

O02 (continued)

meaningful behavior changes. They wanted the program to be longer as it would have provided them the opportunity to continue their behavior changes.

Conclusions: Findings indicate that a social media can be a useful tool to remotely implement evidence-based nutrition education interventions for pregnant women in low-income neighborhoods. Further research with a longer intervention duration is warranted to sustain behavioral changes.

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O03 Exploring Intra-Household Food Insecurity Experiences in Southern Ethiopia

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Background: Gamo families of southern, rural, Ethiopia live in harsh environments and may experience times of food insecurity (FI). While FI is a household level measurement, perceptions and experiences related to the condition may be viewed differently between Gamo spouses due to various sociocultural norms.

Objective: To explore potential differences in perceptions and experiences of FI between Gamo mothers and fathers.

Study Design, Setting, Participants: Semi-structured interviews were conducted with Gamo dyads (n=33) of mothers and fathers exploring parental perceptions and experiences related to various environmental factors, including household FI.

Measurable Outcome/Analysis: Using a basic inductive analytical framework, two coders used an iterative, data-driven analysis process to independently apply codes to transcripts within NVivo. Next, the coders applied discourse analysis tools including I and we statements, and position design and identity building to transcripts. Code frequencies were calculated, and coding matrices and hierarchical charts were developed to inform direct content analysis.

Results: Over 75% of participating mothers and fathers (n=25 dyads) agreed on household food security status with their spouse, while the remaining 8 dyads disagreed. Of those 25 dyads in agreement, n=21 reported some indication of FI. While both mothers and fathers reported various FI-related barriers and coping strategies, fathers used I statements (n=29 statements) more often to describe their FI experiences compared to we statements (n=8 statements). The frequency of I and we statements among mothers did not differ.

Conclusions: High rates of perceived FI were noted among the participating Gamo families. In some cases, intra-household FI experiences varied between mothers and

fathers. With the differences in discourse related to FI noted between genders in this study, interventions and policies aimed to improve this household-level condition among Gamo families may need to include gender-specific elements tailored to the differing perceptions and experiences of barriers to and coping strategies for achieving a food secure home.

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O04 The Impact of COVID-19 on Perceived Barriers and Facilitators to the Healthfulness of Communities With Low-Income

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Background: The COVID-19 pandemic brought new challenges affecting the wellbeing of individuals in communities with low income. Understanding where people live and how those environments can facilitate or hinder living a healthy lifestyle is essential for developing interventions that target behavior change and health promotion.

Objective: This study compares Extension Nutrition Educators' (NEs) perceptions of the barriers and facilitators impacting the healthfulness of the environment of communities with low income in eleven states before and during the COVID-19 pandemic.

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O04 (continued)

Study Design, Setting, Participants: Trained researchers conducted focus groups and interviews with NEs prior to (n = 97) and during (n = 77) the first two years of the pandemic in Alabama, Kansas, Florida, Georgia, Maine, Mississippi, Nebraska, New Hampshire, Rhode Island, South Dakota, Tennessee, and West Virginia.

Measurable Outcome/Analysis: Discussions were audio-recorded, transcribed verbatim, and coded by researchers using inductive thematic analysis. Cross-tabulation analysis was used to compare data pre-and-during COVID-19.

Results: NEs' revealed COVID-19 not only exacerbated existing barriers (i.e., lack of access to healthy foods, transportation, nutrition education and information, and physical and mental health resources) but also created new challenges in these communities. NEs stated increased unemployment rates led to financial hardships and greater food insecurity. Participants mentioned COVID-19 restrictions (i.e., social distancing, shutdowns, etc.) and fear of exposure made services and resources more difficult to acquire, and impacted dietary behavior, physical activity patterns, and mental health. Likewise, limited access to technology and connectivity decreased the ability to learn about and access services and resources. Nonetheless, NEs suggested new opportunities were designed to mitigate COVID-related barriers, such as virtual programming, COVID-19 relief programs, food distribution programs, grocery store delivery services, and revised social marketing approaches to increase awareness of available resources/services.

Conclusions: Given the onset of new barriers resulting from COVID-19, there is a need to consider these barriers when developing or adapting health promotion strategies to support the healthfulness of communities.

Funding: None.

Measuring and Addressing Food Security

O05 Assessment of Food Literacy Among Civil Servant Mothers in Ibadan, Nigeria

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Background: Food literacy as a term is increasingly used in policy, practice, research and in public arena. Though, there is no shared understanding of its meaning and measurement. Food literacy includes person's knowledge, behavior to plan, ability to select, prepare and eat food healthfully. Previous studies limited their findings on maternal and health literacy with little consideration on food literacy in Nigeria.

Objective: To assess food literacy level among civil servants' mothers living in peri-urban, Ibadan. Study aimed to

reduce dearth in literature and inform policies that would scale up food literacy among women in Nigeria.

Study Design, Setting, Participants: Study was done in Southwest region among educated mothers given poor food choices regardless of literacy. Descriptive cross-sectional design used, involving 340 civil servants' mothers in Ibadan, using simple random sampling for recruitment.

Measurable Outcome/Analysis: Data was collected using self-perceived food literacy (SPFL) scale developed and validated by Poelmann et al., 2018 having 8 constructs: food preparation, healthy snacking, food labelling, food budgeting and dietary resilience and resistance. Scale was adapted to assess food literacy among participants. Pearson correlation used for associations among age, service level, household size, and each construct of scale. Chi-square for level of significance ($P < 0.05$). Ethical approval obtained from Institute of Advanced Medical Research and Training, Ibadan, Nigeria.

Results: Mean age 45.8 ± 7.9 years, most women having at least diploma degree. Most (86.7%) women are married. Food budgeting and dietary resilience and resistance constructs had high level of correlation among them. Food preparation skill were 53.8%, Healthy snacking were 51.5%, those who checked food labelling were 41.8% and those who did not budget for healthy foods were 29.2%. No statistical significance observed.

Conclusions: Mothers had moderate food literacy, most mothers had low score in dietary resilience and resistance which is relevant as baseline data for further research. Data contributes to interventions for improving food literacy for good diet quality.

Funding: None.

O06 University of North Carolina Charlotte Food Insecurity SNAP Initiative

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Objective: To develop a Supplemental Nutrition Assistance Program (SNAP) eligibility screening and application support system within a large public university

Use of Theory/Research: Recent research highlights food insecurity as a barrier to healthy eating and academic success among university students. Research also notes that university students are frequently struggling financially.

Target Audience: University students

Program Description: A 4-item SNAP Eligibility Screener was developed with input from partners at the University of Minnesota and the local Department of Social Services SNAP Office. Based on screener responses, if a student is deemed "potentially eligible" for SNAP they are provided information on how to apply for benefits. Once pilot testing on the screener was complete, the development team encouraged partners throughout the university to utilize the screener. The screener is now highlighted in instructor syllabi, on the university student

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