

P76 (continued)

Conclusions and Implications: Counselors underestimated fruit and vegetable spending, but clients overestimated the adequacy of their fruit and vegetable consumption. Bringing those perceptions in line would likely help the WIC program better serve its clients in Sioux Falls.

Funding: None

P77 Color Me Healthy for SNAP-Ed Supplemental Toolkit: A Comprehensive Approach to the Social-Ecological Model

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Objective: To enhance SNAP-Ed direct education messages with support for change on the interpersonal and organizational levels of the Social-Ecological Model (SEM).

Theory, Prior Research, Rationale: This project combines the Color Me Healthy for SNAP-Ed direct education program and the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) model, a research-tested intervention, to influence multiple levels of the SEM.

Description: North Carolina Extension educators receive training, on-going support, and an all-inclusive kit for direct education program implementation. Child care centers where Color Me Healthy for SNAP-Ed is delivered are engaged through a comprehensive toolkit for policy, systems, and environmental (PSE) change. This includes self-assessment, guided action planning, staff training, connections with local partners, and the provision of resources. Centers receive hands-on support throughout the process, creating personal connections that build trust and allow for greater center buy-in and a high completion rate, currently 82%. Additionally, one-third of centers have participated for at least two years, fostering a long-term relationship.

Evaluation: The project encourages short, medium, and long term change on the individual and environmental levels, as defined by the SNAP-Ed Evaluation Framework. Administered twice in each annual cycle, NAP SACC, a reliable, valid, environmental self-assessment tool, was used to measure adoption and promotion of nutrition and physical activity supports, while surveys of parents and teachers captured childrens' behavior change.

Conclusions and Implications: The comprehensive application of the toolkit combined with direct education creates a multi-component, multi-level intervention that enhances the effectiveness and sustainability of PSE change at early child care centers.

Funding: USDA

P78 Creating Healthy Behaviors Among Utah's SNAP-Ed Participants

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Objective: To evaluate the curriculum's effectiveness by determining intention to change behaviors and actual behavior change of SNAP-Ed participants in Utah after receiving nutrition education based on the CREATE Curriculum. A convenience sample of SNAP-Ed participants was surveyed in 2014 and 2015. Participants were surveyed up to three points in time; after participation in one SNAP-Ed class (n=6,825), after receiving at least 6 SNAP-Ed classes (n=168), and 6-months after receiving at least one SNAP-Ed class (n=249). Participants were asked questions about dietary intake, physical activity, and cooking/mealtime habits. Wilcoxon signed rank test was used to compare nutrition-related behaviors in retrospective pre/post surveys. Participants reported an intention to improve all nutrition-related behaviors in pre-post surveys during the intervention (p<0.001). Participants also reported actually changing these behaviors six-months post-intervention (p<0.001). After receiving six SNAP-Ed classes participants reported consuming more whole grains, fruits and vegetables and less saturated fats and processed food.

Description: The CREATE Curriculum is an innovative cooking-skills based curriculum developed by Utah's SNAP-Ed program aimed at increasing knowledge, skills, and self-efficacy of participants to help them make healthful nutrition-related decisions to prevent obesity and chronic diseases.

Results: The CREATE Curriculum may be an effective nutrition education tool for improving behaviors associated with a reduced risk of obesity among SNAP-Ed participants. SNAP-Ed programs nationwide should consider utilizing this curriculum in future programming. Future studies should follow SNAP-Ed participants over time to determine if behavior change is sustained.

Funding: Supplemental Nutrition Assistance Program - Education

P79 Dairy and Whole Grain Intake Differ by Food Security Status Among Indiana SNAP-Ed Eligible Adults

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Objective: The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) aims to improve the diet quality of low-income populations. Food insecurity

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