

O28 (continued)

to a food code in the USDA Food and Nutrition Database for Dietary Studies for food group estimates.

Objective: This pilot study assessed the validity of PortionSize for real-time estimates of portion size, energy intake, and MyPlate food group servings (fruits, vegetables, grains, dairy, and protein).

Study Design, Setting, Participants: Adults (4 male, 11 female), aged 18-65 years, were trained, and used PortionSize to quantify food intake from simulated meals, which were covertly weighed, in a laboratory setting in Baton Rouge, LA.

Measurable Outcome/Analysis: Equivalence tests ($\pm 25\%$ equivalence bounds) were performed to compare PortionSize and weigh-back estimates of portion size, energy intake, and food group servings.

Results: PortionSize and weigh-back were equivalent for mean (\pm SD) estimates of portion size (674 ± 223 g vs. 717 ± 207 g, respectively), total fruit servings (0.2 ± 0.3 vs. 0.3 ± 0.4), and total dairy servings (0.4 ± 0.6 vs. 0.6 ± 0.4) (all P values < 0.05). PortionSize and weigh-back estimates were not equivalent for total energy intake (743 ± 328 kcal vs. 659 ± 191 kcal), total vegetable servings (0.9 ± 1.0 vs. 0.6 ± 0.4), total grain servings (1.7 ± 1.7 vs. 1.2 ± 1.1), and total protein servings (3.1 ± 3.6 vs. 2.8 ± 2.9) (all P values > 0.05).

Conclusions: PortionSize shows promise for real-time estimation of portion size, and MyPlate servings of total fruits and total dairy. PortionSize requires further development and validity testing for real-time estimation of total vegetables, total grains, and total protein servings, which may assist with improving the validity of total energy estimates.

Funding: NIH.

Reach Characteristics and Predictors of Virtual Nutrition Education in a Florida SNAP-Ed Implementing Agency During COVID-19

O29 Reach Characteristics and Predictors of Virtual Nutrition Education in a Florida SNAP-Ed Implementing Agency During COVID-19

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Background: As the COVID-19 pandemic continued in FFY21, direct nutrition education programming was offered in-person and virtually through the UF/IFAS Extension Family Nutrition Program (FNP-Florida SNAP-Ed implementing agency) to reach audiences amidst the pandemic's constraints.

Objective: To compare the demographic reach and program activity characteristics (e.g., ethnicity, class size)

across in-person and virtual delivery and identify predictors, including county environmental and social factors (e.g., metro designation, poverty rate), for the use of virtual delivery. This inquiry is useful to examine and guide the equitable and effective delivery of nutrition education that relies on multiple delivery methods.

Study Design, Settings, Participants: All one-time and series completed nutrition education program activities that FNP delivered in FFY21 were included. Mixed-age (youth and adult) activities were excluded due to low frequencies. Final program activity $n = 4,111$, final participant $n = 60,920$.

Measurable Outcome/Analysis: Demographics and activity characteristics were compared using summary and inferential statistics. Predictive model (logistic regression) variables included program activity characteristics (audience age; class size; start date; class setting) and county-level environmental and social variables (metro designation; COVID-19 Pandemic Vulnerability Index; household internet subscriptions; commute times; poverty rates). County variables were coded in relation to Florida county medians.

Results: Significant differences across in-person and virtual delivery methods were observed in multiple demographic and activity characteristic measures (e.g., differences in sex of adult participants ($P < 0.001$, Fisher's Exact Test). All program activity characteristics and county environmental and social variables were significant predictors of the utilization of virtual nutrition education.

Conclusions: Program activity characteristics and county environmental and social factors successfully predicted the use of virtual nutrition education, which may help explain differences in demographics and generally supports a systems approach to comparing delivery methods. Individual participant and nutrition educator preferences for virtual delivery were not accounted for and might explain much of the variability.

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O30 Food Insecurity Rates Among WIC Participants During COVID-19

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Background: The WIC program serves low-income, pregnant and breastfeeding women and children under 5. The COVID-19 pandemic has increased food insecurity and reduced access to healthy foods essential during critical periods of growth and development, thereby increasing health disparities.

Objective: To determine the effects of the COVID-19 pandemic on food insecurity and food access in an online/virtual nutrition education program conducted in

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