Conclusion: Most commercially-available IF apps may not be appropriate nor relevant for LGBTQ mothers. More research is needed to assess LGBTQ mothers’ perspectives on IF app quality.

Funding: Northern Illinois University

Assessments of Practices to Support Nutrition and Physical Activity at California SNAP-Ed Eligible Schools Reveal Inequities

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Background: Schools are critical partners in California’s Supplemental Nutrition Assistance Program Education (SNAP-Ed) efforts to improve nutrition and physical activity (nutrition-PA) opportunities for low-income students and families. School nutrition-PA practices were assessed to identify opportunities for SNAP-Ed partnership.

Objective: To determine the nature and extent to which SNAP-Ed-eligible schools are supporting nutrition-PA best practices. Examine differences by school sociodemographics to identify inequities.

Study Design, Settings, Participants: In school-year 2020-21, cross-sectional, comprehensive, validated site-level assessment questionnaires (SLAQs) were completed among a convenience sample of 91 SNAP-Ed-eligible elementary schools in 25 California counties. Respondents were personnel familiar with their school’s nutrition-PA strategies.

Measurable Outcome/Analysis: SLAQ scores (0-100%) were generated for each of 8 sections, covering various nutrition-PA best practices (eg, wellness policies, meal programs, PE), and in total. Beta regression was used to examine associations between school-level sociodemographics, urbanicity, and SLAQ scores.

Results: On average, schools scored lowest in Gardens (19%) and Nutrition-Education (40%) and highest in Non-Meal Food/Drinks (76%) and PE (74%) practices. Regression analyses found significant (p<0.05) negative associations between schools with greater proportion of students: experiencing homelessness and Wellness Policies and PE scores; identifying as American Indian/Alaska Native and Parent/Family Involvement score; and classified as English learners and Non-Meal Food/Drinks score. Being located in suburban areas was significantly negatively associated with Nutrition-Education, PE, and Other PA scores, and positively associated with Non-Meal Foods/Drinks score. The final presentation will also include 2021-22 results.

Conclusion: With limited SNAP-Ed resources, comprehensive school assessments are an important tool for program planning. Sociodemographic analyses identify opportunities for reducing inequity. These findings demonstrated that the two sections (Non-Meal Foods/Drinks, PE) with the highest average scores were negatively associated with certain school demographics, highlighting the need to improve equity in nutrition-PA practices. At the site-level, SLAQs are designed to help program implementers work with school partners to assess needs and collaboratively craft action plans. One-size-fits-all programming is inadequate; equity-focused planning and evaluation are critical for reducing health disparities in under-resourced communities.

Funding: Supplemental Nutrition Assistance Program - Education

Association Between Healthy Food Store Accessibility and Obesity Prevalence Among School-Age Children in Guam

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Background: Food store environment has been associated with child obesity in Guam. Living near a small market was negatively correlated with child BMI z-score, yet a convenience store was positively correlated. No research on the school food store environment, particularly fruit and vegetable availability and access, and child obesity exists for Guam.

Objective: Examine the association of children’s school food store environment and obesity prevalence in Guam.

Study Design, Settings, Participants: Secondary cross-sectional study using data collected by the Children’s Healthy Living Program (2013) and the Guam Department of Education (SY2011-2012) included 8,233 students, 5-19 years old, from 13 public schools and 30 stores within 1 mile of schools. Community of Excellence Food Availability and Marketing Survey (CX3) sub-scores were used to evaluate healthy food availability, cost, and food store access.

Measurable Outcome/Analysis: Mean obesity prevalence with 95% confidence intervals (CI) were calculated for each school. Multilevel logistic regression tested associations between food store CX3 sub-scores and students’ obesity status. Student-level measures were age, sex, and obesity status; school-level measures were mean CX3 sub-scores.

Results: There were statistically significant differences in obesity prevalence among schools (10.9%-34.2%, p<0.01). Boys had a higher prevalence of obesity compared to girls (24.2% vs. 20.3%, p<0.01). Children attending schools near stores with high fruit (OR=0.94, 95% CI: 0.88-0.96, P<0.05), vegetable (OR=0.92, 95% CI: 0.88-0.96, P<0.001),
Baseline Characteristics of Adults in a Produce Prescription Program at a Federally Qualified Health Center in Hawaii

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Background: Produce Prescription (PRx) programs are an innovative approach to preventing nutrition-related chronic diseases among low-income populations. However, the literature is limited on the use of PRx interventions among Native Hawaiian populations. Baseline characteristics of PRx participants from a densely Native Hawaiian-populated community can provide insight on the need for nutrition programs and inform future program design.

Objective: To describe baseline demographics, food insecurity, Coronavirus-2019 (COVID-19) impact on quality of life, self-perceived health, and fruit and vegetable (FV) intake among Waianae Ohana Produce Prescription (WOPRx) participants.

Study Design, Setting, Participants: A cross-sectional analysis was conducted using baseline data from the WOPRx program, where patients at Hawaii’s largest federally-qualified community health center receive $60/month for 18 months to purchase local produce from the health center’s farmers market.

Measurable Outcome/Analysis: The 59-question interviewer-administered baseline survey measured demographics, food insecurity, COVID-19 impact on quality of life, self-perceived health, and FV intake.

Results: Of the 481 adults, 72% were females, and 65% were of Native Hawaiian ancestry. On average, participants were 53 ± 13.1 years old within a household size of 4 ± 2.8 people. A majority of households (68%) were Supplemental Nutrition Assistance Program recipients. As a result of the COVID-19 pandemic, most participants faced difficulties making ends meet (74%) and getting fresh FV (66%). The vast majority of participants reported eating the following less than one time per day in the past 30 days: fruit (79%), lettuce salad (89%), beans (98%), starchy vegetables (98%), other vegetables (86%), and tomato sauce (99%). Most participants self-reported their health as either poor (23%) or fair (44%).

Conclusion: Most participants reported negative impacts on their financial situation and access to fresh FV as a result of the COVID-19 pandemic. Nearly all participants reported low FV intake and more than half felt their health was poor or fair. Future research should continue to measure these variables for changes across the intervention and ensure program components are in place to address these issues.

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Best Practices for Nutrition Education Among Low-Income Populations: A Narrative Review

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Background: Low-income populations often face barriers to participation in nutrition education programs (eg, transportation, child care, mode of information delivery). Understanding strategies to promote participation and engagement is needed to ensure equitable access to nutrition education.

Objectives: The purpose of this narrative review was to identify effective nutrition education modalities and strategies for increasing program attendance when working with low-income populations.

Study Design, Setting, Participants: Searches were conducted in CINHAL, MEDLINE, ScienceDirect, and other library databases using the following key terms: ‘nutrition education’, ‘nutrition modalities’, ‘low-income’. Included studies were published between 1994 and 2022.

Measurable Outcome/Analysis: Seventeen studies were included in this review and thematic analysis was used to identify effective nutrition education modalities and attendance strategies.

Results: Tailoring nutrition education modalities to meet the needs of low-income populations was an effective strategy for increasing program participation. Participants preferred accessible and interactive education modalities, including visuals, in-person classes, websites with recipes, hands-on activities, apps, text messaging, and written materials at an appropriate reading level. Strategies for increasing attendance included offering monetary incentives, accommodating childcare and transportation needs, using accessible community locations (eg, schools), and incorporating skills-based education (eg, gardening).

Conclusion: This narrative review highlights the importance of tailoring information delivery methods and attendance strategies to low-income populations. These findings will ultimately inform the development of more effective nutrition education programs.

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