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of participants consumed all of the box’s contents, increasing their nutrition.

Conclusion: The high percentage of WCK food boxes completely consumed suggests that boxes offering fruits and vegetables are an effective intervention in improving nutrition for recipients. These findings have important implications for shaping nutritional guidance of future food box programs.

Funding: None.

P106 Evidence-Based Extension Education: Self-Reported Knowledge, Practice, and Attitudes of Nutrition Educators

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Background: Excellence in nutrition education requires a strong base in research evidence. While evidence-based practice is recognized as essential for nutrition education programming, little research in this area has targeted nutrition educators.

Objective: The aim of the study was to evaluate the perceived knowledge, skills, abilities, attitudes, and activities of nutrition extension educators related to evidence-based practice.

Study Design, Settings, Participant: Family and consumer sciences (FCS) extension agents in Florida were surveyed using an online, modified version of the Evidence-based Practice Questionnaire (EBPQ) through Qualtrics.

Measurable Outcomes/Analysis: Evidence-based practice activities over the past year (1 = never to 7 = frequently), attitudes towards evidence-based practice (1 = very negative to 7 = very positive agreement), and knowledge, skills and abilities related to evidence-based practice (1 = poor to 5 = excellent) were rated. Preferred sources of evidence-based nutrition information also were queried.

Results: Of the 85 nutrition educators surveyed, 20 FCS agents completed the survey. Regarding undertaking evidence-based practice activities to address gaps in knowledge, participants reported a rating of 5.2 ± 1.5 (mean ± SD). Attitudes were rated at 5.7 ± 1.5 and perceived knowledge, skills and abilities averaged 3.6 ± 0.8. Sources of evidence-based information included professional organizations (American Diabetes Association, American Heart Association, Academy of Nutrition and Dietetics, and the Society of Nutrition Education and Behavior), government departments (U.S. Department of Agriculture), university-approved curriculum and online resources, reputable domain names (.edu, .org, and .gov), nutrition journals, and state extension specialists.

Conclusion: FCS extension agents reported applying evidence-based practice activities to support their nutrition extension programming and very positive attitudes towards evidence-based nutrition education. However, lower ratings of perceived knowledge, skills and abilities suggest a need for professional development opportunities related to evidence-based practice.

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P107 Predictors of Food and Water Stockpiling During the COVID-19 Pandemic

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Background: The early months of the COVID-19 pandemic brought about significant disruptions in food supply chains, which increased consumers’ concern about possible food shortages and price gouging. To ensure personal food security, many consumers began stockpiling food and water in unusually large amounts.

Objective: The goal of this study was to investigate individual- and household-level predictors of food and water stockpiling (FWS) in the early months of the COVID-19 pandemic among Non-Latino Black and Latino adults.

Study Design, Settings, and Participants: This study was a secondary analysis of cross-sectional survey data. Participants were 2,174 Non-Latino Black (66.4%) and Latino (33.6%) adults residing in a Midwestern state, who completed the survey in either May or June/July 2020.

Measurable Outcome/Analysis: Participants were asked to self-report (yes or no) if they stockpiled food and/or water in the prior 7 days in response to the pandemic. A variety of variables was examined, including education level, annual income, employment status, concerns about COVID-19, and self-quarantine status. Crude and adjusted logistic regressions were used to identify variables associated with FWS.

Results: Non-Latino Black participants had lower odds of reporting FWS compared to Latinos (OR 0.64; 95% CI, 0.51-0.79). Similarly, participants who were not concerned about COVID-19 had lower odds of FWS compared with those extremely concerned (OR 0.37; 95% CI, 0.20 – 0.71). In contrast, odds of FWS were higher among participants who were self-quarantining all the time compared to those who were not (OR 2.16; 95% CI, 1.31 – 3.59).

Conclusion: Results showed that Latinos, adults concerned about COVID-19, and self-quarantine status had significantly higher odds of FWS during the pandemic.

Funding: None.

P108 Representation of Older Adults in Nutrition Education and Behavior Published Literature

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