P24 (continued)

Objective: To evaluate the effectiveness of a nudge intervention for increasing vegetable intake among university students.

Study Design, Setting, Participants: The participants were university students who ate at a university cafeteria in Japan from October to November 2020. The study consisted of baseline (1 week), intervention (2 weeks), and follow-up (2 weeks) periods. As a nudge intervention, a tack board was set at the entrance of the cafeteria and it displayed the number of small bowls of vegetable dishes that were sold by putting magnets on the tack board on a real-time basis.

Measurable Outcome/Analysis: The change in the number of small bowls of vegetable dishes selected by students during the study periods were evaluated by collecting receipts. Friedman's test was used for the analysis. Awareness of the tack board and a conscious change in vegetable intake were also evaluated using self-administered questionnaires. Cochran's Q-test was used for a conscious change in vegetable intake.

Results: A total of 53 students completed the study. Among them, 67.9% students saw the tack board. However, the number of small bowls of vegetable dishes selected ($P = 0.811$) and consciousness of vegetable intake ($P = 0.794$) did not change significantly during the study period.

Conclusion: Nudge intervention in this study did not change students' behavior significantly. Developing more attractive nudge tools for behavioral change might be needed.

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P25 Fruit and Vegetable Intake, Intention, and Healthy Food Choice Self-Efficacy Among Second and Third Grade EFNEP Youth in Guam

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Objective: To examine the effectiveness of the Health Kids Club (HKC) curriculum on fruit and vegetable (FV) intake and dietary behaviors among the Expanded Food and Nutrition Education Program (EFNEP) youth participants in Guam.

Use of Theory or Research: Guam EFNEP implements the HKC curriculum and applies the Experiential Learning Model; therefore, the constructs of the Social Cognitive Theory is the framework to evaluate this study's objective.

Target Audience: Study participants were Guam EFNEP youth in grades 3-5 ($N = 2,569$) during 2015-2019 from different community-based sites throughout Guam. Majority of youth were Asian and/or Native Hawaiian or Other Pacific Islander race and males (53%).

Program Description: The HKC curriculum consists of 6 interactive lessons on food safety, diet quality, portion control, and moving more and each has 2 activities. A lesson is added to gather exit data and celebrate program completion.

Evaluation Methods: Only data from youth who self-reported dietary behaviors using the nutrition education survey at entry and exit were analyzed ($N = 1,714$). Surveys consisted of 14 total questions for both periods 2015-2017 ($n = 776$) and 2017-2019 ($n = 938$). A paired t test and Wilcoxon signed rank test were performed to determine program effectiveness. Questions from each survey period were selected to examine FV intake, FV intention, and healthy food choice (HFC) self-efficacy behavior categories.

Results: Youth reported a significantly higher exit score for all behavior categories in both study periods. In 2015-2017, the mean increase in FV intake, FV intention, and HFC self-efficacy scores at exit were 0.45 (95% CI: 0.35-0.55), 0.18 (95% CI: 0.10-0.27), and 0.55 (95% CI: 0.45-0.65), respectively. In 2017-2019, the mean increase in FV intake and HFC self-efficacy scores at exit were 0.20 (95% CI: 0.05-0.35) and 0.37 (95% CI: 0.29-0.45), respectively, and a statistically significant median increase in FV intention score, $z = 2.27$, $P = 0.023$.

Conclusion: Guam EFNEP youth curriculum is effective in improving children's FV intake, FV intention, and HFC self-efficacy.

Funding: None.

P26 Health 360 Policies: Lessons for Healthy Habits to Reduce Childhood Obesity Risk

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Background: Childhood obesity is the most pressing public health problem in the United States. Prevalence of child obesity has tripled in the past 3 decades, leading to comorbidities. Teaching children healthy habits is vital to reducing obesity. Children need role models to set positive examples and edify consequences of unhealthy habits. The Boys and Girls Club of Charlestown, MA implemented Health360 policies to educate children about healthy habits.

Objective: To examine if the Health360 policies make an impact on children to develop healthy habits in order to reduce risk of obesity.

Study Design, Setting, Participants: Qualitative study focused on the 4 Health360 policies. Eight hands-on lessons were taught weekly for 2 months at The Boys and Girls Club after school program. An assessment survey was given at the start and end of the study. Participants were 8 third and fourth grade Latino girls.

Measurable Outcome/Analysis: Increased participants' knowledge and appreciation of healthy lifestyle

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