

## O22 (continued)

vent early childhood obesity. Technology has become an integral part of continuing services as a result of COVID-19, yet no standardized digital curriculum targeting childhood obesity prevention currently exists.

**Objective:** To determine the perceptions and barriers of key stakeholders on using technology to enhance home visitation programs, as well as preferred digital learning formats related to the development of a digital nutrition education curriculum.

**Study Design, Setting, Participants:** Key stakeholders of the Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program (N=27) in Florida participated in a one-time, 30-minute qualitative interview via Zoom with a trained researcher using a semi-structured script based on the Technology Acceptance Model.

**Measurable Outcome/Analysis:** Interviews were audio-recorded, transcribed verbatim, and coded by two researchers using an inductive thematic approach.

**Results:** Since the onset of the COVID-19 pandemic and implementation of virtual home visits, participants expressed positive attitudes surrounding the use of technology, such as greater flexibility in scheduling and increased access to readily available information for both parents and home visitors. Further, they were receptive to continued virtual programming opportunities, but identified several barriers, including limited access to smartphones and internet access, privacy concerns, and lack of personal connection to parents. Recommendations included providing families with technology devices, using secure platforms, and developing brief digital nutrition education modules with interactive and personalized features.

**Conclusions:** Perceptions surrounding the use of technology for nutrition education in home visitation programs were positive. This promising formative research will be used to determine future directions for the development steps of a technology-based home visitation early childhood obesity prevention curriculum.

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### O23 Perceived Stress in Rural and Suburban Dwelling Participants After a Meal Kit Intervention

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**Background:** Stress is associated with unhealthy eating behaviors, which increases risk for chronic disease. People with low income face many stressors, such as decreased access to healthy food. Recent research suggests that providing healthy meal kits may decrease perceived stress (PS)

of main preparers of food with low income, but more research is needed.

**Objective:** To evaluate the impact of a healthy, meal kit intervention on PS of main preparers of food from diverse families with low income in different communities.

**Study Design, Setting, Participants:** Two waves of participants from rural (N=23) and suburban (N=36) communities completed a six-week meal kit intervention that provided three meals per week. Demographic data were collected at baseline, and PS surveys were collected at baseline and post-intervention.

**Measurable Outcome/Analysis:** Demographic data were analyzed using descriptive statistics. Frequency statistical analysis evaluated changes in PS overall and per site. Paired sample t-tests were run to ascertain if there was a significant difference in PS from baseline to post-intervention.

**Results:** Participants were primarily female (89.8%), on average  $46.21 \pm 13.1$  years old, primarily non-Hispanic (98.3%) and black (37.3%) or white (33.9%) with an average household size of  $4.4 \pm 1.6$ . Most (98.3%) fell below 200% of the federal poverty line for a household size of four. At post-intervention, most participants (67.8%) reported a decrease in overall PS. Participants experienced a decrease in PS from baseline ( $19.17 \pm 7.34$ ) to post-intervention ( $16.17 \pm 6.85$ ),  $t(58)=3.964$ ,  $P < 0.001$ . When split by community, suburban participants (72.2%) had a higher reduction of PS than rural participants (60.9%). There was no difference in PS between communities.

**Conclusions:** The overall reduction of PS from baseline to post-intervention suggests that the meal kit intervention positively impacted PS and did so similarly between the two communities. Future research should seek to explore the mechanism behind the decrease in PS.

**Funding:** Walmart Foundation.

### O24 Today's Mom: HappyHealthy Baby: Transforming a Traditional Nutrition Education Curriculum Into an Online Course for SNAP-Ed

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**Objective:** To develop, deliver, and evaluate a SNAP-Ed program using technology to reach pregnant moms.

**Use of Theory or Research:** Transformational learning theory was used to integrate key information, skill building, and affective engagement.

**Target Audience:** Limited resource pregnant moms and Extension educators trained to deliver the course.

**Program Description:** Today's Mom: HappyHealthy Baby, was developed as an online course for pregnant moms, adapted from the face-to-face Today's Mom curriculum using the 6-D model of project management. The

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