

O14 (continued)

named '5-a Day Punch' to improve fruit and vegetable consumption among young adults.

Study Design, Setting, Participants: Young adults (n = 91, age 18-30), were conveniently selected and later randomly divided into two groups as intervention (int) and control (cnt), based on equal gender and age distribution. Then a 4-week '5-a Day Punch' with two messages per week was assigned to the int group while the cnt group only received a brochure containing the same messages in the first week of the study.

Measurable Outcome/Analysis: Pre and post fruit and vegetable consumption patterns were identified in both groups using a pretested computer-based Food Frequency Questionnaire.

Results: Before the nudge, participants had consumed a mean 230.5g and 251.8g of total fruits and vegetables per day in the int group (fruits; 111.2g, vegetables; 119.3g) and cnt group (fruits; 103.6g, vegetables; 148.2g) respectively. After the nudge, the amounts consumed changed to, 340.5g per day and 309.4g per day respectively (int group: fruits; 172.5g, vegetables; 168.0g/ cnt group: fruits; 113.6g, vegetables; 195.8g). Though no greater change in mean fruit and vegetable consumption per day ($P = 0.15$) was reported, the nudging resulted in greater fruit consumption ($P = 0.029$) in the int group compared to their counterparts. The majority (int group) 84.4% (38/45) accepted text and email messaging have prompted them to incorporate more fruits and vegetables into their diet.

Conclusions: Text and email messaging appear to be an acceptable and effective way to promote healthy behaviors among young adults.

Funding: None.

O15 Short Social Media Intervention Can Be as Effective as School Intervention in Changing Adolescents' Snack Consumption

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Objective: Development and evaluation of the educational intervention "Užina za 5!" using social media to influence healthier choices of beverages and snacks.

Use of Theory or Research: In adolescence, autonomy in snack choices increases. It is necessary to create educational interventions that promote healthier choices which could be via social media, as they have become an indispensable part of adolescents' lives. The DESIGN procedure is a scientific-based framework that was used to create the educational intervention based on the knowledge-attitude-behavior model and social cognitive theory.

Target Audience: High school students (15-19 years old).

Program Description: At one high school in Osijek, 3 classes (n = 49) were randomly selected to participate in an intervention designed as a 2-week challenge (20 posts) in private Facebook groups. The other 3 classes (n = 44) participated in a school-based intervention consisting of two lectures (45 minutes) two weeks apart. Both types of educational interventions in which adolescents learned about the principles of healthy eating and food traffic light label were designed and delivered by a nutritionist.

Evaluation Methods: To evaluate the effectiveness of the digital intervention, the results of the pre/post online nutrition knowledge questionnaire and the results of the quantitative beverage and snack food frequency questionnaire for adolescents were compared with the results of the school-based intervention using two-way ANOVA with replication.

Result: s: Although both interventions increased nutrition knowledge, the school-based intervention had the greater effect ($\Delta 1.5$ vs. $\Delta 0.8$; $P = 0.014$). The ratio of healthy beverages ($\Delta 1\%$ and $\Delta 3\%$; $P = 0.08$) and food ($\Delta -4\%$ and $\Delta -2\%$; $P = 0.57$) did not differ after the interventions, but both interventions significantly reduced frequency and quantity of adolescents' healthier and unhealthier food and beverages consumed as snacks.

Conclusions: Social media showed potential in nutrition education for adolescents. Future research should focus on other social media and longer intervention duration to assess whether they can supplement or replace school-based interventions.

Funding: None.

O16 Understanding Barriers and Facilitators to Virtual Culinary Nutrition Instruction for Youth

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Background: The COVID-19 pandemic caused FamilyCook Productions to re-design its evidence-based curriculum, Teen Battle Chef (TBC), to be taught virtually in a feasible format that allows culinary skill development that could result in positive behavior changes.

Objective: Examines barriers and facilitators to achieving a well-delivered and well-received, live, virtual format for an evidence-based, teaching kitchen program for youth.

Study Design, Settings, Participants: Twelve adolescent cohorts received a virtual version of TBC April to August 2020 (n = 145) Quantitative and qualitative process data examined participation barriers and facilitators, progress in gaining cooking skills, the use of the Framework for

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