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.

Funding: Ministry of Education, Culture, Sports, Science and Technology, Japan.

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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benefits. Narrative analysis assessed information from pre- and post-surveys, as well as observations and experiences of participants.

Results: The pre- and post-survey assessment revealed children had higher awareness of the Health360 policies after attending the lessons. All participants believed in the importance of embodying the policies post-lessons, as opposed to 25% pre-instruction. It was observed that the more lessons attended, the more children were engaged in learning about healthy habits. When a health policy was taught a second time it reinforced the lesson and participants retained information. They asked insightful questions, grasped the benefits of healthful lifestyles, and contemplated making changes in their lives.

Conclusion: Childhood obesity is a major health concern, which is exacerbated by a lack of positive examples for healthy habits. When children are exposed to the benefits of healthy lifestyles they are more likely to make changes. This could aid in reducing the risk of chronic disease.

Funding: None.

P27 Health Behavior Changes and Mental Health During the COVID-19 Crisis in Food Insecure College Students

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Background: The COVID-19 pandemic has had impactful and possibly long-term effects on the lives of college students. This may be particularly challenging for food insecure students, who are at a higher risk for negative effects of the COVID-19 pandemic.

Objective: The purpose of this study was to determine the effects of COVID-19 on the health behaviors and mental health of food insecure college students.

Study Design, Setting, Participants: A mixed-methods study design was used to determine the changes in mental and health behaviors in food insecure college students. Students completed 2 surveys over 6 months, pre and post COVID-19. Surveys were composed of validated measures and open-ended questions. Participants were asked to describe their demographics, food security, fruit and vegetable intake, stress, and life satisfaction. Food insecure students ($n = 41$) were recruited from Florida International University. Participants were female (92.5%), White Caucasian (42.5%), and Hispanic (60%), and of normal BMI (52.5%).

Measurable Outcome/Analysis: Statistical analysis was performed using SPSS v26. Descriptive statistics, frequencies, and t tests were performed on validated measures. Diet and physical activity open response questions were categorized into positive, negative or neutral changes

due to COVID-19. Overall changes went through a thematic review and were categorized into themes.

Results: Post COVID-19, participants significantly decreased their fruit and vegetable intake ($t = -2.12$, $P = 0.04$). Participants indicated both positive and negative changes in diet and physical activity. Participants also increased their perceived stress ($t = 2.37$, $P = 0.02$) and decreased life satisfaction ($t = -3.03$, $P < 0.01$) but indicated positive changes including getting closer to family and friends, improved work, school, and finances, and had increased time to enjoy activities.

Conclusion: COVID-19 had both positive and detrimental effects on diet, physical activity, stress and life satisfaction of food insecure students. While overall measures declined, students indicated that quarantine gave them an opportunity to work on personal relationships and mental health.

Funding: None.

P28 Herbs and Spices Found in a Grocery Store Where Low-Income Mexicans Frequently Shop

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Background: Since herbs, spices, spice blends, and salts (H&S) vary by culture, it is imperative for recipes created for specific audiences to include H&S that are both culturally relevant and readily available. Yet, lists of H&S used by immigrants residing in various regions of the U.S. do not exist.

Objective: To document and investigate the H&S available to low-income Mexicans and Mexican-Americans in a small, urban NJ community.

Study Design, Setting, Participants: This was a descriptive study of H&S available in the largest grocery store frequented by the Mexican community in New Brunswick, NJ. With the store manager's permission, photographs were taken and used to document all H&S in the store.

Measurable Outcome/Analysis: The names of all H&S in the photographs that did not appear on a previously developed list of H&S commonly used in the U.S. were recorded and translated into English by a bilingual research assistant (when necessary). An internet search was conducted to determine the H&S's common use among Mexicans and other Latinos.

Results: Forty-five H&S that did not appear on the previously developed list of H&S used in the U.S. were identified. Notably, 21 H&S were not used for culinary purposes, but instead had a wide range of functional and medicinal purposes ranging from weight loss to combating parasites.

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