P64 (continued)

tap) to make infant formula, and young children's bottled water intake. Mothers with friends or family in Flint during the Flint Water Crisis also drank more bottled water and gave their children bottled water more often than mothers without. Mothers' negative perceptions of tap water in general were associated with greater sugar-sweetened beverage intake among mothers and young children. On average, mothers spent \$27/month on bottled water.

Conclusion: Distrust of tap water is common among low-income Michigan mothers. This distrust creates an economic and health burden due to reliance on bottled water and may increase socioeconomic inequalities in nutrition. Community-based interventions that improve trust and increase knowledge of tap water safety among low-income women are needed.

Funding: Robert Wood Johnson Foundation, NIH.

P65 The Role of Older Adults in 2- and 3-Generation Households: Implications for Diet Quality and Household Food Security

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Background: Food insecurity rates have declined overall (pre-COVID), but have increased significantly among older adults in the past decade. The majority of older adults in the U.S. also have suboptimal diet quality. An older adult's household role may influence their diet quality and the household's food security status, especially in mixed-generation households, but this hypothesis has yet to be tested.

Objective: To explore the relationships between an older adult's household role, the household's food security status, and the older adult's diet quality in mixed-generation households.

Study Design, Settings, Participants: A cross-sectional analysis of a nationally-representative sample of U.S. households with at least 1 older adult (age 60+ years) from the 2011-2016 NHANES was conducted (n = 8,136). Households were categorized as: older adult as head of household and child caregiver (ie, child(ren) present, but no adults 18-59 years; HHC); head of household, but not a caregiver (HHNC); and neither head of household nor caregiver (ie, reference person < 60 years; NHNC). The U.S. Household Food Security Survey and Healthy Eating

Index-2015 (HEI-2015) from a single dietary recall were used to assess food security status and diet quality, respectively.

Measurable Outcome/Analysis: Weighted chi-square and ANOVA tests were used to compare food security status and HEI-2015 scores across household categories, respectively.

Results: HHNC households were significantly more likely to be fully food secure (84% FFS; $P < 0.001$) than HHC households (67% FFS) and NHNC households (68% FFS). Older adults as HHNC had significantly higher HEI-2015 scores (mean: 53.7, $P < 0.001$) than HHC older adults (50.2) and NHNC older adults (51.5).

Conclusion: Findings suggest that caregiving demands may have a negative influence on food security and diet quality of older adults in mixed generation households. While such relationships have potential bearing on nutrition programming and policy, further research is needed to understand the underlying household dynamics, including more advanced analyses to account for potential covariates (eg, the number and age of children and roles of other household members).

Funding: The Ohio State University Institute for Population Research via a center grant (P2CHD058484) awarded by the National Institute of Child Health and Human Development.

P66 Understanding How the COVID-19 Pandemic Influenced Older Adults' Grocery Shopping Habits

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Background: The ability to grocery shop is an important aspect of maintaining adequate nutritional status among older adults. During the COVID-19 pandemic, many older adults changed their typical grocery shopping habits attempting to remain safe.

Objective: To understand how the COVID-19 pandemic influenced older adults' grocery shopping habits.

Study Design, Setting, Participants: In this qualitative study, a total of 23 older adults aged 60 years or older participated in individual interviews via Zoom.

Measurable Outcome/Analysis: Data were analyzed using directed content analysis.

Results: Attempting to be cautious, most participants reported altering grocery shopping habits by shopping less frequently, using online services such as grocery pickup or delivery, or having friends or family members do the shopping. However, some participants continued shopping in stores due to poor quality produce items picked out by shoppers and safe policies implemented by stores. Also, grocery shopping in stores became incentivized as some participants viewed it as a form of entertainment, social interaction, and even physical activity during the pandemic. Although many

Continued on page S55

P66 (continued)

stores offered senior shopping hours, the majority of study participants reported not using these services due to inconvenient times. Purchasing larger quantities of items and selecting more shelf stable, canned, and frozen items were also reported.

Conclusion: Providing older adults with training and education on using online grocery shopping services may help this population have safe and simple access to healthy food items. In addition, training grocery store workers to pick out good quality produce may encourage more older adults to use these online services. Modifications to grocery store-instated senior hours should consider more convenient times to best support older adults. Because the grocery store emerged as an enjoyable place, it is especially crucial that grocery stores continue to enforce the policies that allow older adults to feel safe purchasing their groceries.

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P67 Virtual Nutrition Education for Older Adults: A Food Smarts Intervention in Citywide Congregate Meal Sites

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Objective: To evaluate the virtual implementation of Food Smarts, a learner-centered cooking and nutrition curriculum, in citywide congregate meal sites using process evaluation methods.

Use of Theory or Research: Older adults are at high risk for inadequate nutrition, which can contribute to loss of independence, disease complications, increased health-care costs and short-term mortality. Virtual nutrition education can be an effective intervention to encourage older adults to adopt behaviors that improve nutritional status and support healthy aging.

Target Audience: Older adults (aged 60 years and older) enrolled in congregate meal programs in San Francisco.

Program Description: Virtual Food Smarts workshops were delivered via online platform Zoom and participants joined via personal devices from home. Each workshop consists of 4 weekly classes and the duration of each class is 60 minutes. Topics included plant-based eating, nutrition labels and chronic disease prevention. Within a 6-month period, 10 series of classes for 7 congregate meal sites were delivered.

Evaluation Methods: An online post-workshop satisfaction survey was administered via email after the last class. Survey evaluated nutrition-related knowledge and dietary behaviors as a result of class participation.

Results: Out of 477 participants, 331 participants attended 2 or more classes and 108 survey responses were collected. Nearly 100% participants expressed positive behavior change in all measures. Behavior measures with

the largest changes included increased consumption of fruits and vegetables (98%), increased knowledge of whole grains and beans (99%) and increased confidence in ability to prepare food for self (99%).

Conclusion: The virtual delivery of Food Smarts has demonstrated success in improving dietary behaviors and self-management of nutritional health for nearly all participants. These results can be used as preliminary data for informing future interventions and virtual nutrition education programs for older adult populations.

Funding: San Francisco Department of Disability and Adult Services.

Nutrition Education Program Design Implementation and Evaluation

P68 A Formative Evaluation of a STEAM and Nutrition Education Summer Program for Low-Income Youth

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Background: Project Science and Technology Reinforced by Innovative Dietary Education (Project stRide) aims to provide a science, technology, engineering, arts, mathematics (STEAM), and nutrition education curriculum to low-income, racially and ethnically diverse, incoming 5th and 6th-grade youth. A formative evaluation of Project stRide was conducted from May-July 2020 to gain insights from expert content reviewers and identify revisions before piloting.

Objective: The objective of this study was to conduct an expert content review of the Project stRide curriculum to assess the content, cultural sensitivity, feasibility, and curriculum standard adherence to inform revisions to the curriculum.

Study Design, Setting, Participants: Nine experts spanning the fields of nutrition education, cultural competency, elementary education, summer youth programming, and STEM outreach were recruited to participate in an expert content review survey and virtual interviews.

Measurable Outcome/Analysis: Experts completed a 63-item questionnaire containing open- and closed-ended questions covering the lessons. Virtual interviews included follow-up questions. Interviews were recorded, transcribed, and coded in NVivo by 2 coders. An inductive approach was used to identify themes.

Results: Inter-rater reliability for the 2 coders yielded an unweighted kappa value of 0.83. Seven core themes were identified: (1) effectively promoting youth engagement, (2) increased lesson guidance or support needed, (3) activity

Continued on page S56