

## P011 Exploring How Community Research Partnerships May Affect Enrollment and Graduation Rates for the University of Georgia EFNEP

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**Background:** Federal nutrition education programs like EFNEP (the Expanded Food and Nutrition Education Program) use a peer educator model to teach low-income Americans about healthy eating behaviors. Collaborative partnerships are an essential means to the sustainability and reach of the EFNEP program. The University of Georgia (UGA) EFNEP has not previously measured the impact community research partnerships may have on enrollment and graduation rates for EFNEP programming.

**Objective:** To examine how the research process for recruiting, incentives offered, and continued contact with a community research partner affect UGA EFNEP enrollment and graduation rates.

**Study Design, Setting, Participants:** Morehouse School of Medicine (MSM) partnered with UGA Extension/EFNEP to examine how a community nutrition intervention may affect nutrition outcomes of expecting mothers and fathers (Project DINE). UGA EFNEP provided an eight-week virtual nutrition education to three counties (rural and metro-areas). Participants were African American, expecting a baby, and enrolled in Healthy Start. Participants who completed the program received up to \$200 per person (\$400 per couple) in financial incentives.

**Measurable Outcome/Analysis:** Enrollment, participation and graduation rates data were analyzed using the USDA NIFA Web-based Nutrition Education, Evaluation and Reporting System (WebNEERS). Study participants' data were analyzed and compared to data for EFNEP participants in similar communities who were not enrolled in any research project

**Results:** For FY21, preliminary data indicate that UGA EFNEP Project DINE participants (n = 64) had a graduation rate of 51.6%, whereas, UGA EFNEP participants from these communities (and who were not participating in Project DINE) (n = 159) had a graduation rate of 33.3%

**Conclusions:** Community research partnerships may positively affect UGA EFNEP graduation rates. More research is needed to explore specific relationships between graduation rates and factors such as research recruitment methods, financial incentives, and target populations.

**Funding:** EFNEP

## P012 Withdrawn

## P013 Kids in the Kitchen Teaches Youth and Families Nutrition, Food Safety, and Cooking Skills to Improve Kitchen Self-Efficacy

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**Objective:** To increase comfort and confidence in youth and families in the kitchen by teaching nutrition, food safety, and cooking skills, all while encouraging positive family interactions.

**Use of Theory or Research:** Social Cognitive Theory with emphasis on Experiential Learning.

**Target Audience:** Youth of all ages and their families participated via Zoom from their home with adult supervision

**Program Description:** Kids in the Kitchen Virtual Cooking Club is a youth program comprised of live cook-along sessions. Throughout each session, nutrition and food safety principles are taught through recipe modification, safe food handling, and balanced meal choices. Each session consists of 2 recipes structured over 2 hours in the evenings. Youth (with their guardians) attend scheduled Zoom sessions and cook together with the instructors from their home kitchens.

**Evaluation Methods:** Anonymous surveys are shared through Zoom polls during the class to assess skills, knowledge, and self-efficacy in the kitchen. Survey questions were adapted from the iCook 4-H program (Mathews et al., 2018).

**Results:** From April 2020 through December 2021, 31 virtual cooking sessions were offered throughout Idaho and Georgia, leading nearly 1,200 youth and adults from 30 counties across 6 states to receive this hands-on educational program. Average attendance was 40 participants with 72% of attendees coming to 2+ sessions. Participants reported gaining nutrition and food safety knowledge (92%), increasing cooking skills (93%), and improving self-efficacy for cooking (93%). One hundred percent of recipes had been made again by participating families.

**Conclusions:** This interactive nutrition and cooking program showed impactful outcomes while reaching new audiences during the COVID-19 pandemic. The virtual format allowed more youth to participate with their guardians from the comfort and safety of their homes, encouraging positive child/parent interaction by cooking

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together. This innovative youth program can be replicated by health and nutrition educators even after the pandemic subsidies.

**Funding:** None

### P014 Nutrition Knowledge, Attitudes, Beliefs, and Practices among Adults in Urban and Rural Areas in the Free State, South Africa

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**Background:** Designing comprehensive nutrition education programs requires understanding nutrition-related knowledge, attitudes, beliefs, and practices (NKABP) of people. Globally, previous studies primarily focused on NKABP of children, adolescents, and adults. There are differences in living standards, dietary practices, and prevalence of diseases between rural and urban areas. Therefore, understanding the differences in NKABP between these communities is important.

**Objective:** To understand the differences and correlations between NKABP among adults in urban and rural settings.

**Study Design, Setting, Participants:** Assuring Health for All in the Free-State is a cross-sectional study to determine how living in urban and rural areas predisposes population to chronic diseases. It was approved by the Ethics Committee of the Faculty of Health Sciences, University of Free State. The rural and urban parts of the study were conducted in 2007 and 2009, respectively. Participants were adults aged 25-64 years.

**Measurable Outcome/Analysis:** The outcomes are NKABP, measured by a reliable questionnaire. Shapiro-Wilk test was used for normality testing. Due to non-normal distribution, Mann-Whitney tests were performed to compare continuous data. Spearman correlation analyzed the associations between NKABP domains.

**Results:** The sample included 363 (42.91%) urban and 483 (57.09%) rural adults, predominantly females (78.17%). The preliminary analysis shows adults in rural areas have significantly higher nutrition knowledge ( $9 \pm 2$  vs.  $8 \pm 2$ ,  $P < 0.001$ ), attitudes ( $7 \pm 1$  vs.  $5 \pm 1$ ,  $P < 0.001$ ), and beliefs ( $5 \pm 0$  vs.  $4 \pm 1$ ,  $P < 0.001$ ) compared to those in urban areas. There were significant positive correlations in both urban and rural areas between knowledge and attitudes [ $r = 0.11$  ( $P = 0.03$ );  $r = 0.272$  ( $P < 0.001$ )] knowledge and beliefs [ $r = 0.128$  ( $P = 0.01$ );  $r = 0.2$  ( $P < 0.001$ )], and attitudes and beliefs [ $r = 0.199$  ( $P < 0.001$ );  $r = 0.401$  ( $P < 0.001$ )]. However, associations between knowledge and practices [ $r = 0.122$  ( $P = 0.007$ )], and beliefs and practices [ $r = 0.113$

( $P = 0.01$ )] were significant in rural areas and association between attitudes and practices [ $r = 0.122$  ( $P = 0.02$ )] was significant in urban areas.

**Conclusions:** Adults in rural areas have better NKAB, and their knowledge and beliefs were correlated with practices. Future nutrition education interventions are required to increase NKAB and translating them into practices, especially among adults in urban areas in the Free State province.

**Funding:** The National Research Foundation (NRF) supported Assuring Health for All in the Free-State (AHA-FS) study financially, however, this part of the research is not funded.

### P015 Nutrition Literacy Level Differentiates by Age, Gender, and Income in a Sample of Brazilian Adults

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**Background:** Nutrition literacy (NL) is the capacity to obtain, process, and understand nutrition information and skills needed to make appropriate nutrition decisions. NL is associated with sociodemographic characteristics and predicted adherence to healthy or unhealthy diet patterns among adults with chronic diseases and pregnant women in the US. However, little is known about the association of NL with sociodemographic characteristics in developing countries.

**Objective:** To assess the NL level and its association with sociodemographic characteristics in bank employees.

**Study Design, Setting, Participants:** Non-probabilistic, quantitative and cross-sectional study carried out in 2020 in the Federal District (DF), Brazil with 1,174 workers aged  $\geq 18$  years old recruited from a financial institution.

**Measurable Outcome/Analysis:** NL was measured by the Nutrition Literacy Assessment Instrument for Brazilians (NLit-Br). We used the online version, validated with confirmed substantial reliability (ICC  $> 0.75$ ). Sociodemographic questions (age, biological sex, Monthly Household Income (MHI) and education level) preceded NLit-Br. Descriptive analyses were used for NL and sociodemographic characteristics. Student's t-test and Analysis of Variance (ANOVA) were used to measure associations between NL with sociodemographic characteristics.

**Results:** Most participants were male (61%), with a graduate degree (74%) and with a MHI higher 7 minimum wages (MW), US\$ 1515,31 (85%). The diagnosis of moderate NL level predominated among the population studied (62.3%). Participants who were females aged less than