P77 (continued)

Conclusions and Implications: FFVP participation was associated with increased fruit selection and changed selection of fried vegetables in children the semester following participation in the FFVP. Recommendations for possible changes to the FFVP are to require serving an equal ratio of fruits and vegetables, stricter regulations for program implementation, and a more in-depth nutrition education component for program delivery.

Funding: None.

P78 Association between Breakfast Consumption and Nutritional Status in 9 to 13 Year Old Children

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Objective: To investigate the association between breakfast consumption and nutritional status in a nationally representative cohort of children.

Theory, Prior Research, Rationale: Prior research indicates an increase in breakfast skipping over time but studies show inconsistent relations between breakfast skipping and body weight, energy and macro- and micronutrient intakes.

Study Design, Setting, Participants, and Intervention: Cross-sectional data for 9 to 13 year old children were selected from 2007-2010 National Health and Nutrition Examination Survey (NHANES).

Outcome, Measures and Analysis: Multivariate adjusted analyses of variance were performed using SAS and SUDAAN to determine differences in energy, macronutrient and micronutrient intake from two-day recalls; laboratory indicators; and waist circumference and body mass index (BMI) z-scores by the number of times breakfast was consumed.

Results: Most children (73.3%) consumed breakfast on both days, 21.9% skipped breakfast on 1 day and 4.8% did not consume breakfast either day. Black children were more likely to skip breakfast on both days ($P=.02$). No significant differences were found with respect to BMI z-scores, waist circumference or laboratory indicators of folate status. Breakfast skipping was associated with higher total blood cholesterol ($P=.01$). Breakfast skippers had significantly lower intakes of folate, vitamins A and D, calcium, phosphorous, iron, potassium and sodium ($P<.01$) but there were no significant differences for energy or macronutrient consumption. Breakfast skippers reported significant higher intakes of caffeine ($P<.01$).

Conclusions and Implications: Findings suggest that breakfast plays an integral role in provision of adequate micronutrients for youth and therefore children should be encouraged to consume breakfast every day.

Funding: Oklahoma State University.

P79 Food Allergies in University Dining: An Assessment to Meet the Needs of Food Allergic Students

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Objective: To establish recommendations for food allergy management in university dining facilities.

Theory, Prior Research, Rationale: The incidence of food allergy has risen markedly and young adults are of concern due to their likelihood of risk-taking behavior. Current regulations do not address food allergies in university environments.

Study Design, Setting, Participants, and Intervention: In this descriptive study, 10 randomly selected websites of universities with an interest in food allergies were evaluated. Also, surveys were completed by purposefully selected food service employees (20/22) and food allergic students (7/12).

Outcome, Measures and Analysis: Conceptual analysis and descriptive statistics were used to evaluate the data.

Results: Website review suggested dining services should post information on allergens in foods (9/10), provide specific instructions for allergic students (8/10), and give contact information for individuals handling food allergy concerns (7/10). Employee surveys revealed that units had plans to handle food allergies (19/20), yet only 13/20 stated their unit provided relevant training. None of the employees identified all eight major allergens, and only 5/20 knew that protein was responsible for allergic reactions. Students were (4/7) confident in receiving a safe meal, but (4/7) wanted allergy information posted and (3/7) feared accidentally eating an allergenic food on campus. None of the students had discussed their allergies with dining services. Qualitative analysis revealed a desire among staff to serve food allergic students, and that students were driven by a need for self-sufficiency in making food choices.

Conclusions and Implications: University dining services should utilize staff training and good communication with both students and departments handling student concerns to assure that the needs of food allergic students are met.

Funding: None.

P80 Comparison of Weight Loss by Weight Classification in a Commercial, Community-based Weight Loss Program

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Continued on page S32