp22@illinois.edu, University of Illinois at Urbana-Champaign, 905 S Goodwin Ave, Urbana, IL 61801

Background: Children's willingness to try (WTT) foods is positively associated with dietary quality. Sensory characteristics of foods are likely to contribute to children's WTT and dietary intake, but there is little research investigating how sensory characteristics inform vegetable consumption in real-world settings.

Objective: To investigate the relationship between students' vegetable sensory perception questionnaire responses and vegetable consumption during school lunch.

Study Design, Setting, Participants: This repeated cross-sectional study collected data at 3 rural Illinois schools over 3 months (3 dates at 2 schools, 2 dates at 1 school) when broccoli or peas were served. Schools participated in the National School Lunch Program and had students in grades K-8.

Measurable Outcome/Analysis: Vegetable consumption was measured by individual direct weighing of waste remaining from standardized vegetable portions. Questionnaire data used a 3-point scale, adapted from USDA Try-Day Taste-Testing Ballots, to assess if students tried the vegetable and WTT vegetable again, and allowed students to rate the vegetable's visual appeal and taste. Descriptive statistics were used to characterize the study sample. Linear regression analyses (adjusted for grade, sex, and percent entrée consumption) were used to examine the association between students' questionnaire responses and school lunch percent vegetable consumption.

Results: Participants were 51% female and 49% male ($n = 317$ students, average of $n = 40$ per month per school). Responses to vegetable taste and visual appeal questions were significant predictors of percent vegetable consumption, such that students who responded positively to the questions consumed 17.1 and 17.8 percentage points more vegetables than those who responded neutrally ($\beta = 17.1$ and 17.8 , respectively, $P < .001$). WTT responses significantly predicted vegetable consumption, with students who responded positively consuming 15.0 percentage points more than those who responded neutrally ($\beta = 15.0$, $P < .001$).

Conclusions: Students' vegetable sensory perception questionnaire responses are significant predictors of school lunch vegetable consumption. Subsequently, practitioners should consider improving the visual appeal and taste of school meals, and researchers should incorporate sensory perception measures when evaluating school meal interventions.

Funding: NIFA.

Written Oral and Social Media Communication

P169 Impact Comparison of a Poverty Simulation On High School and College Students' Understanding of and Sensitivity Toward Economic Hardship

Kenzie Krieger, Southern Illinois University Edwardsville; Kennedy Profaizer, Southern Illinois University Edwardsville; Jennifer L. Zuercher, PhD, RD, LD, jzuerch@siue.edu, Southern Illinois University Edwardsville, 6 Hairpin Dr, Edwardsville, IL, 62026

Background: For those who have not experienced or been exposed to poverty, its impact can be challenging to comprehend. Providing opportunities that expose college students to these realities can enhance their ability to empathize with future patients and clients. For youth, such opportunities may also expand their familiarity with potential careers and service opportunities related to working with the poor.

Objective: To evaluate and compare the impact of the Community Action Poverty Simulation (CAPS) on perceptions of and sensitivity toward poverty among both high school and college students.

Study Design, Setting, Participants: High school and college students took part in separate simulations in which

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