Harrigan (continued)

foods and perceived accessibility of fruits and vegetables. Linear regression analysis was conducted to predict changes in fruit and vegetable consumption based on perceived affordability of healthy foods, accessibility of fruits and vegetables, and race.

Results: Participants across all races (White=361; Black=162; other=21) reported statistically significant (p≤0.001) increases in mean pre/post survey scores for fruit and vegetable consumption. Positive perceived affordability of healthy foods and attitudes on accessibility of fruits and vegetables predicted increased fruit and vegetable consumption (p≤0.05), but there was no difference in fruit (p≤0.31) or vegetable (p≤0.83) consumption by race.

Conclusion: The learner-centered curriculum, ESBA, contributes to equitable programmatic outcomes for all SNAP-Ed participants, regardless of race. However, improvements in perceived changes in the affordability and accessibility of healthy foods from pre- to post- ESBA are predictive of changes in fruit and vegetable consumption, highlighting the importance of the food environment in making behavior changes.

Funding: Supplemental Nutrition Assistance Program - Education

Examining the Feasibility of the Online Advanced Cooking Education 4-H After School Club at Low-income, Urban Middle Schools
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Objective: To examine the feasibility of implementing the Advanced Cooking Education (ACE) 4-H After School Club online at low-income serving, urban middle schools. The primary outcome of interest is diet quality improvements.

Use of Theory or Research: ACE programmatic activities (mindfulness, food and nutrition career exploration, nutrition education, culinary session) were informed by constructs of the Social Cognitive Theory (eg, self-efficacy).

Target Audience: A purposeful sample of three middle schools that receive Title I funding (proxy for low-income serving) in Brooklyn, NY were recruited during the 2021-22 academic year. Participants were 7th and 8th grade students.

Program Description: Each week (12 weeks total) participants engaged in a: 1) wellness session via Zoom (2 hours; mindfulness, nutrition career exploration, nutrition education), and 2) self-guided culinary session at home (1 hour; prepared a plant-based ethnic dish using provided groceries).

Evaluation Methods: Demographic and the following process evaluation measures were collected: reach (% of students recruited, number attended sessions), retention (% of students who completed intervention), dose response (% of activities implemented, length of sessions), fidelity (% of activities implemented as outlined in the curriculum), and program satisfaction (scale 1=very dissatisfied, 5=very satisfied). Descriptive statistics were calculated.

Results: Of the ninety-one 7th and 8th grade students enrolled across the three schools, 64% participated in the study (n=58). Participants were on average 12.2 years, 59% were female, and 88% were Black. Retention was 97%, one student stopped attending at week 8 and another at week 9. For the wellness sessions: mean attendance was 9.6/12, lasted on average 114 minutes (range 102-120 minutes), 90% of activities were implemented, and 84% were implemented as outlined in the curriculum. Program satisfaction scores were as follows: overall (4.4/5), mindfulness (4.2/5), nutrition career exploration (4.4/5), nutrition education (4.4/5), and culinary session (4.5/5).

Conclusion: Retention and program satisfaction were high, and curriculum changes were made to improve dose response and fidelity for a forthcoming larger scale ACE study at schools across New York City.

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Experience, Perceptions, and Preferences of the Pilot Fresh Start Produce Rx Program Participants
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Objective: The objective of this study was to examine the experience, perceptions, and preferences of pilot Fresh Start Produce Prescription (FSPRx) Program participants.

Background: Produce prescription (PRx) programs promote the consumption of fruits and vegetables by providing vouchers redeemable at a market or retailer and prioritize individuals with a nutrition and/or health risk. PRx programs have demonstrated impact on nutrition and cardiometabolic outcomes, however, fewer have been implemented in the rural South and research examining the experience and perceptions of rural participants in PRx programming are limited.

Study Design, Settings, Participants: This pilot study used a pretest-posttest design and included uninsured patients diagnosed with type-2 diabetes who were recruited from safety net clinics in rural Eastern North Carolina. The 20-week pilot FSPRx Program included a PRx with non-starchy vegetables, group educational classes with a focus on improving food literacy, cooking demonstrations/taste testing that aligned with the PRx, and individualized behavioral support via telephone-based health coaching.

Measurable Outcome/Analysis: Audio-recorded phone interviews with a sub-sample of program participants (n=14) lasting 25-60 minutes were conducted post-program and transcribed verbatim. Transcripts were analyzed by members of the research team independently (n=4) utilizing a codebook to identify themes and subthemes via deductive content analysis.

Results: Themes from participants experience with the program included self-reported nutrition and health improvements (eg, diet quality, acceptance of vegetables, Continued on page S76