P192 Trigger Healthy: Healthy Samples Induce Healthy Shopping
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Objective: The studies aimed to examine the influence of food samples on subsequent grocery shopping. We wished to see whether healthier (less healthy) samples trigger healthier (less healthy) purchases.

Study Design, Setting, Participants, and Intervention: Participants in three studies received more or less healthy (e.g., apple) or unhealthy (e.g., cookie) samples and subsequently shopped in a virtual (studies 1, 3) or actual (study 2) grocery store. In the virtual grocery store, participants were offered healthier and less healthy items to choose from.

Outcome, Measures and Analysis: For the lab studies, we counted healthier and less healthy choices. We then calculated the net number of healthy items (healthy items - unhealthy items). For the grocery store study, we analyzed spending on fruits and vegetables. Analysis was done via t-tests.

Results: For both different food type samples (studies 1-2) and different framing of samples (study 3) we found that healthy samples lead to more healthful choices. In study 1, participants imagining eating an apple (vs. a cookie) chose a greater net of healthier items (4.1) than those imagining sampling a cookie (1.3). In study 2, grocery shoppers sampling an apple spent more money on fruits and vegetables ($6.41) than those sampling a cookie ($5.68) or no sample ($5.02). In study 3, participants (N = 118) drinking milk advertised as “healthy” selected a greater net of healthier items (3.55) than those drinking milk advertised as “indulgent” (1.65), or no sample (.69), p = .02.

Conclusions and Implications: The current findings suggest consumers choose products similar in healthiness to samples, even with product choices that are determined by situation rather than their own independent choice.

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P193 Infant Feeding Risks Differ by Language Preference and Age Group: Implications for Nutrition Educators
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Objective: To identify the level of feeding risks among infants aged 0-24 months and examine relationships between risk scores and demographic characteristics.

Study Design, Setting, Participants, and Intervention: Infant feeding surveys were collected from caretakers of infant patients at a low-income medical clinic. Survey questions assessed caretaker feeding behaviors and infant consumption. Participants completed the survey in English (n=2,305) or Spanish (n=1,162).

Outcome, Measures and Analysis: Additive risk scores were calculated for unhealthy eating (scale 0-7), tooth decay (0-5), choking (0-6), and total risk (0-18). Bivariate analyses assessed the relationship of risk level with age group in months (0-6, 7-12, 13-18 and 19-24), gender, and language preference. Linear regression identified predictors of unhealthy eating, tooth decay, choking, and total risk.

Results: Participating infants (n=3,467) were primarily 0-6 month old (51%) males (51%) and females (49%). Older infants had higher risk scores for unhealthy eating and tooth decay. Bivariate analysis revealed unhealthy eating risk scores were significantly higher for English versus Spanish speakers (1.3 vs. 0.88, p<0.001, respectively), and increased with age for both groups. Tooth decay risk scores were significantly higher for Spanish speakers (p<0.001). Older infants of English speakers showed significantly higher choking risk than older infants of Spanish speakers (p<0.005). No significant gender differences were found. In multivariate analysis language preference and age group predicted unhealthy eating, tooth decay, and total risk. Age group predicted choking risk.

Conclusions and Implications: Nutrition educators may utilize this information to better target gaps in infant feeding education and to address certain risk concerns with caretakers, tailored to their needs and greatest risks of the infant.

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P194 Change in Nutrition and Physical Activity Behaviors Among SNAP-Eligible 4th and 5th Grade Students: A Multi-County Study
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Objective: To measure change in nutrition and physical activity behaviors through SNAP-Ed instruction among limited-income 4th and 5th graders.

Study Design, Setting, Participants, and Intervention: The University of Arizona Nutrition Network (UANN) provides nutrition education, training, and materials, aligned with USDA guidelines, to teachers at participating schools with >50% free/reduced lunch. The UANN administered pre/post nutrition and physical activity surveys to students in 11.1% of participating 4th and 5th grade classrooms in five Arizona counties.

Outcome, Measures and Analysis: Descriptive statistics were calculated for student demographics. Due to anonymity of surveys, paired t-tests were used to evaluate change in pre/post surveys. Significance was set at p<0.05.

Results: Forty-two classrooms participated (students (N) 854=pre, 899=post). Participant characteristics: 59.1% fifth-graders, 51.4% female, mean age 9.83 years (pre). Students reported consuming whole grains 1.12 (±0.33) times/day and fruit 1.74 (±0.39) times/day on pre-surveys. Reported intakes increased 12.2% (p=.056) and 5% (p=.039), respectively, on post-surveys. Total beverage

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