Study Design, Settings, Participants: We used the WellsSAT 3.0 (WellsSAT) tool to assess SNAP-Ed partner districts’ LWPs. Additionally, SNAP-Ed staff across Arizona administered the KAN-Q—which includes a PA behavior scale—to 4th-8th grade students in Spring 2022.

Measurable Outcome/Analysis: Using results from the WellsSAT and KAN-Q, we analyzed the number of student weekly and weekend PA bouts for students attending districts with higher versus lower scoring LWPs. We also explored how students’ PA bouts varied by WellsSAT item specific scores for recess and before-after school PA programs. Chi-square and Mann-Whitney U tests were used for between group analyses to compare LWP’s WellsSAT scores with the number of student weekly and weekend PA bouts.

Results: The percent of students active 3+ days/week or on both weekend days was significantly higher in schools with overall higher scoring policies, including during recess (59% vs 23%, p < 0.001, d=0.70) and after school (40% vs 17%, p<0.001, d=0.47). For item-specific scores, students’ mean number of recess-related PA bouts were higher in districts with stronger recess policies (3.0 vs 2.5, p<0.10, d=0.21), and their mean number of before-after school PA bouts was higher in districts with stronger before-after school PA policies (5.3 vs 4.2, p<0.05, d=0.33).

Conclusion: Stronger school LWPs were related to increased PA bouts for 4th-8th grade students in SNAP-Ed supported districts. The findings support the idea that efforts to strengthen district policy can influence student behavior outcomes.

Funding: Supplemental Nutrition Assistance Program - Education

SNB Nutrition Educator Competencies: Written Oral and Social Media Communication

Dietary Quality, Attitudes and Behaviors During COVID-19 Shelter-in-Place Sanctions: A Social Media-Based Study

Christen Cupples Cooper, EdD, RD, ccooper3@pace.edu, Pace University, College of Health Professions; Kate Gardner Burt, PhD, RDN, Lehman College, City University of New York; Brennan Rhodes-Bratton, MPH, Mailman School of Public Health, Columbia University

Background: Shelter-in-place (SIP) sanctions during the early COVID-19 pandemic likely altered food attitudes and eating behaviors in numerous ways, yet these effects have not been measured.

Objectives: To explore adults’ dietary quality, eating practices and food shopping/cooking behaviors during COVID-19 SIP mandates.

Study Design, Settings, Participants: This cross-sectional study disseminated exclusively through social media, used snowball sampling to leverage the high volumes of potential respondents (18 years or older) at home and online. The survey gathered self-reported information about pre-COVID-19 vs. SIP behaviors, including food choices, meal types and frequencies; food safety; alcohol consumption; cooking, ordering-in, and food shopping. A composite diet quality score was constructed to compare respondents’ reported dietary changes with MyPlate recommendations. The survey remained open for 15 days in April 2020, until 10% of U.S. states lifted SIP orders.

Measurable Outcome/Analysis: A simple linear regression was performed between the derived diet quality composite score and sociodemographic characteristics to assess the relationship between diet healthfulness and respondents’ characteristics. All statistical tests were 2-sided (P < 0.05).

Results: Respondents (n=1500) were predominantly female (91%, n=1365) and White (68%, n=1,020). Expectantly, most respondents reported increased cooking occasions and eating with family (56%), decreased in-person food shopping (71%) and more confidence in their cooking skills (27%). Respondents also expressed heightened concern for healthy eating (83%), although snacking and alcohol consumption also increased. Diet quality composite scores suggested that people of color (POC) saw the highest increase in diet quality while controlling for gender and income. Those with higher incomes reported more changes in food behaviors during SIP than those with lower resources.

Conclusion: Most respondents reported cooking and eating more frequently, more healthfully, and more often with family. Overall, respondents’ SIP diet quality increased slightly during SIP, particularly among PO. Those with higher resources reported more changes to their diets than others. Additional research is warranted, as the results may suggest how pre-existing inequities in the food system impacted POC during the SIP period.

Funding: Pace University

Engaging the Next Generation in Professional Organizations: Where Are We?

Rickelle Richards, MPH, PhD, RDN, rickelle_richards@byu.edu, Brigham Young University; Zubaida Qamar, RDN, PhD, San Francisco State University; Rebecca L. Hagedorn-Hatfield, PhD, RDN, LD, Meredith College; Virginia B. Gray, PhD, RDN, California State University Long Beach; Victoria A. Zigmont, PhD, MHP, University of Mississippi; Mateja R. Savoie-Roskos, PhD, MHP, RDN, Utah State University; Emily Heying, PhD, RDN, LD, College of Saint Benedict and Saint John’s University

Background: Professional organizations (PO) provide opportunities for networking, professional development, publications, and leadership. Little is known about university students’ awareness of PO and the resources they may be interested in receiving.

Objective: To evaluate university students’ awareness about and membership of health-related PO and the types of training and/or resources students are interested in receiving.

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