P110 (continued)

Study Design, Settings, Participants: Qualtrics surveys were distributed via email to community members, stakeholders, and partners serving low-income audiences. Three surveys solicited feedback for existing Healthy Communities coalitions ($n = 45$); 1 survey gathered initial input for a newly formed Healthy Communities coalition ($n = 63$). The overall response rate across all surveys was 23.6%.

Measurable Outcome/Analysis: Survey responses to community health and engagement questions were separated by counties and analyzed through qualitative content analysis. The research team worked with Extension agents to conduct member checking through discussing survey results with participants.

Results: One hundred and eight responses were received from 4 communities. Extension agents reported high satisfaction with the process. Surveys provided action items and potential new coalition members. Across all 4 communities, common themes included acknowledging racial health disparities, a need for greater community involvement in coalition efforts, and a lack of healthy food options.

Conclusion: Qualtrics surveys were an effective way to gather community input and allowed wider participation than would have been possible with a virtual meeting. Post-COVID, agents plan to continue to solicit community input through Qualtrics surveys, in addition to face-to-face forums. This method is a valuable tool for lower-income and rural communities. Results reflected an awareness of low community engagement, racial health disparities and limited healthy food access.

Funding: Supplemental Nutrition Assistance Program - Education.

P111 The Impact of a Culinary Medicine Course on the Nutrition Care Attitudes of Pre-Health Profession Students

Sarah Albrecht, BA, BS, saraha@udel.edu, University of Delaware, 210 South College Ave, Newark, DE, 19716;
Kristin Wiens, MS, LDN, RDN, University of Delaware

Background: Studies suggest cooking skill-based learning increases knowledge and improves nutrition attitudes and confidence more than traditional knowledge-based approaches. Current educational strategies may not adequately prepare future healthcare professionals to become empathetic and innovative problem-solvers who have the skills to provide evidence-based and practical advice about nutrition.

Objective: The objective of this study was to investigate how a culinary medicine course for pre-health profession college students impacts nutrition care attitudes.

Study Design, Setting, Participants: Twenty-five pre-health profession undergraduate students enrolled in an interprofessional, experiential culinary medicine course participated. This was a skills- and case-based course which focused on food and cooking, and evidence-based nutrition recommendations for chronic disease.

Measurable Outcome/Analysis: Items from the validated Nutrition in Patient Care Survey (NIPS) were

administered pre-post course completion to assess nutrition care attitudes. Sociodemographic characteristics such as age, year in college, career aspirations, race, and ethnicity were collected. Data were analyzed using descriptive statistics, paired t tests, Wilcoxon signed rank tests, and ANOVA with *post hoc* analysis.

Results: Baseline attitudes scores were somewhat high compared to literature from working health professionals. No significant changes were seen in attitude scores, but differences were found based on ethnicity and career aspirations. Students identifying as Hispanic had more negative attitudes regarding nutrition counseling ($P = 0.001$) and including nutrition in routine patient care ($P = 0.013$), but had more positive attitudes towards the importance of taste in improving dietary patterns ($P = 0.002$). Aspiring doctors, dentists, and physician assistants had more negative attitudes about nutrition counseling than future dietitians ($P = 0.008$) and nurses ($P = 0.049$).

Conclusion: Although no significant changes were found in attitude scores, the differences based on ethnicity and career aspirations warrant further investigation. Nutrition care is incidental to many health professionals' practice. Strategies to cultivate positive attitudes regarding the role of nutrition across health disciplines should be identified to better develop competency.

Funding: None.

Physical Activity

P112 Partnering for Community-Health and Wellness: A County-Wide, Mayor's Fitness Challenge

Angelika Keene, BS, University of Florida; Elizabeth Shephard, BS, MPA, bshephar@ufl.edu, University of Florida, 3695 Lake Dr, Cocoa, FL, 32926

Objective: To increase physical activity in citizens utilizing a competition between cities and other partnerships.

Use of Theory or Research: Knowing that accountability is a major factor in increasing physical activity, the Mayor's Fitness Challenge is a competition designed to promote health and wellness and provide accountability and positive reinforcement.

Target Audience: Citizens of all ages living in Brevard County.

Program Description: To mitigate organizational challenges, this program takes a county-wide approach and utilizes partnerships to provide opportunities for multiple cities and organizations to address community health and wellness via a challenge that shares resources, funding, personnel, and expertise. Eleven of the 16 municipalities participated in a free, 8-week fitness challenge designed to get citizens involved in a healthy competition. Everyone who joins within a municipality is considered part of that mayor's "team." The only requirement is participants must start moving and track their progress. The committee uses a point system to equalize different team sizes. The municipality with the most points is awarded 'Most

Continued on page S77