

P015 (continued)

40 years old and with MHI above US\$ 1515,31 had statistically significant higher NL than participants who were male, aged over 49 years old and with an MHI below US\$ 1082,36 ($P = 0.00$).

Conclusions: In this study, participants men, middle and older age (≥ 50 years old), and with a MHI below US\$1298,84 (< 6 MW), had statistically significant lower NL scores. This is one of the first studies to report NL inequality for biological sex and age in Brazil. Future studies should further explore the NL inequality observed for Brazilian males, middle to older adults, and lower household income impacts on their dietary and health outcomes.

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P016 Nutrition Literacy Predicts Diet Quality in College Undergraduate Students

Leigh Neptune, MS, University of Maine; Kayla Parsons, MS, University of Maine; Amelia Sullivan, BS, University of Maine; Jade McNamara, PhD, MS, RDN, jade.mcnamara@maine.edu, University of Maine, 107 Hitchner Hall, Orono, ME, 04469

Background: Nutrition Literacy (NL) is the degree to which individuals can obtain, process, and understand nutrition information/skills to make appropriate nutrition decisions and can be categorized into three domains (functional, interactive, and critical). Limited studies have been conducted examining the relationship between the different NL domains and diet quality (DQ) in young adults.

Objective: To explore the influence of NL on DQ in undergraduate students.

Study Design, Settings, Participants: A cross-sectional convenience sample of undergraduate students completed an online survey that assessed health characteristics/behaviors including NL and DQ.

Measurable Outcomes/Analysis: Nutrition literacy was measured using the Young Adult Nutrition Literacy Tool. Diet quality was assessed using the Short Healthy Eating Index (sHEI). Scores for NL were on a scale of 1-5, and DQ 1-100, with higher scores indicating higher NL and more healthful DQ. Multiple regressions were used to determine if total NL predicted DQ and, if so, which domains of NL (functional, interactive, or critical) were significant in predicting DQ.

Results: Participants ($n = 841$) were an average of 20.9 (± 2.3) years old, mostly White (89%), and female (70%). The average sHEI score was 49.4 (± 10.3), indicating poor to moderate DQ. The mean total NL score was 3.50 (± 0.45). Mean functional, interactive, and critical NL scores were 3.33 (± 0.62), 3.55 (± 0.61), and 3.61 (± 0.52), respectively. Total NL was a significant predictor of DQ ($r^2 = 0.113$, $F(1,880) = 111.760$, $P < 0.001$). Two domains of NL (interactive and critical) explained 12.8% of variance in DQ ($r^2 = 0.131$, $F(3,878) = 44.229$, $P < 0.001$).

Interactive NL ($\beta = 0.267$, $P < 0.001$) and critical NL ($\beta = 0.122$, $P = 0.001$) significantly predicted DQ, but functional NL did not.

Conclusions: Nutrition literacy was significant in predicting diet quality in undergraduate students. These findings justify the need for increased efforts to understand NL in college students, as well as highlight the potential of improving DQ by improving NL in this population.

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P017 Project DINE: Improving Diet Quality in Pregnant Women Through the University of Georgia EFNEP

Sarah T. Henes, PhD, LDN, RDN, sarah.henes@uga.edu, University of Georgia, 300 Carlton St, Athens, GA, 30602; Latrice Rollins, PhD, MSW, Morehouse School of Medicine; Tiara Giddings, MA, Morehouse School of Medicine; Tiffany Williams, MDiv, University of Georgia; Chris White, Morehouse School of Medicine; Jazmine Medrano, MPH, University of Georgia; Susan L. Moore, MS, University of Georgia; Zohregul Soltanmammedova, MR, University of Georgia; Wykinia Culbreth, MPH, Georgia Department of Public Health

Background: Georgia's maternal mortality rates are 60% higher for African American women compared to all racial/ethnic groups. There is also evidence that father involvement in prenatal maternal health initiatives may positively influence health outcomes. Nutrition education during pregnancy may also promote positive nutrition outcomes.

Objective: A primary goal of Project DINE (Dads in Nutrition Education) is to improve maternal nutritional outcomes and to increase father involvement through family participation in UGA (the University of Georgia) EFNEP (Expanded Food and Nutrition Education Program), an evidence-based community nutrition program.

Study Design, Setting, Participants: Participants were recruited by Morehouse School of Medicine and community partners, and were divided into two groups: single moms and expectant couples with father/male involvement. Inclusion criteria were African American pregnant women or men expecting a baby and Healthy Start program participants. UGA EFNEP provided an eight-week virtual nutrition education program in both metro and rural counties.

Measurable Outcome/Analysis: Data analyses were completed via WebNEERS, the centralized database for NIFA EFNEP at the federal level. Overall diet quality indicators (i.e., fruit/vegetable intake, sweet beverage intake, dinner at home) were measured pre/post analysis of the validated and federally mandated survey.

Results: Twenty single moms (SM) and 6 couples (C) ($n = 32$) graduated from Project DINE EFNEP (FY21). Overall diet quality improved in 97% of all graduates. When

Continued on page S26