O12 (continued)

how peer educators perceive program recipes and related participants' recipe acceptability and preparation behaviors.

Objective: To examine peer educators' acceptability of recipes through evaluation of sensory attributes (appearance, flavor, texture, and saltiness or sweetness), preparation behaviors, and participants' perceived behaviors.

Study Design, Setting, Participants: Eight online surveys were conducted with peer educators (100% female, 47% African American, 14-28 responses per recipe) in the University of Georgia EFNEP and SNAP-Ed programs. Educators completed the surveys independently in a location of their choice. Survey links were sent to educators in a single document, and weekly reminders paced them to complete 2 surveys per week.

Measurable Outcome/Analysis: Sensory acceptability of 16 recipes was evaluated on a 9-point hedonic scale (0=Dislike Extremely; 5=Neither Like nor Dislike; 9=Like Extremely). Preparation intent and behaviors of educators and participants were evaluated on a similar scale. Standard range of acceptability is ≥ 7 .

Results: Thirteen recipes received acceptable ratings on most sensory attributes and preparation questions. Three recipes (Curly Noodles Supreme, Easy Cheesy Broccoli Soup, and Ranch Sauce) received unacceptable ratings. Across all recipes, recipe acceptability, preparation intent, and program participant perception were not significantly different by educators' program, length of employment, and quadrant district in Georgia.

Conclusion: The findings suggest that peer educators for the nutrition education of low-income Georgians reported overall acceptable sensory attributes and preparation behaviors related to the program recipes and indicate areas for improvement in select recipes. Sensory evaluation methodology could be used to improve nutrition education recipes for higher acceptability and healthier recipe preparation behaviors in low-income participants.

Funding: Supplemental Nutrition Assistance Program - Education.

School Age Children/School-Based Programs

O13 Acceptability, Perceived Benefits, and Unintended Consequences of a Virtual Nutrition Intervention for Adolescents with Autism Spectrum Disorder (ASD)

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Background: Adolescents with ASD exhibit an increased prevalence of problematic eating behaviors, such as food selectivity, or consuming a narrow range of foods, and consume more energy-dense foods and fewer fruits and vegetables than typically developing children.

Objective: The purpose of this study was to examine the acceptability, perceived benefits, and unintended

consequences of a virtual implementation of BALANCE (Bringing Adolescent Learners with Autism Nutrition and Culinary Education), an 8-week theory-driven nutrition intervention for adolescents with ASD.

Study Design, Setting, Participants: A qualitative study design was used. Twenty-seven adolescents aged 12-20 years who attended the BALANCE intervention and their parents participated in the study. Twenty-one parents participated in an interview. Six focus groups with 1 to 5 adolescents in each group were conducted. Data were collected virtually via Microsoft Teams.

Measurable Outcome/Analysis: Focus groups and interviews were audio-recorded and transcribed. Data were analyzed for a priori and emergent themes regarding intervention acceptability (likes, dislikes, satisfaction, and suggestions for improvement), perceived benefits, and unintended consequences.

Results: The intervention was generally acceptable to participants. Parents described, "I was so impressed," "I feel like [he] was so happy," and "he is more open to try new things." Themes for acceptability included "virtual format," "group setting," "autonomy/independence," "sensory components," "interaction," "reinforcement," and "parent component." Themes for perceived benefits included "diet changes," "healthy weight," "knowledge/awareness," "behavioral skills," "self-efficacy," "outcome expectations," "outcome expectancies," and "other lifestyle changes." "Anxiety/discomfort" during intervention lessons was an emergent theme regarding unintended consequences.

Conclusion: Our findings suggest that a virtual implementation of BALANCE was acceptable according to adolescents with ASD and their parents based on their reported perceptions and feelings about the intervention. Based on participant feedback, many adolescents with ASD may benefit from small group interventions, and virtual interventions are a convenient option for some adolescents and parents.

Funding: University of South Florida.

O14 Sugar-Sweetened Beverage Consumption Among Youth in North Carolina

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Background: Sugar-sweetened beverage (SSB) consumption among youth contributes to diet-related chronic disease including obesity, type 2 diabetes, and poor oral health.

Objective: Collect data to inform the development of a social marketing campaign aimed at reducing SSB consumption among youth age 11-17 in North Carolina (NC).

Study Design, Setting, Participants: Cross-sectional survey data collected from September 9, 2020 through

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O14 (continued)

September 30, 2020 using a national web-panel. Data collection focused on NC households that were SNAP eligible or included youth receiving free or reduced-priced school meals. An email was sent to parents of youth aged 11–17 years who provided consent for their child (who also assented) to participate in the survey.

Measurable Outcome/Analysis: Survey items asked respondents to report typical consumption of 5 different SSBs; report household characteristics and parental practices associated with SSB consumption; and answer a number of questions designed to assess willingness and self-efficacy related to not drink SSBs in settings where SSBs are commonly consumed.

Results: The majority (87%) of the 311 youth completed the survey reported drinking at least 1 SSB per day. Soda (40%) and fruit-flavored drinks (36%) were the mostly commonly consumed SSBs, while energy drinks (12%) were the least commonly consumed. Consumption patterns did not differ between younger (11–13 years) and older (14–17 years) youth. There was a strong association between perceived value of SSBs (ie, helps youth focus, gives youth a boost) and higher levels of consumption. For older but not younger youth, perceptions related to better health and reduction efficacy were associated with drinking fewer SSBs per week.

Conclusion: Findings provide a number of key insights that will contribute to the development of messages aimed at curbing SSB consumption. For example, the importance of youth perceived functional factors has not been well documented in the literature as a driver of SSB consumption.

Funding: Supplemental Nutrition Assistance Program - Education.

O15 Montana Offers Innovative Virtual School Nutrition Leadership Institute During COVID-19

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Objective: Evaluate the Montana Cook Fresh Leadership Institute (MCF) for K-12 school nutrition staff, offered virtually due to COVID-19 restrictions.

Use of Theory or Research: The MCF curriculum was developed using a participatory approach from Montana Team Nutrition staff, school nutrition professionals, and state-level administration to include evidence-based materials and learning strategies.

Target Audience: Twenty-two nutrition professionals from 9 Montana school districts in July 2020.

Program Description: MCF was developed as a 30-hour, 5-day in-person training during 2018 and 2019. In 2020, the format of MCF was adjusted to a 10 day, 30-hour, 3-hour a day virtual workshop. MCF utilized live video conferencing and independent work completed via an online learning management platform. Topics

addressed USDA regulations, procurement, food production, culinary skills, and emergency preparedness.

Evaluation Methods: A pre and post self-reported survey tool and a post MCF evaluation tool were applied. Descriptive statistics and ANOVA was applied to determine significant changes from pre to post ($P < 0.05$).

Results: Pre ($n = 22$) and post surveys ($n = 21$) determined an average 9.96% percent change in mean comfort level, confidence, and likelihood of future behavior ($P < 0.05$). The emergency preparedness plan demonstrated the greatest increase in comfort level (+26.50%; $P < 0.05$). Although not significant, comfort levels with farm to school (+16.98%) and USDA foods (14.06%) increased, while scratch cooking (-4.40%) decreased. Using herbs and spices in recipes (+20.48%) and completing a daily production record (+23.31%) demonstrated the greatest increases in reported comfort level ($P < 0.05$). Participants were most likely to participate in future remote professional development activities (+16.40%) and use a new recipe that includes fresh and dried legumes (+13.71%), although not significant. Seventy-five percent of knowledge questions demonstrated increases in correct answers.

Conclusion: The pre to post evaluation results indicate that a virtual MCF can achieve positive learning outcomes. Future training efforts should be focused on exploring ways to improve participants comfort with scratch cooking and batch cooking in a virtual format.

Funding: USDA Team Nutrition Montana No Kid Hungry.

O16 Preliminary Efficacy of a Virtual Nutrition Intervention for Adolescents with Autism Spectrum Disorder

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Background: Adolescents with autism spectrum disorder (ASD) are at an increased risk of obesity and unhealthy eating behaviors, yet there is a lack of interventions to improve healthy eating and reduce the risk of obesity in this population.

Objective: This study examined the preliminary efficacy of a virtual implementation of a nutrition intervention for adolescents with ASD aged 12–20 years, measured by differences in pre-/post-intervention means for BMI z-score, fruit and vegetable intake, added sugar intake, and psychosocial determinants of dietary intake.

Study Design, Setting, Participants: One-group pretest-posttest design was used. Bringing Adolescent Learners with Autism Nutrition and Culinary Education (BALANCE) is an 8-week virtual nutrition intervention for adolescents with ASD based on Social Cognitive Theory (SCT). Six groups of adolescents with ASD aged 12–20 years ($n = 27$; group size ranged 2–7) in Tampa, Florida participated.

Measurable Outcome/Analysis: Height and weight were measured via ruler and scale as instructed virtually by

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