P200 (continued)

of obesogenic environments. Therefore, we evaluated snacks sold in vending machine using two validated assessment tools.

Design, Setting and Participants: A list of high-grossing vending machines were collected from the vendor of a large land-grant university. Snacks in the top 25% revenue generating machines were analyzed using Nutrition Environment Measurements Survey-Vending (NEMS-V) & Health Density Vending Machine Audit Tool (HDVMAT).

Outcome Measures and Analysis: Snacks were inventoried and analyzed to determine the healthfulness and density of nutrients. NEMS-V categorizes foods into Red/not healthy, Yellow/minimally healthy and Green/healthiest. HDVMAT takes additional nutrients into consideration and uses a nutrient density scoring system and categorizes snack foods into unhealthy, somewhat healthy and healthy.

Results: NEMS-V analysis categorized 93-100% of snacks from machines inventoried as unhealthy/red and 2.9-6.7% as healthiest/green. Using HDVMAT, 40-53% of the same snacks were categorized as unhealthy and 8-13% as healthy. About 22% of buildings do not have access (within 0.5 miles) to food sources other than vending machines and 89% of buildings do not have access to other food sources after 6 PM.

Conclusions and Implications: Students with limited access to other food sources after hours must rely on unhealthy snacks available from vending machines. Comparatively, HDVMAT is a less stringent tool. Even using the less restrictive assessment tool, very few foods are deemed healthful. Findings can be utilized to encourage stakeholders on campus to adopt and enforce healthy vending policies. Also, assessment of the food environment enables development of population-based interventions focusing on desirable behavior changes.

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P201 Effects of a Mindful Eating Intervention on Acute Calorie and Macronutrient Intake in College Students

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Objective: The purpose of this study is to determine if a 15-minute mindful eating group intervention for college students acutely impacts nutrient intake from self-selected snack foods.

Design, Setting and Participants: Participants were recruited through the university website platform as well as flyers across campus and were initially deceived of the purpose of the study by being told the study's purpose was to evaluate movie theater food items. Participants (n=28) were randomly placed into two groups where the treatment group unknowingly received a brief mindful eating intervention prior to data collection and

the control group participated in a brief activity unrelated to mindful eating. After the control or treatment exposure both groups self-selected snack foods and beverages while watching a new release film in a theater setting.

Outcome Measures and Analysis: Food selection, serving sizes, and plate waste were measured using a digital photography method. Data was analyzed using Food Processor SQL and SPSS software.

Results: An independent t-test ($p \leq 0.05$) was used to determine the control group consumed significantly more kilocalories ($p = 0.002$), protein ($p = 0.016$), carbohydrates ($p = 0.002$), total fat ($p = 0.012$), and saturated fat ($p = 0.040$) than the treatment group.

Conclusions and Implications: The results demonstrate the use of mindful eating principles in acute settings with college students may acutely impact consumption of macronutrients, specifically high fat and energy dense food items giving nutrition professionals another potentially successful educational tool to use.

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P202 Effects of an Acute Mindful Eating Exercise on Food Selection Type and Quantity in College Students

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Objective: The purpose of this study is to determine the types and quantity of foods chosen by college students engaged in a mindful eating intervention.

Design, Setting and Participants: Participants were recruited through a university website platform and flyers across campus. Participants (n=28) were placed into either a control or treatment group whereby the treatment group received a brief overview of mindful eating principles prior to data collection and the control group was not exposed to mindful eating principles. Participants were initially deceived of the purpose of the study by being asked to evaluate movie theater food items. Following the intervention, both groups watched a movie and self-selected snack foods and beverages.

Outcome Measures and Analysis: Food selection, serving sizes, and plate waste were measured using a digital photography method and foods were grouped into categories by type for analysis purposes.

Results: An independent t-test ($p \leq 0.05$) revealed the control group consumed significantly more high fat dips ($p = 0.048$), sugar sweetened beverages ($p = 0.001$), and chips and pretzels ($p = 0.048$) than the treatment group.

Conclusions and Implications: The results indicate mindful eating interventions aimed at college students can immediately impact portion sizes and potentially food choice type. Messages that reinforce the principles of mindful eating may be used in group settings to help promote portion control and food choice.

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