Walkers. Access to safe and clean water is a major concern for several participants, with some noting the need to purchase bottled water in large quantities or utilize filtered water. The majority of participants are interested in receiving more information about ingredients and nutrients in specific beverages, long-term impacts of consuming sugary drinks, and benefits of consuming healthier beverages such as water.

**Conclusion:** Beverage consumption patterns are a topic of high interest among SNAP-eligible Alabamians. Feedback from focus group participants was enlightening and will help to advise future iterations of ACES' social marketing campaign around beverage consumption.

**Funding:** Supplemental Nutrition Assistance Program - Education

**Gardening Is a SNAP!: A SNAP-Ed Garden-Based Nutrition Education Program for Arkansas Seniors**

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**Objective:** Implement a garden-based nutrition education program in a SNAP-Ed eligible senior center promoting gardening, healthy eating, physical activity, and policy, systems, and environmental (PSE) change interventions.

**Use of Theory or Research:** Studies show garden-based nutrition education has potential to improve health and well-being of aging adults.

**Target Audience:** SNAP-Ed eligible seniors attending a senior center in South Central Arkansas.

**Program Description:** The University of Arkansas Division of Agriculture Cooperative Extension Service (UADA CES) SNAP-Ed Program partnered with a Senior Center in South Central Arkansas to implement a nutrition and gardening project. Monthly nutrition lessons using Fresh Conversations curriculum were conducted by the county CES Family and Consumer Sciences Agent, reaching 17 participants. Community volunteers built the raised-bed gardens, while Senior Center participants planted vegetables and herbs starting in Spring and extending through the fall, 2022. Seniors learned to grow, harvest, and use vegetables grown in the gardens to prepare healthy recipes. They were in charge of maintaining the garden, which allowed them to incorporate physical activity into their normal routines. Food demonstrations were conducted using vegetables and herbs from the garden.

**Evaluation Methods:** Post surveys were used to assess benefits of the nutrition and gardening program for seniors. PSE change efforts were reported in accordance with the Program Evaluation And Reporting System (PEARS).

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Impacts and Acceptability of the Fresh Start Produce Rx Program on Food Literacy, Nutrition and Health

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Objective: The purpose of the pilot Fresh Start PRx (FSPRx) Program was to impact healthy food access and food literacy with rural, uninsured patients with diabetes.

Use of Theory or Research: The FSPRx Program was grounded in the sociocultural model. Prior PRx research with a similar population included educational handouts and recipes and significantly impacted diet quality and glycemic control, however, lacked impact on food literacy, therefore, PRx programming with more direct nutrition education support was warranted.

Target Audience: Uninsured patients diagnosed with type-2 diabetes in rural, Eastern North Carolina.

Program Description: The pilot 20-week FSPRx Program included the provision of fresh produce directly provided (3-5 lbs/class) to participants during nine group classes. The PRx focused on non-starchy vegetables and aligned with class cooking demonstrations, recipes, and taste testing per class. Group classes focused on improving food literacy and a healthy lifestyle and included activities/handouts developed and tailored for an under-sourced, lower-literacy audience. Additional behavioral support to set nutrition and physical activity goals were provided via individualized telephone-based health coaching.

Evaluation Methods: A validated food literacy questionnaire were collected pre/post program and a final program evaluation survey developed specifically to evaluate the FSPRx Program were conducted post-program. Data analysis included descriptive statistics and paired sample t-tests via IBM SPSS 28.0.

Results: Total food literacy scores increased by an average of 12.8 points which was statistically significant (p = 0.04, t = -2.16). Most participants reported being very satisfied (83.3%) or satisfied (12.5%) and that program helped them to better follow their medical providers nutrition recommendations (92.3%), improved diet quality (88.5%), increased access to fresh produce (84.6%), and willingness to try new/unfamiliar produce (80.8%). Participants used most (39.1%) or all (42.6%) of the produce provided and recipes (68%).

Conclusion: The pilot FSPRx Program integrated food literacy focused, tailored, nutrition education and behavioral support and was impactful and well-received. Nutrition education and behavioral support in support of food literacy should continue to be integrated and evaluated within PRx programming.

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Impact of a Nutrition Education and Physical Activity Intervention on Fruits and Vegetable Intake of Nigerian Immigrants

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Background: As African immigrants stay longer in the U.S, they experience dietary acculturation, characterized by increased consumption of processed and fast food, and reduced consumption of fruits and vegetables.

Objective: Evaluate the impact of “Pathway to Health” program on the fruit and vegetable intake (FVI) of Nigerian immigrants using the Veggie Meter (VM).

Study Design, Settings, Participants: Recent Nigerian immigrant families, with children aged 6-12 years and living in Illinois, participated in “Pathway to Health”, a culturally tailored, family-based nutrition education and physical activity intervention adapted from the Abriendo Caminos program aimed at Hispanics. Participants engaged in a 75 minute weekly video conference call for six weeks. The adult and child nutrition education component lasted for at least 35 minutes each week covering topics such as portion sizes, water, fruits and vegetables, grains and legumes, sugar and salt, and fats and protein.

Measurable Outcome/Analysis: Skin carotenoid levels (a biomarker for FVI) of parents and children were measured with a VM (Longevity Link Corporation, Salt Lake City, UT, USA) at baseline, one-week post-intervention, and at a two-month follow-up. Paired t-tests compared changes in the VM scores from baseline to post-intervention and from baseline to two-month post-intervention. Parents also participated in individual interviews to provide their perception of the program’s impact at one-week post-intervention.

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