P26 (continued)

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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