P101 (continued)

Changes in food security, clinical biomarker, and biometric measures were not significant between groups.

Conclusion: Combining expanded nutrition and financial literacy education with produce prescription improves low-income adults' financial and food resources, knowledge, purchase, preference, and consumption of locally grown vegetables.

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P102 The Expanded Food and Nutrition Education Program's Impact on Vulnerable Families in California

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Background: The California Expanded Food and Nutrition Education Program (CA EFNEP) provides nutrition education to low-income parents, and evaluates outcomes in nutrition practices (NP), food resource management practices (FRMP), food safety practices (FSP), and food security (FS) (not running out of food before the end of the month).

Objective: To examine the association between poverty, education and improvements in NP, FRMP, FSP, and FS.

Study Design, Settings, Participants: This study utilized pre-post-secondary data analysis including 19,190 CA EFNEP participants (FFY 2014-2017 Food Behavior Checklist), who were female (93%) and Hispanic (80.3%). Twenty percent of participants who completed the program reported less than a 6th grade education and 25% lived in extreme poverty (below 50% of the Federal Poverty Level, FPL).

Measurable Outcome/Analysis: Paired sample *t* tests were used to examine participant outcomes at pretest and posttest. To examine the association between demographic characteristics and improvement in NP, FRMP, FSP and FS, we ran repeated measures ANOVA to compare within-subject means across demographic characteristics, comparing participants in the highest and lowest quartiles.

Results: EFNEP participation was associated with improvements in NP, FRMP, FSP, and FS ($P < 0.001$). Participants in the highest income and education quartiles started and ended with higher pre- and post-test mean scores in NP and FRMP ($P < 0.001$). However, being in the lowest 25% FPL was associated with more improvement in NP, FRMP, and FS ($P < 0.001$). Being in the lowest 25% of educational attainment was associated with more improvement in FRMP, FSP, and FS ($P < 0.001$). Across most variables EFNEP participation was associated with a

narrowed outcome gap between lowest and highest quartiles.

Conclusion: Findings indicate that CA EFNEP is effective in improving the health outcomes of its most vulnerable participants. Further research is needed to examine the association between EFNEP outcomes and participant food security status, using multiple FS indicators.

Funding: NIFA.

P103 The Power of Music: Creating a Pleasurable Eating Experience for Adults with Intellectual and Developmental Disabilities

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Objective: To evaluate whether the Community Support Services (CSS) Lunch Clinic can contribute to increased pleasure in eating and a reduction in challenging behavior during mealtimes by adjustments in environmental cues.

Target audience: Individuals with Intellectual and Developmental Disabilities (IDD) who are currently clients at CSS.

Program Description: This 8-week pilot program (30-minute session weekly) uses classical music to alter the eating environment for individuals with histories of rapid eating and disruptive mealtime behaviors. Behavioral changes during mealtimes are assessed via pre-/post test assessments from support staff.

Use of Research or Theory: Research suggests that music is an environmental factor that has direct influence on consumption patterns. Moreover, musical properties such as tempo and instrumentation can affect both the rate of eating as well as meal duration. The CSS Lunch Clinic incorporates these factors into a simple intervention involving the use of piano arrangements that are 45-120 beats per minute.

Evaluation Methods: In a pre-test format, support staff were interviewed about their clients' current eating habits and mealtime behaviors; the same individuals participated in a post test activity where they provided information regarding changes in their client's behavior. Staff input included observations of both positive and negative non-verbal cues such as frowning or smiling.

Results: The observational data indicates that clients experienced the music as soothing and found the experience pleasurable. An assessment of reported nonverbal cues in the pre and post test interviews revealed a 50% increase in positive nonverbal cues (eg, smiling, swaying to music) and a 30% decrease in negative nonverbal cues (eg, frowning and restlessness) from the baseline. The staff additionally reported in the post test interviews that the clients responded positively to the Lunch Clinic, looked

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