

O20 (continued)

Background: Food insecurity disproportionately burdens low-income households and has deleterious impacts on diet quality and health. Food system interventions are gaining in political salience, including short value chain (SVC) models of healthy food access that aim to minimize physical and social distance between producers and consumers.

Objective: To evaluate, quantitatively, the influence of SVC interventions on food security, diet, and health outcomes, and characterize qualitatively-reported barriers to and facilitators of SVC participation.

Study Design, Settings, Participants: A systematic review of English-language, peer-reviewed studies focused on low-income, US-based households. The search was executed across 9 databases in June 2021: Agricola, CAB Abstracts, CINAHL, Embase, Public Affairs Index, PubMed, Scopus, SocINDEX, and Web of Science. All references were imported into Covidence for deduplication, screening (in duplicate) and full-text review, with Excel used for data extraction.

Measurable Outcome/Analysis: Studies were included for synthesis if they reported: relationships between SVC intervention participation and quantitative measures of food security, fruit and vegetable intake, total diet quality, or health markers (e.g., anthropometrics, clinical biomarkers), or qualitatively-reported barriers to or facilitators of SVC participation (i.e., uptake) for low-income consumers. Risk of bias was assessed using either the NHLBI Quality Assessment Tools or the Standards for Reporting Qualitative Research.

Results: A total of 13,458 articles were identified and screened for potential inclusion. Specific SVC interventions varied widely and included farmers market programming, community supported agriculture, produce prescriptions, and mobile markets, among other models. Among quantitative studies, food security and fruit and vegetable intake were frequent outcomes, and ones for which findings were generally promising. Measures of total diet quality and health biomarkers, though, were employed less consistently and study design often precluded causal inference. Factors influencing intervention participation varied by model.

Conclusions: SVC healthy food access interventions hold potential to benefit low-income households and communities but more studies are needed to discern their causal influence on key outcomes and to inform optimization of their implementation for uptake and impact.

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Re-engineering Nutrition Education for Behavior

O21 The Reach of “About Eating” to Parents of “Fuel for Fun” Youth Informs Future Dissemination Strategies

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Background: About Eating (AE) is an online program addressing healthy lifestyles and food resource skills. In a school-based nutrition and physical activity intervention AE was offered without utilizing dissemination science tenets to parents.

Objective: Examine the reach of the AE component for parent participants of Fuel For Fun (FFF) to plan dissemination science strategies in subsequent implementations.

Study Design, Settings, Participants: Controlled trial with school-driven randomization of parent interventions in 8 elementary schools in northern Colorado; parents of fourth grade youth in FFF.

Measurable Outcome/Analysis: Website tracking of online participation, responses to baseline surveys of food management skills and eating behavior, end-of-lesson critiques for each module; descriptive statistics, group comparisons using independent t-tests, chi-square.

Results: Of 421 parents who completed a study survey, 217 (52%) were in schools with access to AE. Of these, 70 (32%) viewed ≥ 1 AE module, 32 (15%) ≥ 2 . Of 70 AE visitors, 17 (24%) viewed all 6 modules. Although parents assigned to AE were less likely than those not assigned to AE to be eating competent (48% vs 58%; $P = 0.04$) and more highly educated (postgraduate 38% vs 22%, $P < 0.001$), no differences were observed between AE visitors and non-visitors ($n = 147$). “Enjoying Eating” and “About My Size” were most popular modules with 44 and 38 visits respectively; all modules were represented in the group ($n = 38$) who visited 1 lesson. End-of-lesson critiques were uniform across all modules. On a scale of 1 (most positive) to 4, modules were not difficult to read (1-1.4); interesting (1.7-2.2) and useful (1.8 - 2.2). Only 12 parents spent > 15 minutes on a lesson; “About My Size” was the lesson most frequently visited for > 15 minutes.

Conclusions: Reach of an online program based on principles of eating competence to motivated parents was moderate but with positive response. Findings support considering processes and products in designing for dissemination by considering parent needs and assets to improve reach, effectiveness, adoption and implementation of online program concepts.

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O22 Determining Stakeholders’ Perceptions and Barriers on Using Digital Nutrition Education Modules in Home Visitation Programs

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Background: Home visitation programs that reach families of young children offer a unique opportunity to pre-

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