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($p < 0.05$) and for fruits by 0.39 cups ($p < 0.01$) at 1 week follow up. Participants also increased utilization of weekly meal planning techniques from 14.8% to 50% ($p < 0.01$), increased physical activity for more than 30 minutes during 7 days a week from 16.7% to 36% ($p < 0.01$) and increased consumption of water with all meals from 39% to 70.6% ($p < 0.01$) when comparing baseline to 1 month follow up.

Conclusions and Implications: The implementation of a goal-setting nutrition education program improved the level of knowledge, self-efficacy and behavior among low-income SNAP-eligible adults.

Funding: Supplemental Nutrition Assistance Program - Education

P104 Factors Associated With Cue-Elicited Food Craving Among Elementary School Children

Gauri Karnik, DTR, kgarnik@mail.csuchico.edu, California State University-Chico, Tehama 124, Chico, CA 95929; K. Goto, PhD; B. Seipel, PhD; S. Pierson, BS; J. Giampaoli, PhD; K. Buffardi, PhD

Objective: To examine factors associated with cue-elicited food craving among low-income elementary school children.

Design, Setting, and Participants: A cross-sectional study was conducted with 247 third-to-fifth graders primarily consisting of Hispanic and non-Hispanic white students. The study was held in their classrooms where each participant had access to a laptop computer.

Outcome Measures and Analysis: Cue-elicited craving of high-calorie, palatable food was measured using a software program that presented 12 food images. Participants viewed each food image and rated on a five-point scale how much they wanted to eat the food they had just seen. Next, participants selected the image of the food they craved most out of 18 culturally appropriate images. Participants' food intake and demographic characteristics were also assessed. Independent t-tests, one-way ANOVA, Pearson's correlation and chi-square were used for statistical analysis.

Results: Male students reported significantly higher cue-elicited food craving than females. Fifth graders reported significantly less food craving compared to their counterparts. Ethnicity was not associated with food craving. Food craving was significantly correlated with sugar-sweetened beverage and sweet intake and inversely correlated with vegetable intake. Additionally, 40.5% of the participants reported Takis (tortilla snacks) as the most craved food and 11.7% chose pizza. Grade was significantly associated with types of craved food.

Conclusions and Implications: Cue-elicited food craving appears to be a factor associated with palatable food intake among children. More research is warranted to understand socio-cultural and environmental factors affecting food craving and its influence on overeating and obesity.

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P105 Identification of Preferences for Bread Shapes in Young Children

Lauren Keeney, MS Candidate, laurenkeeney@vandals.uidaho.edu, University of Idaho, 875 Perimeter Drive, Moscow, ID 83844; S Ramsay, PhD, RD, LDN; L. L. Tsao, PhD; S. Planck, PhD

Objective: Cognitive development theory suggests that a single attribute can influence preferences in young children. The purpose of this study was to determine whether preferences and intake of a palatable food is different when presented in altered shapes.

Design, Setting, Participants, and Intervention: Children 3-5 years of age ($n=21$) were recruited from a University Child Development Laboratory and participated in a hedonic taste preference activity. Each child was offered four 50-gram bread samples prepared from the same recipe. Different shapes were created: bread stick, knotted roll, cloverleaf roll, and butterflake roll, and children were allowed to eat as much as they wanted.

Outcome Measures and Analysis: Bread shapes were weighed post activity as a proxy for intake and children's reported preferences were recorded. Spearman correlation determined whether children's preference for each bread was related and an ANOVA determined the difference in children's consumption.

Results: Children's preferences were not consistent across shapes, 86% of children ($n=18$) reported the breadstick as "yummy", while 48% of children ($n=10$) reported the clover roll as just okay/yucky. Children's liking for the bread stick and knotted roll were positively correlated ($r_{s[22]}=.61$, $p < .01$), while the bread stick was negatively correlated with the clover ($r_{s[22]}=.8$, $p < .01$) and butterflake ($r_{s[22]}=.75$, $p < .01$) rolls. children's consumption was not significantly different, but mean intakes varied: 4.1g breadstick, 3.1g knotted roll, 3.5g cloverleaf, and 3.2g butterflake.

Conclusions and Implications: In a young child, a single attribute (shapes) influences preference and may affect intake. Caregivers who feed young children should recognize how a single attribute (i.e. how food is presented) can influence the foods liked and consumed by children.

Funding: Idaho Wheat Commission

P106 Parenting Practices That Support Young Children's Preference for Varied Healthful Foods

Jane Lanigan, PhD, jlanigan@wsu.edu, Washington State University, 14204 Northeast Salmon Creek Avenue, Vancouver, WA 98686; V. Jarvensivu, MS; R. Bailey, PhD; S. Ramsay, PhD, RDN, LD, University of Idaho

Objective: Eating a variety of healthful foods support children's health and growth. This study examined how parent feeding practices influence young children's preference for a variety of healthful foods.

Design, Setting, and Participants: Children ages 3-5 ($N=46$) attending a university child development program

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were recruited. A parent questionnaire and child food preference interview were conducted.

Outcome, Measures and Analysis: Twenty-six items on a questionnaire captured parent feeding practices: 10 autonomy support, 6 structure, 8 coercion and 2 open ended items. Children were presented with 4 foods from each food group that represented varying textures, flavor profiles and visual appearance (tomato, bell pepper, quinoa, and lentils). Children were asked to taste and rate each food using a 5 point facial response scale. Based on the composite preference score calculated across the four foods (range 4-20) children were assigned to the following three groups: limited variety (<32 percentile) moderate variety (33-72 percentile) and wide variety (>72 percentile). A one-way between subjects ANOVA was conducted to examine the difference between child preference for a variety of foods and parent feeding practices followed by an ANCOVA to further examine significant dependent variables.

Results: Children's preference for a variety of foods and parent report of autonomy supportive feeding practices [$F(2,36)=3.356$, $p=.046$] was significantly different, but no significant difference was found for coercive control [$F(2,36)=1.810$, $p=.178$] or structure [$F(2,36)=.210$, $p=.812$]. An ANCOVA that included coercive control and structure as covariates showed an increased significance [$F(4,33)=4.580$, $p=.005$].

Conclusions and Implications: Parenting practices that support children's feeding autonomy may increase their consumption of a variety of healthful foods.

Funding: Washington State University Research Initiative in Human Services

P107 "It's Slimy"- Exploring Perceptions of School Lunch With Low-Income Hispanic Youth in New York City

May May Leung, PhD, RD, LDN, mm.leung@hunter.cuny.edu, City University of New York, 2180 Third Avenue, New York, NY 10035; T. Entwistle, MPH; A. Agaronov, MS, RD, LDN, Harvard University; L. Harry, MS, RD, LDN, City University of New York; N. Freudenberg, PhD

Objective: To explore the social, financial and environmental barriers and facilitators to healthy eating in the school environment for Hispanic youth residing in low-income urban neighborhoods, utilizing photovoice.

Design, Setting, and Participants: Study participants comprised of 32 Hispanic youth (11 males, 23 females; aged 10 to 14 years) from East Harlem, Washington Heights, and South Bronx, New York, who participated in a community-based food justice afterschool program in Fall 2013/Winter 2014. The youth conducted a community food assessment to explore social, financial and environmental influences related to food choices within various food environments, such as the school cafeteria, through photovoice assignments.

Outcome Measures and Analysis: Youth photos guided individual in-depth interviews. Inductive and

deductive processes were used to identify codes (ideas emerging from text). Similar codes were grouped into themes related to perceptions of barriers, facilitators and solutions to healthy eating in the school lunch environment.

Results: Preliminary analysis revealed three major themes: youth thought school lunch was "unhealthy" and expressed dissatisfaction with the taste of school food options, youth acknowledged the poor tasting food was likely due to inadequate quality ingredients and poor food preparation practices, and to improve their school food environment, youth made various suggestions such as organizing peers to boycott school lunch and improving the food options by using fresher ingredients.

Conclusions and Implications: Photovoice is a creative way to engage youth around healthy eating as it provides an opportunity for critical reflection and increased awareness of the influences and challenges low-income urban youth confront. These data could help to inform public health interventions aimed at improving the school food environment.

Funding: None

P108 The Relationship Between Self-Efficacy and Physical Activity Behaviors in 6th to 8th Grade, Rural, Limited-Resource Adolescents in Kansas

Tandalayo Kidd, PhD, RD, LPN, martan@ksu.edu, Kansas State University, 203 Justin Hall, 1324 Lovers Lane, Manhattan, KS 66506; Y. Li, MS; E. Lindshield, MPH, RD, LD; K. Adhikari, PhD, University of Georgia; N. Muturi, PhD, Kansas State University; K. Kattelmann, PhD, RD, LN, FAND, South Dakota State University; S. Zies, MEd, Ohio State University

Objective: To examine the relationship between self-efficacy (SE) and physical activity (PA) behaviors, explore the facilitators and barriers associated with PA behaviors, and compare differences in PA behaviors between adolescents from the control and the intervention rural ethnic communities in Kansas.

Design, Setting, and Participants: Cross-sectional evaluation at baseline.

Outcome Measures and Analysis: This study assessed adolescents' perceived level of SE for PA and the personal, social and environmental determinants that contributed to adolescents' PA behavior. Analysis of variance (ANOVA) examined whether PA-related variables differed by communities; Pearson correlation assessed the relationship between SE and PA behaviors.

Results: There were no demographic differences ($P \geq .05$) between the control and intervention communities ($n1 = 115$ and $n2 = 142$, respectively). Hispanic was identified as the major ethnic population ($n1 = 70\%$ and $n2 = 61\%$). Adolescents' PA behavior and perceived facilitators and barriers for PA were similar. Interpersonal influence was positively associated with PA participation ($r = .34$; $P < .01$). SE was associated with both active and sedentary

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